



Rules

Ingredients:

Please follow the instructions given below. You may use other ingredient besides the ones specified below. The following 2 ingredients are mandatory:

1. Olive oil
2. Garlic or Onion

Please choose 2 out of the 5 ingredients:

1. Chives
2. Leek
3. Lemon
4. Sherry or Wine
5. Tofu
6. Basil

What do the contestants bring?

6 qt of cooked dish or 70 pieces, enough for all the guests to taste.

The accompanying food – for example condiment or sauces.

Serving utensils

Towels

Name of the dish on 3 by 5 index card. (Write in blue pen and in uppercase letters)

Warmers or chaffing dish to keep the food warm (not electric). There will be no microwave or oven available.

The food must be healthy. Average amount of salt is fine but please substitute for ghee, butter and cream. The ingredients and the amount of oil you use will be taken into consideration by the judges.

To make sure that the judging will be unbiased, the contestants will not be present at the tables where the food is being judged.

1 piece or 3 tsp/1 tablespoon of each dish will be served for the judges. Each dish will be tasted and scrutinized by the judges

The food will be judged and points will be given by the following criteria.

Healthy Ingredients – 15

Originality -15

Method of cooking -15

Taste and flavor -15

Aroma -10

Recipe must be simple to follow -10

Fresh Ingredients -10

Presentation & Garnishing 10

Benefits of being a contestant:

The Winners will get an opportunity to publish their recipe in the IWE cookbook.

Winners: There will be 3 winners. Winners will win exciting Prizes

The Winners will be posted on the IWE website.

Certificate of Participation will be presented to all contestants

Last date to submit applications 8.23.2010**Contact:**

Phone #: 408-891-5324

E-mail: ia_we@yahoo.com

Web site: iweusa.org

Contestants can fill out a form from the web site and send it to the above e-mail address