

A Taste of the Mediterranean

Rules and Regulations

Entering:

- 1) **Cook** up a unique and creative interpretation of the featured Mediterranean ingredient or recipe of the month.
- 2) **Post** a blog entry that includes *at least* one photo of your final product by the 15th of the month.
- 3) **E-mail** a link to your post to rastemed@antoniotahhan.com by the deadline along with your name and the name of your blog.
- 4) **Winners** will be announced at the beginning of each month and one of them may be you!

Judging:

- 1) **Story (5).** Up to 5 points will be awarded to the write-up of the post. (i.e. What inspired you? How was this challenge memorable?)
- 2) **Looks (5).** Up to 5 points will be awarded to the presentation of the post. This includes photos, plating and all other design aspects associated with the post.
- 3) **Style (10).** Up to 10 points will be awarded to the overall creativity and general culinary know-how demonstrated in the post.

General Rules:

- 1) All entries must be posted in a running food blog and include **at least** one picture of the finished product.
- 2) Although recipes are completely open to interpretation, the essence of the recipe cannot be dismissed (i.e. if the challenge is to make a pesto, then you **cannot** make a marinara or béchamel; but you **can** make a spinach pesto instead of the traditional basil one.)
- 3) Entries must be posted by midnight on the night of the 15th of the following month in order to be considered for judging.
- 4) All recipes, photos and content must be original.
- 5) Please post any general questions regarding the challenges as comments to their respective posts. That way I can address what are most likely recurring questions all at once.

Frequently Asked Questions:

Q: Do I have to pay for shipping or a judging fee? What's the catch?

A: No, there are no fees and there is no catch. We take care of the prizes, the judging and shipping - you just do your thing and, most importantly, have fun!

Q: When will I get my sweet prize?

A: Prizes will be shipped regular mail no later than one week after judging has finished.

Q: Can I make any suggestions?

A: Yes, suggestions are welcome and appreciated! Send them to tastemed@antoniotahhan.com and I will try to respond to all of them in a timely manner.