

# JUDEAN CHEF 2026

Flameless 2 Flawless

## No Flame Cooking Challenge

### RULES & REGULATIONS

Date: 15 February, 2026

Reporting Time: 3:30 PM

Duration of the Round: 1 Hour

Team Size: 2 members per team (compulsory)

Last Date to Register: 8th February, 2026 before 12:00 PM

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### Ingredients Information

#### Ingredients Provided by the Organizers (Same for All Teams)

- Tomatoes - 2
- Onions - 2
- Carrot - 1
- Capsicum - 1
- Cucumber - 1
- Green Chillies - 3
- Lemon - 1
- Coriander
- Chaat Masala
- Salt
- Chilli Powder
- Oregano
- Black Pepper

#### Ingredients Allowed From Home (Choose as Required)

1. Plain boiled Chicken (100 g) **OR** Plain boiled Eggs (2) **OR** Mushrooms (100 g)
2. Plain boiled Corn (100 g) **OR** Plain Chickpeas (100 g)

#### Optional Special Ingredients (Also to be brought from home)

1. Cheese **OR** Any sauce (E.g. Chutney, Mixed sauces, etc.)
2. Butter **OR** Oil

**Note: Any ingredients brought apart from the above list will be discarded.**

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### Cutlery & Equipment Guidelines

Participants must bring their own manual cutlery from home:

Cutting board, Knife, Fork, spoon, Peeler, Plates, bowls, Presentation tray

Electrical appliances are strictly prohibited.

Shape-giving or moulding tools are not allowed.

Kitchen cloth or duster may be brought from home.

### NOTE

- Categories are mentioned in the Registration form
- All teams will receive standard ingredients from the organizers.
- Participants must remain at their desks once the competition begins.
- After 30 minutes, teams will be given 5 minutes to request any additional ingredients if required.
- Ingredients not mentioned in the allowed list will not be permitted.
- Failure to follow the rules may result in disqualification.

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### REGISTRATION FORM

15 February, 2026 | 3:30 PM Onwards | St. Jude's School Hall

FILL IN BLOCK LETTERS ONLY

#### MEMBER 1

NAME: \_\_\_\_\_

ZONE: \_\_\_\_\_ D.O.B: \_\_\_\_\_

#### MEMBER 2

NAME: \_\_\_\_\_

ZONE: \_\_\_\_\_ D.O.B: \_\_\_\_\_

**SELECT THE CATEGORY** (Both the Members should be from the same category)

Youth under Age 25       Age 26 - Age 59       Age 60 and above

#### SELECT THE INGREDIENTS THAT YOU WILL BRING FROM HOME

Any one from each line

1.  Plain boiled Chicken (100 g)     Boiled Eggs (nos. 2)     Boiled Mushrooms (100 g)
2.  Plain boiled Corn (100 g)     Plain Chickpeas (100 g)

***Optional Special Ingredients*** (Also to be brought from home)

3.  Cheese     Any sauce (E.g. Chutney, Mixed sauces, etc.)
4.  Butter     Oil

#### NOTE

- Late submission of forms will not be accepted.
- No induction or gas stove will be allowed, as this is a No flame cooking challenge.
- Only the ingredients mentioned in the provided list will be supplied. Any additional ingredients from the above list must be brought from home by the participant, as per their choice and required weight/quantity.
- Further instructions will be provided on the event day.

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**Submit the form to your respective Zonal Leaders latest by 8th February 2026, 12:00 noon.**

For more details, contact Christopher Chettiar (9324125766) / Clayton Mendonca (9167015138)