



PRAVEGA

presents



Date: 31st Jan
Time: 10AM

E Mess
First Floor

Cooking Without Fire

TEAM SIZE

Teams of upto 3
members

ELIGIBILITY

Open for all

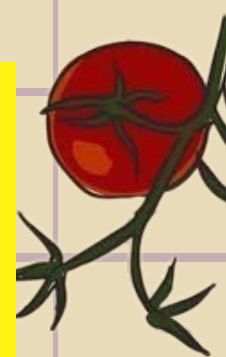
PRIZES

Special Gift
hampers



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Theme: Balanced Diet

Rules and Regulations

1. The contest is based on balanced diet which includes 5 Food Groups:
 - a. Cereal and whole Grains
 - b. Pulses and legumes
 - c. Milk and milk Products
 - d. Fruits and Vegetables
 - e. Fats and Sugars.
2. Each team consists of 3 members. The team would be identified by special Team name provided by the participants.
3. Contest is based on 'Fireless cooking' by ingredients provided by Nestle. Nestle products will also be displayed along with other ingredients.
4. Each team will be given 20 min for preparation. The participants will have to stick to the time limit.
5. No pre-preparation is allowed by the contestants.
6. Only the ingredients provided by Nestle are to be used. (Nothing else can be brought from outside.)
7. 2 recipes (one portion) are to be prepared on the spot. One salad/ starter and the other one has to be a dessert.
8. Each team will be provided with Apron, Chef Caps, disposables for preparation/display, chopping board, knife, peeler, grater, etc. No other articles/tools/ingredients to be brought by participants
9. Initial 10 min is allocated for selection of ingredients, post which the counter will be closed.
10. Each recipe must include multiple food groups to make it a balanced one
(A min of 3 food groups is must)
11. Use of Nestle product is must in the recipe. Nestle product must be used as one of the main ingredient, making major contribution to taste/convenience.
12. Display to be done with the crops available on the spot.
13. Wastage of ingredients will reduce your score.
14. Contestants must submit the written recipes. The written recipes must give details about the recipe name, quantity of the ingredients required in their order of use and method of preparation. (Please highlight the Special Nutritional benefit of the recipe, if any)
15. All entries become the property of Nestle. The company is free to use the recipe as and when required.
16. Entries should be different from those published in Nestle recipe book or website
17. Evaluation will be by panel of judges. Decision of the judges will be final and binding.