



Entry Form | 2023

First name(s)

Surname

ID number

Occupation

Town of residence

Male

☐

Female

☐

Residential
Address

Postal
Address

Cellphone

Telephone

E-mail

In which cook-off round would you prefer to participate:

Northern Round | Oshakati | 17/06/2023

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Coastal Round | Walvis Bay | 08/07/2023

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Entries close: 09/06/2023

Entries close: 30/06/2023

Central Round | Windhoek | 05/08/2023

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Entries close: 28/07/2023

**The final round will be held on 26/08/2023 at the Ongwediva Annual Trade Fair.
All contestants need to travel on their own expenses.
Submit entry forms at any Nedbank branch or email ElsaCa@Nedbank.com.na**

All participants to sign the following indemnity.

If you are under the age of 21, your parent/legal guardian should sign the following for you.

I undertake to participate entirely at my own risk. I agree that I shall have no claim whatsoever against the organising body, any individual organiser or official, assistant, helper, the sponsors or any local authority or their employees, in respect to any loss or damage whatsoever that I may suffer arising from injury to my person or loss or damage to property which may arise and regardless of whether or not same shall have been caused directly or indirectly by the negligence of one or more of the aforementioned parties.

I agree to participate in the 2023 Nedbank Kapana Cook-Off subject to the rules including the waiver, failing which I acknowledge that I could be disqualified from the competition on the breach of any rule.

Signature

Signature Guardian
(if under the age of 21)

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Rules for the preliminary rounds

1. Age restriction of 18 years and older.
2. Parents/Legal Guardians of participants under the age of 21 should sign an indemnity form on day of the cook-off.
3. Participants are to provide the following:
 - Their own special Kapana spice, a knife for chopping, a clean chopping board and bowls
 - Their own transport/accommodation
4. Participants for the entry level should not have any working experience in a professional kitchen or in the formal food industry.
5. Participants should bring their ID cards along to the competition.
6. Nedbank will provide:
 - Grill, grid and the fire
 - Meat
 - Braai utensils
 - Salsa ingredients

(Each contestant must bring their own special secret Kapana spice mix and bowls to present to judges.)
7. Judging criteria:
 1. Hygiene
 2. Taste
 3. Skills
 4. Presentation
 5. Creativity but within Kapana tradition
8. Hygiene and safety in the kitchen will be paramount and taken into account when awarding points.
9. Ten finalists will be chosen in each round to braai Kapana.
Three contestants from each round will go through to the final round to be held on 26/08/2023 at the Ongwediva Annual Trade Fair.
10. Participants may only participate in one of the regional rounds.
11. Winners of the last 2 years will not be allowed to take part in the 2023 cook-off.
12. The judging process will be facilitated by chefs from the Namibian Chefs Association.
13. The judges' decision will be final.
14. **1st place:**
 - Mobile/Trailer Kapana Kitchen
 - Nedbank account with N\$10,000
 - Bakpro Vetkoek voucher to the value of N\$5,000**2nd place:**
 - Nedbank account with N\$7,000
 - Bakpro Vetkoek voucher to the value of N\$3,000**3rd place:**
 - Nedbank account with N\$5,000
 - Bakpro Vetkoek voucher to the value of N\$2,000
15. The prize giving ceremony will take place on 26/08/2023 at the Ongwediva Annual Trade Fair directly after the competition ends.

Signature

Date

Supported by

