**COOKING WITHOUT FIRE**

**write short details about the events**

Cooking without fire is an event where participant prepare dishes without using traditional flames. It involves methods like raw food preparation, fermentation, pickling etc. It is a creative and fun way to showcase culinary skills while working within unique constraints.

**Rules & Regulations:**

**Time limit: 1hr 15min**

**Number of participants: 2 members per team**

**Minimum Dishes to be Prepared: 2 (one main dish & 1 drink)**

All required materials, tools, equipment should be arranged by the participants. (The cooking area will be provided only)

* Cutting of vegetables and fruits should be done on the spot.
* Participants must display a **chart having the name and ingredients of the dish**.
* All the participants must **maintain hygiene** throughout and leave their working area clean after the preparation is over. (Includes disposing of all trash and cleaning up any spills).

**Evaluation Criteria:**

• Taste

• Presentation

• Creativity

• Hygiene

• Time management

Judges will score each dish based on these criteria and their decision will be final in selecting the winner.

**Here are some examples of ingredients that are allowed**:

Fruits, vegetables, grains, nuts, seeds, spices, herbs, oils, vinegar, honey, other natural sweeteners, milk (whipped cream if required to be prepared on the spot only), yogurt, etc. Any raw and unprocessed items

**Forbidden items include**:

Canned foods, Frozen foods, packaged meals, processed milk products (like cheese), alcohol, packed items such as biscuits, chips, etc.

All participant must follow the rules for making it a successful event!

**No registration fee**

**Winning prize**

**Upto 5k (1st), upto 3k (2nd)**

Registration form link:

<https://forms.gle/WqLNJyM54xjNiAKdA>