



Cook Without Fire

Overview:

Participants will prepare dishes without using any fire or stove. They must bring all the necessary ingredients and utensils, and prepare the dishes live within the given time limit. Creativity, taste, and presentation will be the key judging factors.

Event Rounds:

Round 1: Preliminary Cooking Round

- **Objective:** Participants need to prepare a dish without using fire or any heated appliances (e.g., microwave). Dishes can include salads, sandwiches, smoothies, desserts, etc.
- **Time Limit:** 30 minutes
- **Rules:**
 1. Participants must bring their own ingredients and utensils.
 2. No pre-prepared ingredients allowed (except for chopped vegetables, fruits, or sauces).
 3. All cooking must be done live, in front of judges and spectators.
 4. Dishes should be ready within the time limit.
- **Judging Criteria:**
 - » **Creativity:** How unique and innovative the dish is.
 - » **Presentation:** How well the dish is presented.
 - » **Taste:** Judges will taste and evaluate the flavor.
 - » **Hygiene:** How cleanly and neatly the participants prepare the dish.
- **Selection for Round 2:** Top participants based on scores from round 1 will move to the next round.





Round 2: Surprise Ingredient Challenge

- **Objective:** Participants will be given a mystery ingredient that they must incorporate into a new dish. They won't know the ingredient beforehand and will have to use their creativity on the spot.
- **Time Limit:** 30-40 minutes
- **Rules:**
 1. Each participant will receive the same mystery ingredient (e.g., a unique fruit, vegetable, or condiment).
 2. The mystery ingredient must be the star of the dish, and participants will need to incorporate it effectively.
 3. Participants can bring some basic ingredients, but no pre-prepared sauces or dips.
 4. The dish must be different from the one they prepared in round 1.
 5. Time limits and live preparation rules will apply as in round 1.
- **Judging Criteria:**
 - » **Creativity with the Mystery Ingredient:** How well participants use the mystery ingredient.
 - » **Taste:** How well the flavors come together.
 - » **Presentation:** How well the dish is plated and presented.
 - » **Use of Mystery Ingredient:** Whether the mystery ingredient stands out.

Winner Selection:

The participant who scores the highest in both rounds, with a combination of creativity, taste, and presentation, will be declared the winner.

FOR ANY QUERIES:

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