



GUIDELINES FOR BEST DISH CONTEST



(A) Contestant may enter any one category. The dish must have the following ingredients

CATEGORIES	MUST-HAVE INGREDIENTS
1. Appetizer	Paneer/Cheese and potatoes
2. Salad	Pasta, sun dried tomatoes and sprouts
3. Dessert	Apple or carrots

*** The contesting dish will be disqualified, if the required ingredients are not included.*

(B) All entries for the competition must be received on or before Oct 30, 2011. On receipt of your entry you will receive a participant number, by e-mail, which will be your identification number on the competition day

(C) The Best Dish competition will be held on 12th November at **Ballard High School Cafeteria**. Contestants are required to present the dishes at the cafeteria by 2:00 P.M on Nov 12th 2011. The dish needs to be served for 3 people on a single plate, along with a typed copy of the recipe. Please put the participant number on the top right hand corner

(D) To enter the competition, you must be an ICF member. Please send your entries by **30th October** to VicePresident@ICFLouisville.org with following information:

The Category in which you want your dish to be judged: _____
Membership Number: _____ Full Name: _____
Telephone number: _____ E-mail : _____
Attn: ICF Best Dish Contest 2011.

(E) Judging Criteria:
Originality/ Creativity -10 points
Presentation – 10 points
Taste- 10 points

(F) Awards are presented during a prize distribution ceremony on the same day following the ICF Diwali cultural competition.

- (i) Over-All Grand Prize: One (1)
- (ii) Best in Category Prize: Winner and runner-up (6)

Winners will receive the prize and recipe will be featured with contestant name on ICF website (www.icflouisville.org) for 2 weeks following the event.