



The Great Hampshire Bake

Competition Guidelines

Thank you very much for your interest in joining our cake competition, we are delighted to have you on board in supporting Hampshire Hospitals charity.

There are three categories. Each category entry is £5, join all three, two or just one:

Most creative | **Best tasting** | **Best cupcake**

There will be three winners in each category, Gold, Bronze and Silver all winners will have their winning recipes included in our debut recipe book that will be published and ready to sell from October 2024.

By entering our competition, you agree to:

- Providing a full recipe including a complete list of ingredients, highlighting any allergens and a detailed method description. Please use grams and millilitres
- Providing a head shot to use across social media and in the final book
- Providing a short paragraph on you and your cake to use on social media and in the final book
- Permission to sell your cake by the slice at the event to benefit the cause on the day
- Clearly labelling your cake tin/box so that it can be returned

Additional guidelines

- Always wash your hands before starting to bake, remove jewellery, tie back hair, wear a clean apron and ensure that all surfaces, bowls, utensils etc. are clean.
- Cakes that contain cream and cheesecakes need to be stored in a refrigerator before taking them to the venue. As with other types of prepared food, you should take extra care to ensure that they are covered and kept away from raw food, especially meat.
- Cakes should be stored in a dry, clean, sealable container, with a clear label that includes your name and contact number.

The 14 main allergens that must be identified on your ingredient labels in bold are:

- Peanuts
- Tree nuts
- Milk
- Eggs
- Fish
- Shellfish
- Molluscs
- Soya
- Sesame seeds
- Mustard
- Celery and celeriac
- Cereals containing gluten
- Sulphur dioxide and sulphites
- Lupin flour

When arriving on site please let one of our team know so that we can take your bake to the judging room.