

Five things you need to know today



Young Chefs competition

Edinburgh Festival Fringe tickets

Late 'n Live at Hard Rock Cafe

Craigmillar Birthday Party

VisitScotland competition

There is still time for budding young chefs attending local schools to create their own dish which will appear on the menu at The Riparian Rooms in the build up to the Edinburgh International Festival.

Gary Cromie, Head Chef at the restaurant located at the bottom of Broughton Street, said: 'With the growth in the amount of cookery programmes that are now on television, young people are more interested in recipes, food and how it is sourced. We want to encourage young people to think about their ingredients and so have created this opportunity for one budding chef to work with me here in the Restaurant kitchen and to see their dish on our menu.'

The competition rules are:

- Competition is open to boys and girls between 8-18 years old in the following categories – 8-11; 12-15; 16-18
- Entrants have to create a mouth-watering main course using local and Scottish produce. The dish should reflect 'Edinburgh Festival' should contain no more than five ingredients
- The dish should be made within a total budget of £5 and

serve 3-4 people and be named appropriately

- Closing date for entries is Friday 15th May. All entries should be accompanied by a list of ingredients, detailed recipe and method together with a colour photograph of the dish

All the category winners will each receive an invitation for their families to enjoy lunch at The Riparian Rooms and the winning cook (selected from the category winners) will spend time with Gary Cromie in the kitchen making their dish before seeing it feature on the restaurant's menu.

The judging panel will be chaired by Neil Robb, owner of The Riparian Rooms, and include Gary Cromie and Forth One presenter, Grant Stott. He said: "Edinburgh is now only second to London as a great place to eat. With Michelin starred chefs and wonderful local food shops, the capital has a thriving food culture and with its reputation for fabulous food championing local produce, The Riparian Rooms is the perfect place to launch the search for budding young chefs of the future"

Invitations have gone to all head teachers to participate, however, for further information on the competition visit www.theriparianrooms.co.uk

More tickets are available this morning on the Fringe website! Log in to edfringe.com to see what's on at the 'greatest show on earth' this August.

Hard Rock Cafe Edinburgh is launching '**Late and Live**', a brand new, monthly, live music series kicking off on **Friday 15 May** at **10pm**. The programme will be a platform for undiscovered talent, rising stars and breakthrough acts to build their music profiles and showcase the best in new music in Scotland.

The first gig in the 'Late and Live' music series, which will be free entry for everyone in the city, will star performances from recent Hard Rock Rising Scotland finalists, **The Modests** and **Sonic Templars**. The Modests are an exciting four piece with a psychedelic hard rock sound. Fans can also expect a stellar show from rising alt-rock stars, Sonic Templars.

To find out more about the 'Late and Live' music series at Hard Rock Cafe Edinburgh visit the [website](#) or check out the cafe's [Facebook](#) and [Twitter](#).

A birthday party is being held in Craigmillar Library on 30 May at 11am to mark 17 years since Craigmillar Books for Babies was set up. More information by phoning 0131 621 2621 or on their [website](#) where they also have information about all their usual events like Polish Rhymetime and books for your one and two year-olds.

VisitScotland is launching a nationwide appeal to find Scotland's most treasured tastes.

Whether it's a plate of Granny Mary's mince and tatties devoured after a game of hide and seek in her Glasgow tenement; or a comforting bowl of Uncle Jim's Scotch broth following a bracing walk along the Fife coast – the national tourism organisation wants to highlight the places and people behind the country's favourite family meals and recipes handed-down through the generations.

As a lasting legacy of the Year of Food and Drink 2015, a special number of the delicious memories will be compiled into a unique one-off recipe book entitled – *You'll have had yer tea? – Treasured Tastes of Scotland*. The book, due to be published later in year, will take readers on a culinary journey from the shores of Shetland all the way down to the

rolling hills of the Scottish Borders.

The nationwide appeal was officially launched at the Taste Our Best accredited Willow Tearooms in Glasgow's Sauchiehall Street earlier this week by Shirley Spear, owner of the renowned restaurant, The Three Chimneys in Skye, and Chair of the Scottish Food Commission alongside Chief Executive of VisitScotland, Malcolm Roughead.

Shirley said: *"It's such a pleasure to be involved in this delightful project. I've long been an ambassador of family cooking. Some of my most cherished memories are of spending time with my Mum, baking jam tarts and fairy cakes, followed years later with teaching my own children how to cook simple, basic things at home and making the most of seasonal ingredients such as gooseberries and rhubarb from the garden and turning them into delicious treats. And now I hope to pass on stories about where our all our delicious ingredients come from to my gorgeous grandchildren."*

"We all have these food memories that instantly transport us back to a precious time in our lives. 'Treasured Tastes of Scotland' will provide a voice for these recipes and the stories behind them from all over the country so that people both now and in the future are inspired to visit Scotland and sample its amazing local produce. I'm very much looking forward to reading the entries and hope that as many people as possible will take part in this nationwide search."

Malcolm Roughead, Chief Executive of VisitScotland, said:

"Everyone has a delicious unforgettable meal they remember and invariably it is as a result of the food, company and setting. My personal favourite is my mum's stovies, made with fresh lamb from Stirling market. I can still remember the smell of it bubbling away on the stove in our kitchen in Stenhousemuir. It instantly takes me back to Saturday dinner"

in the Winter after we'd spent the afternoon watching the football.

Recipes must be submitted along with a treasured story about the location or circumstances behind the meal. Entries can be sent either online on the dedicated webpage or by post.

All entries will be placed in a prize draw to win a one-night B&B stay for two at the Three Chimneys and The House Over-By in Skye. This unique prize includes dinner at the Kitchen Table at the award-winning restaurant – a not-to-be-missed experience which sees diners become immersed in the whole tableau of the kitchen, watching the chefs at work during a busy night's service.

Entries can be submitted until the 3 July 2015. Full terms and conditions are available on the VisitScotland website.

For more information or to submit your Treasured Taste, please visit: www.visitscotland.org/Treasured-Taste.aspx

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