



Competition Rules & Information

To be eligible for entry, all competitors must prepare:

1. A Traditional Porridge
2. A Creative Porridge

Both dishes must be prepared simultaneously within 30 minutes. One gas burner and one induction hotplate will be available to each competitor.

Traditional Porridge Competition

Traditional porridge Requirements

Traditional porridge must:

- Be made using untreated oatmeal only (pinhead, coarse, medium, or fine oatmeal)
- Contain only:
 - water
 - salt

The following are NOT permitted:

- Rolled oats
- Oat flakes
- Milk
- Pre-cooked porridge

Competitors may soak their oatmeal beforehand, however no prior cooking is allowed.

Quantity

Each competitor must prepare a minimum of 1 litre of porridge. This will be divided into 3 tasting portions for the judges. Any remaining porridge may be offered to the audience for tasting.

Bowls for anonymous judging will be supplied.

Judging criteria

Judges will assess:

- Taste
- Texture and consistency



- Colour
- Cooking technique and hygiene

Head Judge Notes

Good porridge should:

- Be properly seasoned
- Be fully cooked with no lumps
- Have a smooth texture
- Display a light creamy golden colour

Competitors are encouraged to taste their porridge before serving.

Creative Porridge Competition

The creative dish must be prepared within the same competition time period as the traditional porridge.

Creative porridge requirements

Creative dishes must:

- Include oatmeal and/or oat flour as a key ingredient
- Be prepared fresh during the competition

Competitors may:

- Pre-chop
- Pre-grate
- Pre-measure ingredients

However:

- Ingredients cannot be pre-combined
- No advance cooking is permitted

Recipe Submission

To ensure all competitors have a fair opportunity to prepare and compete, all Speciality (Creative) Porridge recipes must be submitted to the organisers at least seven days prior to the event for review and approval.

Recipes will be assessed to ensure they comply with competition rules and can reasonably be prepared within the competition format. Competitors will be notified of the outcome of their submission within two weeks of receipt.



To assist competitors with final preparations, the Head Judge will host an online Q&A information session approximately two weeks prior to the event (July 23, 3pm). This session will provide an opportunity to clarify competition requirements and ask questions about recipe preparation, presentation and judging criteria.

Presentation

Competitors must provide their own presentation bowls or serving dishes for judging.

Extra bowls can be supplied if required.

Judging criteria

Judges will consider:

- Taste
- Texture
- Creativity
- Use of oats
- Presentation
- Story or inspiration behind the dish

Equipment & Cooking Information

Each cooking station will include:

- A single induction cooktop
- A single portable gas stove

Competitors must supply their own:

- Induction compatible cookware (pots, pans etc)
- Spurtle (not essential)
- Cooking utensils

Important:

All cookware must be induction compatible.

Suitable materials include:

- Stainless steel
- Cast iron



Tip: If a magnet sticks to the base of your pan, it will likely work on induction.

Additional Information

- No mains power is available at stations
- Personal devices must be battery powered
- No deep frying permitted
- Shallow frying is allowed
- No running water at cooking stations
- Competitors must bring their own cooking water
- Jugs for tap water can be provided
- Competitors are NOT permitted in the hall kitchen

A washing station for cooking equipment will be available.

Competition timing

Each heat runs for 30 minutes.

Competitors must complete BOTH dishes within this time.

Heats will run approximately every 30–40 minutes to allow for cleaning and reset between rounds.

Entry information

Competition places are limited.

Accepted competitors will be required to submit:

- A short biography
- A photograph
- Their speciality dish recipe

These may be used in event programs, websites, and media promotion.

All competitors must agree to the use of their name, biography, and photographs for media and promotional purposes.

Food safety



All competitors are responsible for following safe food handling and hygiene practices before and during the event.

Organisers and judges reserve the right to reject any dish that raises food safety concerns.