**Rule Book for Chef Competition**

**Junior Chef 10th to 12th standard (age group of 15 to 17 yrs)**

**– 11:00 am onwards**

* Participants will have to bring two portions of each item to be presented in the competition. One portion for display and one for tasting by Judges.
* Competitor will bring one traditional dish i.e. Veg. or Non-Veg. prepared by the competitor only from home with Rice or Bread. Portion size of the Dish should be approx. 250gms excluding Rice or Bread.
* One Salad (Simple / Compound) with suitable dressing and garnish using any Vegetable or Fruits.
* Table measuring 4X2½ 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 School of the participant are not allowed to be displayed.
* The Participants must be sure that the dishes are prepared by themselves, during the questioner if any evidence is found by Judges, the candidate shall be disqualified.

**Little Chef – 6th to 9th standard (age group of 11 to 14 yrs)**

**– 12:30pm onwards**

* Little Chef will have to bring two portion of each item one for display one for testing by Judges.
* Competitor will have to bring one Sandwich using any suitable/edible ingredients and any bread.
* One Salad (Simple / Compound) with suitable dressing and garnish using any Vegetable or Fruits.
* Table measuring 4X2½ 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 School of the participant are not allowed to be displayed.
* The Participants must be sure that the dishes are prepared by themselves, during the questioner if any evidence is found by Judges, the candidate shall be disqualified.

**# Note:**

* **The participants should reach the venue 1 hour before the time of competition for registration.**
* **The theme of competition will be "Future Chefs" and spread awareness about the Cooking Profession among the future generation especially on Traditional Himachali Cuisine.**
* **The organizers reserves the right to disqualify any of the participants who does not obey the rules specified.**
* **The Organizer / Committee shall not be responsible for any losses during the event.**
* **The decision of Jury will be binding / final.**

Chef Nand Lal Sharma Chef Surinder Sharma

President General Secretary

**Him Aanchal Chef Association Him Aanchal Chef Association**