**COOKING WITHOUT FIRE**

**Turn off the stove and turn up the creativity! Cooking without fire brings out the fresh, vibrant flavors you’ll crave!**

Participation: 1 group/ institute



Team size: 3-5 members

Time limit**:** 1 hour

# Rules and regulations:

* Total no of dishes to be prepared: 4 (2 main dishes + 1 drink + 1 dessert)
* Key ingredients: coconut, yogurt, bell peppers, biscuits/gram crackers and any fruit of your choice.
* Any additional ingredients can be used, but at least one of the key ingredients should be used in each preparation.
* No use of flame or heat of any form. Pre-cut items are not allowed.
* Pre-prepared dishes are not allowed. If found, the team will face disqualification from the event.
* Use of bakery products is permitted (wafers, bread, biscuits etc.) All the required materials, tools and equipment should be arranged by the participants themselves.
* Participants are encouraged to bring aprons, food-safe gloves and hair caps to ensure hygiene.
* All the participants must leave their working area clean after the preparation is over.
* Decision of the judges is final and binding.

**JUDGING CRITERIA**

* Judging will be based on taste (30%), uniqueness (25%), presentation (25%) and Cleanliness (20%)

**CO-ORDINATORS**

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