

RULE BOOK FOR CHEF COMPETITION

Home Chef / Hobby Chef (Open to all) – 11:00am to 12:00 noon:

- Home Chef will have to bring three items cooked from Home (1 Non-Veg. or Veg. Item, One accompaniment with Rice / Bread and 1 Sweet) and present the same at the competition venue. 30 Minutes will be given for display (garnish /presentation) on the venue. Preference will be given to the Himachali Food items.
- Two portions of each, one for tasting and one for display.
- Table measuring 5X2½ Feet will be provided for display.
- Candidates have to carry all display items i.e. Bowls & Platters of their own.
- The candidate will have to bear all expenses of travelling, Boarding/ lodging etc. for the competition. No financial Assistance will be provided by the Organization (HIMCA / HPTDC).
- The Menu and Recipe must be displayed at the time of competition.
- Logos or any other identification, marks of the organization of the participant are not allowed to be displayed.
- Apple as one ingredient is compulsory to be used in one of the dishes.

Student Chef (Student of any Institute / IHM / University) – 3:00pm to 4:00pm:

- Will have to present Three Course Menu cooked (One Appetizer or Soup, One Non-Veg. or Veg. Item, One accompaniment with Rice / Bread and One Sweet) and present the same at the competition venue. 30 Minutes time for presentation display / garnishing will be allowed at the venue.
- Candidates have to carry all display items i.e. Bowls & Platters of their own.
- Table measuring 5X2½ Feet will be provided for display.
- Two portions of each, one for tasting and one for display.
- Candidate will have to bear all expenses of travelling, Boarding/ lodging etc. for the competition. No financial Assistance will be provided by the Organization (HIMCA).
- The Menu and Recipe must be displayed at the time of competition.
- Logos or any other identification, marks of the Institute of the participant are not allowed to be displayed.
- Competitors are required to be in full Chef Uniform.
- Apple as one ingredient is compulsory to be used in one of the dishes.

Professional Chef Competition (Professional Chef of any Hotel / Restaurant or any other caterer can participate) – 1:00pm to 2:00pm:

- Professional Chef will have to present Three Course Menu cooked (One Appetizer or Soup, One Non-Veg. or Veg. Item, One accompaniment with Starch / Carbohydrates (Rice / Bread) and One Sweet and present the same at the competition venue. 30 Minutes will be given for display (garnish /presentation) on the venue. Preference will be given to the Himachali Food items.
- Two portions of each in two separate plates, one for tasting and one for display.
- Table measuring 5X2½ Feet will be provided for display.
- Candidates have to carry all display items i.e. Bowls & Platters of their own.
- The candidate will have to bear all expenses of travelling, Boarding/ lodging etc. for the competition. No financial Assistance will be provided by the Organization (HIMCA).
- The Menu and Recipe must be displayed at the time of competition.
- Logos or any other identification, marks of the hotel of the participant are not allowed to be displayed.
- Competitors are required to be in full Chef Uniform.
- Apple as one ingredient is compulsory to be used in one of the dishes.

Note:

- **The theme of competition will be "Healthy Cooking" and spread awareness about healthy cooking among the masses. Cooking with less oil, less Sugar & less Salt and the candidate have to mention in the recipe sheet clearly the quantity, quality, brand used of these items during the competition.**
- **The organizers reserves the right to disqualify any of the participants who does not obey the rules specified.**
- **The decision of Jury will be binding / final.**