



BHUTAN AGRI-FOOD TRADE AND INVESTMENT FORUM BATIF 2024

Food Recipe Contest Rulebook 16th May 2024 Centenary Park



BHUTAN
Believe



Message from the Hon'ble Sanam Lyonpo



It is with great pleasure I extend my warmest greetings to all involved in the Food Recipe Contest.

Food has always been at the heart of our nation's culture and identity. It not only sustains us but also serves as a vessel through which we express our heritage, creativity, and values. The Bhutan Agri-Food Trade and Investment Forum (BATIF) provides an ideal platform to celebrate the richness of our culinary traditions and the abundance of our agricultural resources.

Through this Food Recipe Contest, we have the opportunity to showcase the diversity of Bhutanese cuisine from flavors of Quinoa and Potatoes. I am thrilled to see participants draw inspiration from our local ingredients, cooking techniques, and cultural heritage to create innovative and delicious dishes that embody the essence of Bhutan.

I commend the dedication to promote sustainable agriculture, culinary excellence, and economic growth in our country. Our efforts not only enrich our gastronomic landscape but also contribute to the well-being of our communities and the prosperity of our nation. Healthy food fuels our body, nourishes our mind, and safeguards our health for a vibrant life.

To all the participants, I encourage you to embrace this contest as a platform for sharing your passion for food and your creativity in the kitchen. Your culinary creations have the power to inspire, delight, and unite us, fostering a deeper appreciation for the culinary treasures of Bhutan.

As we embark on this culinary journey together, let us celebrate the beauty of our land, the richness of our culture, and the boundless potential of our agri-food sector. May this Food Recipe Contest be a testament to the vibrancy and resilience of Bhutanese cuisine, and may it inspire us to continue nurturing our culinary heritage for generations to come.

I wish you all the best, and look forward to seeing you at the BATIF 2024.

A handwritten signature in blue ink that reads "Younten Phuntsho". The signature is written in a cursive style and is underlined.

(Younten Phuntsho)
Hon'ble Sanam Lyonpo
Ministry of Agriculture and Livestock

INTRODUCTION

The BATIF 2024 provides a unique platform to promote sustainable agriculture, encourage culinary innovation, and foster economic growth in Bhutan's food industry. It will host several high-level segments such as keynote speeches, panel discussions and technical presentations as well as B2B linkages, product exhibitions, and food stalls of which a food recipe contest is one of its exciting happenings. The contest will be held on the afternoon of the second day (16 May 2024) of the event. The contest aims to highlight the importance of traditional ingredients, cooking techniques, and cultural heritage in shaping the culinary landscape of Bhutan.

The theme for the competition is *'Quinoa and Potato for better nutrition, food security, and income'*. Quinoa, although one of the priority crops in Bhutan, has immense potential for market expansion both domestically and internationally. Similarly, potatoes also present opportunities for value addition and market expansion. Therefore, the event revolves around showcasing these agriculture commodities.

This document outlines the guidelines and regulations for participation in this exciting culinary competition, designed to celebrate the rich culinary heritage and agricultural diversity of Bhutan.

Date: 16th May 2024

Venue: Centenary Park

Website: www.batif.org

RIGHTS

- The organizers of BATIF – Food Recipe Contest 2024 claim the rights of all photographs and Pictures taken by the official photographer.
- The organizers of BATIF – Food Recipe Contest 2024 claim all rights of all recipes and menu

CATEGORY 1 (Individual challenge)

Who is eligible?

The individual challenge will be an open contest available to the public, emphasizing the preparation of a main course dish featuring Bhutanese cuisine.

What will they be cooking and how?

Participants must prepare a primary dish featuring Bhutanese culinary traditions, emphasizing on either quinoa or potato. Their creation should consist of at least 50% quinoa or potato, depending on the contestant's discretion and the nature of their dish.

Contestants must submit their recipe using the provided template and include a high-resolution photo of the final cooked dish. Shortlisted participants will be invited to present their dish to the judges at the event. Selected participants will receive attractive cash prizes and certificates of recognition and participation.

CATEGORY 2 (TEAM CHALLENGE)

Who is eligible?

The eligibility for the team challenge typically extends to teams from hotels, restaurants, culinary institutions, airlines and catering organizations (team of three) who are interested to take part in the contest and showcasing their culinary talents & creativity.

What will they be cooking?

The teams will have to develop 3 dishes (starter, main course, dessert) and it would be a live cooking. All dishes should have either 50% quinoa or potato, depending on the contestant's discretion and the nature of their dish.

Time Frame

All three dishes must be completed in an hour.

