

# CULINARY COMPETITION

## RULES & REGULATIONS

1. The Competition is open to only Ladies residing the district of Grand Port.
2. A participant can take part in the competition on an individual basis or in a group.
3. Participants shall prepare either a Vegetarian menu or a Non-Veg menu (comprising of at least 3 items; for eg. Rice, bread, chapatti, veg or non-veg curry, salad etc.) **PLUS** a dessert.
4. A participant/team shall produce **ONLY ONE** menu as entry for the competition.
5. All menus to be presented for the competition shall be freshly prepared at home and brought to the Council where each participant/team will be allocated a specific “stand” with chairs and tables for the display of one’s entry.
6. All utensils (for e.g. bowls, pans, pots, plates, spatulas, saucers etc.) that would be required for the presentation shall be brought along by participants/teams.
7. In a spirit of transparency, fairness and equity, each participant will be assigned an Index No. for grading purpose by the jury.
8. Each participant / team will be allocated a token amount of money so as to meet transportation cost of their respective menus to the yard of the Council. (*The quantum will be decided by the Council depending on the no. of participants*)
9. Participants must be able to give an oral outline about the composition and also about the whole preparation of their presented menu, failing which the presented menu will be considered null and void.
10. All basic norms pertaining to health and hygiene must be strictly followed as well as safety measures should be applied during the preparation and display of the menus.
11. **ASSESSMENT CRITERIA:-**
  - A. TASTE
    - (i) Good flavour balance and combination
    - (ii) Texture should be well combined with flavour
  - B. PRESENTATION
    - (i) Appetising & moderately sized-portions
  - C. SANITATION & HYGIENE APPLICATION
    - To maintain neat working area during competition proper
    - To observe professional grooming and hygiene
    - To apply food security and sanitation in preparation and plating.
12. Only one hour will be allocated to participants/teams for the display and presentation of their respective entries. No extra time will be allocated for late arrivals.
13. The decision of the jury will be final and any attempt whatsoever to influence same will entail to instant elimination of the participant/team from the competition.

**GOOD LUCK TO ALL**