

Held captive by the chefs on TV by Lauren Fisher

Have you ever seen those cooking shows on TV? MasterChef or My Kitchen Rules? The ones where the judges bear down on the contestants like a pack of hungry wolves on their prey. Watching in horror as your favourite contestant is tossed from the pack after failing to create a dish that lives up to the astronomical standards of the judges. Feeling the tears free-fall down your face as another contestant reveals their tragic backstory. The spiral of emotions you feel as teams fight with one another and you don't know whose side to take. It's a whirlwind of emotions and there's no escape.

Does seeing what the people on TV cook make you feel inferior? Looking over at your half-hearted attempt at easy mac and cheese do you feel as though you're a weak link in a chain of competent culinary masters? Seeing how the people on these amateur cooking competitions treat their food, it's hard to tell whether they're trying to make French onion soup or fight in the French Revolution. By the end of the episode you can almost guarantee there will have been screaming, crying and someone who's just "done" with everything.

After a while you begin to become bored of these shows, the season finale arrives and you are flooded with relief; finally escaping the show's maddening clutches. A few months later, you finally feel like you have recovered from the mental torture you forced upon yourself whenever you endured an episode of MasterChef. But then it happens...the ads. A new season is coming. Before you can stop yourself, you have plunged back into your cooking contest addiction with the promise of something "BIGGER AND BETTER" with "ALL NEW TWISTS AND TURNS" and "CELEBRITY GUEST JUDGES". The vicious cycle begins again.