

Healthy cooking Contest

Summary: Healthy Cooking Contest is typically 'cooking without fire' competition wherein each Region can enroll a maximum of 4 contestants, each of whom should prepare 2 items on site which goes with the concept of HEALTHY EATING.

Details:

- Maximum number of contestants per region - 4.
- Time given - 1 hour.
- Contestants are required to bring all materials required for cooking and presentation including utensils and cutlery.
- Organizers will provide a table, waste bag and water.
- Cleanliness and hygiene of the contestants' workplace have to be maintained at all times
- Ready mixes will not be allowed.
- Cooked meat, fish or vegetables can be used (only boiled and not curried or pureed).
- Contestant can bring their choice of sandwich bread (any Bread, Bun, Tortilla, Baguette, Indian Breads, Arabic Bread etc. can be used).
- Use of recipe books and mobile phones will not be allowed.
- Electric appliances like mixers and blenders cannot be used.
- Cutting, peeling of fruits and vegetables have to be done on site.
- All types of sauces can be used.
- Professional chefs will be judging the contest.
- Contestant must be able to explain the contents of the recipe and preparation process to the judges if asked for.

Marking scheme:

Marking scheme	Marks
Health Factor	40
Taste	25
Presentation	25
Cleanliness of workstation	10
Total	100

Enrolment:

- Regional Convenors, please send the list of names to Dr Nirmala Raghunathan, email id: drnirmalar@gmail.com, akmgemirates@gmail.com, nitasalam@hotmail.com before 21/11/2017.
- For any queries please contact Dr Nirmala 050 4563978 or Dr Nita 056 1700178

Or contact:

1. Region 1 – Dr Sujatha Vinod – 0508096380– sujatha_vinod@ymail.com
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