

Pas De Flamme

No Fire Cooking Competition



A Brief : A Chef is a person who creates marvels in the kitchen. The chef is highly skilled and have the intense knowledge of nutrition of the food. This competition requires the skill to prepare and present the food without the use of fire. Since it is without fire so one must apply the brain to prepare it in a well-balanced manner and present in eye appealing way.

Key Highlight: Fireless cooking is a culinary trend now enjoyed worldwide. You can explore many dishes from various cuisines like ceviche, gazpacho, and more.

Outcomes: learn the spirit of self-confidence, culinary skills and appreciating the hard work put into cooking.

Eligibility Criteria: School students/College students

Total Duration: 1 Hour

Categorization: Group Competitions

Rules & Regulations:-

Ingredients and Materials

- Participants must provide their own ingredients and materials for cooking.
- Pre-prepared ingredients (e.g., pre-cut vegetables, sauces) are typically allowed.

Equipment

- Participants can use cold preparation tools such as blenders, mixers, food processors, and utensils.
- Participants should bring their own equipment, as specified by the competition guidelines.

Judging Criteria

- **Creativity (30 points):** Originality and uniqueness of the dish.
- **Taste (30 points):** Flavor balance and overall palatability.
- **Presentation (20 points):** Visual appeal and arrangement of the dish.
- **Technique (20 points):** Skillfulness in the preparation methods used.

Disqualification

Participants may be disqualified for:

- Using prohibited ingredients or methods (e.g., fire or heat).
- Unsportsmanlike conduct or disruptive behavior.
- Failing to adhere to time limits.

Conduct

- Participants must maintain professionalism and respect toward fellow competitors and judges.
- Good sportsmanship is essential throughout the event.

Safety and Hygiene

- Participants must adhere to food safety and hygiene standards during the competition.
- Proper sanitation practices should be followed to ensure the safety of all food items.

Date & timing of the competitions: 13 Feb 2025 11:00

If material will be provided: No

NOTE: PLEASE BRING YOUR OWN TOOLS AND EQUIPMENTS.

Expected Collage /Universities /Schools : (10-15)

Expected Student Participation : (100-120)

LSTU HM student participation : (30-40)

Venue: B Block (Ground Floor) Room No - BG-11

B Block (First Floor) Room No - 02