REGISTRATION

Participants, both individual and team, are advised to consider carefully the categories they intend to participate in, before submitting their entry forms. Acceptance of entries is based on the selection committee.

***Deadline for registration:7th April, 2024**

How to register?

Participants can send their original recipe in the template provided to skinley@moal.gov.bt by the given deadline. Please don't forget to mention all the details requested below:

What information needs to be submitted?

- All details provided in the attached template.

GENERAL RULE

Following registration closure, the BATIF committee will identify potential candidates for both individual and team challenges based on the recipes submitted.

The following rules apply to the shortlisted individual and the team challengers:

- Competitors report 30 minutes before the competition.
- One copy of the recipe is required in the kitchen, and another copy is needed for the judges.
- Competitors are required to provide their own supplementary ingredients apart from the main ingredients of quinoa and potato (applicable only to team challengers).
- Display tables, standard kitchen tools & equipment will be provided by the organizer.
- One portion of the main dish must be prepared for display, and another portion must be set aside for the judges' tasting.
- All contestants have to complete their cooking within the given time (applicable only to team challengers).
- Your entry must not be completed more than 10 minutes before the stipulated completion time (applicable only to team challengers).
- Competitors violating this rule will be penalized up to 10%-point deduction from their final score.
- One point will be deducted every 1 minute for being late and you will be disqualified if you are 10 mins late for the competition (applicable only to team challengers).

INGREDIENT SPECIFICATION

- Salads – cleaned, washed not mixed or cut.
- Vegetables – cleaned, peeled, washed, not cut must be raw.
- Pastas & Dough – Can be prepared in dough form but not cooked and portion
- Fish – gutted, scaled, portion but must be raw.
- All meat items must be cut into appropriate sizes, cleaned and washed raw.
- Crustaceans must be raw.
- Stocks – basic stock, not reduced, not seasoned, not additional items (garlic, wines etc.)
- Fruit pulps – fruit pulps purees may be brought in but not a finished sauce.
- Decor elements – 100% has to be made in the kitchen.
- Fruits and Vegetable Puree - Allowed but need to be the finish sauce.
- Mousses – Minced items allowed (Finish mousse preparation need to be made in the competition).
- Sauces – Cannot be reduced with no seasoning.
- Stocks – Can bring into competition with no seasoning.
- Dressings – Need to be prepared during the competition.

*Team violating the above rules will be penalized up to 10 points deduction from their final score.

JUDGING POINTS/ASSESSMENT CRITERIA

For Team Challenge

Guidelines for Assessment			
Particular	Description	Total Scores	Scores
Mise-En-Place/Proper Arrangement	Planned arrangement of materials for trouble-free working and service. Correct utilisation of working time to ensure punctual completion. Clean, proper working methods during the competition will also be judged as are the conditions after leaving the kitchen.	0-10 points	
Correct Professional Preparation	Correct basic preparation of food and hygiene. Preparation should be by practical, acceptable methods that exclude unnecessary ingredients. Appropriate cooking techniques must be applied for all ingredients, including starches and vegetables	0-25 points	
Working skill and kitchen organization Service	The punctual delivery of each entry at the appointed time is a matter of urgent necessity. The kitchen jury will determine if the fault of the service if any in the kitchen or service team and recommend any point reductions. The full points will be awarded if service flows smoothly and dishes come out on time from the kitchen	0-5 points	
Presentation	Clean arrangement, with no artificial garnish and no time-consuming arrangements. Exemplary plating to ensure an appetizer appearance	0-10 points	
Taste/texture	The typical taste of the food should be preserved. The dish must have an appropriate taste and seasoning. In quality, flavour and colour, the dish should conform to today's standards of nutritional values.	0-50 points	

For Individual Challenge

Guidelines for Assessment			
Particular	Description	Total Scores	Scores
Recipe submitted	Well planned recipe submitted during the registration process	0-20 points	
Presentation (will be assessed during the contest day)	Clean arrangement, with no artificial garnish and no time-consuming arrangements. Exemplary plating to ensure an appetizer appearance	0-30 points	
Taste/texture (will be assessed during the contest day)	The typical taste of the food should be preserved. The dish must have appropriate taste and seasoning. In quality, flavour and colour, the dish should conform to today's standards of nutritional values.	0-50 points	

AWARDS

*The winning team will receive the Cash Price, Certificate and Trophies.

*Result will be announced on 16 April 2024, the same day itself.

REGISTRATION – Food Recipe Contest

Category of competition	Individual / Team (Tick one)
Name of the participant/ Team	
Contact Details (Mobile no. and email)	
Title of the dish(es)	
Choice of ingredients (50% should be either Quinoa or Potato)	
Recipe Process	
High resolution picture of the final dish(es)	