

## **Cooking (No Fire Cooking) Competition**

**Competition will be held on 19<sup>th</sup> December 2018  
from 11.00 am onwards**

**Venue:** Garden near the entrance of the old Light House Street

**Last time** to submit form till 11.00 am on Monday 17<sup>th</sup> December 2018

### **❖ Rules and Regulations**

1. No cook tops (Gas) will be provided as the competition is “Cooking without fire”. Only 1 plug point will be provided.
2. Participants have to carry their own material including ingredients, utensils etc.,
3. The cooking material should be as per the ingredients list, which is as below: .

**Vegetables** - tomatoes, bell peppers, boil potatoes, carrots, cabbage, onions, coriander.

**Fruits** – orange, pineapple, strawberry, banana

**Cereals-** brown breads, white breads, penne pasta

**Other things** - mayonnaise, white cream, pesto sauce, south west sauce, butter, cheese, chocolate, coffee powder, milk, sugar.

**Masalas** - chaat masala, salt, pepper powder,

**Herbs** - oregano, basil or mixed herbs, chilli flakes, chopped green chillies, ginger, lemon

4. No assistant to the competitor is allowed during the competition.

5. Only 30 minutes will be provided to the participants to complete their dish.
6. The participants will not be allowed to refer to any printed material, phones etc. to complete their dish.
7. The winner will be awarded with Trophy & Certificate by the Tourism Department.
8. Copy of any Government Identity proof must be submitted along with this form.