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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Food Fight Cooking Contest

Traverse City – While cooking shows have been around almost since the advent of television, in recent years we have seen the rise of the cooking competition show. The trend started with *Iron Chef*, which came to the Food Network in 1999 from Japan. Reality cooking competitions have now become a must-watch entertainment for the culinary curious. You have the enjoyment of watching chefs at war with each other and are able to see their innovative solutions to recipe challenges. No matter what type of cooking contest you may like to watch, there is a competition out there for you.

But, why sit on the sidelines – enter and compete in the Food Fight Cooking Contest offered by the Traverse City Senior Center and Tendercare of Traverse City on Friday, May 19, at 12 p.m., 801 E. Front Street.

Each chef receives a set of surprise ingredients before the competition to make his or her dish – samples of each dish will be distributed during lunch. There are prizes for “Local Celebrity Judge’s Winner” and “People’s Choice Winner.” However, each chef will receive a goody bag of special kitchen items just for participating. Full details for the competition are available at the Senior Center office.

The event is free, but advance registration for chefs is required by Friday, May 12.

For more information or to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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