Namaste Malaysia – Culinary Competition

General Guidelines (Applicable to All Categories)

1. The competition is open to all registered participants of **Namaste Malaysia**.
2. Participants must register under **one category only**.
3. All ingredients, tools, and serving materials must be brought by participants.
4. No on-site cooking using flame, stove, or induction is allowed unless explicitly stated.
5. Participants must maintain hygiene, cleanliness, and proper food handling at all times.
6. Preparation time will be strictly limited (to be announced by organizers).
7. Judging criteria may include:
    - Presentation & creativity
    - Taste (where applicable)
    - Innovation
    - Adherence to theme/category
8. Judges' decisions will be final and binding.
9. Participants must report at least **30 minutes before** their slot.
10. Organizers hold the right to disqualify entries that do not comply with rules

1. Kids Edition (Fun Food Challenge)

Theme: Fun, colourful, and creative plating for kids

Rules:

- Open for children (age group to be specified, e.g., 8–12 years).
- Focus is on **visual appeal, creativity, and fun presentation**.
- Simple, safe, and easy-to-handle recipes are encouraged.
- No sharp tools or hazardous materials allowed.

- Parental/guardian assistance allowed only for supervision (not execution).
- Judging Criteria:
    - Creativity & imagination
    - Colour & presentation
    - Kid-friendliness

2. Plating Master

Theme: Art on a Plate

Rules:

- Participants can bring **pre-prepared food items**.
- Emphasis is on **plating, aesthetics, and visual storytelling**.
- Assembly and plating must be done on-site within the given time.
- Edible decorations only.
- Judging Criteria:
    - Visual appeal
    - Creativity & originality
    - Presentation technique

3. No-Bake Dessert Challenge

Examples: Cheesecakes, laddoos, tiramisu cups, chocolate mousse

Rules:

- No baking or heating allowed at the venue.
- Desserts can be **pre-prepared partially**, but final assembly must be on-site.
- Must be a **sweet dish**.
- Use of refrigeration (if required) must be self-managed.
- Judging Criteria:
    - Taste & texture
    - Presentation
    - Creativity

4. Healthy Bowl Challenge

Theme: Nutritious & Wholesome

Rules:

- Only **raw, soaked, or pre-cooked ingredients** allowed.
- No on-site cooking or heating.
- Dish must be served in a **bowl format**.
- Must highlight **health, nutrition, and balance**.
- Participants should be ready to briefly explain nutritional value.
- Judging Criteria:
    - Nutritional balance
    - Taste
    - Presentation
    - Innovation

5. No-Fire Gourmet Challenge

Theme: Restaurant-style dish without fire

Rules:

- No flame, stove, or heating appliances allowed.
- Participants may use pre-**cooked ingredients**.
- Dish must resemble a **fine-dining or gourmet presentation**.
- Focus on **technique, plating, and concept**.
- Judging Criteria:
    - Creativity & concept
    - Presentation
    - Taste
    - Gourmet appeal

Additional Notes

- Each participant will be provided with a **designated workspace**.
- Basic table setup may be provided (to be confirmed by organizers).
- Participants are responsible for cleaning their stations post-competition.
- **Certificate of Participation** will be awarded to all participants