

CSIR ONE WEEK - ONE LAB CELEBRATIONS

COOKING COMPETITION



- In the 'One Week, One Lab (OWOL)' campaign, each of the CSIR labs showcases its exclusive ideas and technological breakthroughs to the people of India. CSIR - Central Food Technological Research Institute (CFTRI) is celebrating this 'One Week, One Lab' schedule from the 3rd to 7th July 2023. In this connection, CFTRI is organizing a 'Culinary contest' on July 4th and 6th, 2023. This contest aims to recognize Mysore's diverse culinary dishes and promote this institute's link to GEN Z of this vibrant Heritage City. It is open to one and all
- The contest will be held with the following two themes for all (Men and Women)
- Fireless cooking for men only

DATES	TIME	THEME
July 4, 2023	10.00-11.00 AM 03.00-04.00 PM	Traditional foods with a modern twist or fusion foods (Gentlemen : Fireless cooking only)
July 6, 2023 (Millets Day)	10.00-11.00 AM	Novel dishes with millets

The contest provides a unique opportunity and encourages participants to showcase their creativity and innovation in cooking using healthy and sustainable ingredients.

Details of the contest can be found at www.cftri.res.in

FOR MORE DETAILS CONTACT : 7795924466



About the contest there will be two Rounds :

ROUND 1 (Entry Round)	<ul style="list-style-type: none">• Submissions will be online on CSIR-CFTRI web site. Selection committee will choose promising recipes based on the photo of prepared product with recipe details. (Creativity and innovation along with nutrition) <ul style="list-style-type: none">• Participants can choose any one of the two themes.• (Traditional foods with a modern twist / fusion foods - on July 4, 2023• Novel dishes with millets on July 06, 2023) <p>VEGETARIAN DISHES ONLY</p> <ul style="list-style-type: none">• Gentlemen your entries will be highly appreciated under the fireless cooking theme.• Top 10 contestants will be chosen from the total number of entries received in each category.• Contestants will qualify for the second round based on the recommendation of the selection committee
ROUND 2	<ul style="list-style-type: none">• 10 contestants selected by the committee will compete for the Finale will prepare and present the dishes at CFTRI• Top 3 dishes will be selected by a team of competent judges and receive a Prize and Certificate.• All 10 participants will receive a participation certificate.

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- Only single contestant (lady/gentleman) is allowed to participate along with one help.
- Spot entries are not entertained
- Contestant may take in their selected theme on that particular date.
- Contestants have to submit their entries online.
- Last date for submission of entries - **30th June 2023, 5:30pm**
- Submitted entries will be screened by a committee of experts
- Criteria for the selection are nutrition of the product and creativity
- Contestant whose submission are selected, would be informed through email and mobile
- Selected contestants would be invited to participate in the contest on the specific theme on specific date **(They have to reach CSIR-CFTRI, Mysuru on their own).**
- Time allowed for cooking and presentation of the dish is 45 min at CFTRI campus
- Pre-preparations can be done at home
- **Only cooking stove would be provided at CFTRI (induction type)**
- Culinary contest begins sharp at 10.00 am and ends at 11.00 am. No extra time would be provided.
- Contestants have to be present with all their paraphernalia (required materials) at the venue by 9.30 am.

