



Cornell Cook-off

Winners from each category will be invited to present at the live, online demo on **November 25, 2020**

Session One | 12.00pm to 1.00pm
[Register](#)

Session Two | 4.00pm to 5.00pm
[Register](#)

Showcase your culinary skills!

Participate in our healthy cooking competition!

When: Nov 12 to 21, 2020

Where: Facebook & Instagram



What:

Post videos & a photo of your favorite healthy recipe

Four Categories

- (i) Salad
- (ii) Lunch Box
- (iii) Main Course
- (iv) Dessert

No registration required to participate

For complete details on how to participate and criteria for scoring, please refer to the next page

Contact us:
iph@qatar-med.cornell.edu

Scoring Criteria
Presentation of dish <i>Balance, attention to detail, clean lines and colors</i>
Presentation of recipe on social media <i>Short, crisp videos, photo, video setting</i>
Use of fresh ingredients <i>Fresh fruit & vegetables, whole grains, minimally processed foods</i>
Healthy cooking methods <i>Steaming, grilling, baking, stir frying</i>
Creativity <i>Originality, unique theme</i>
Description <i>Thought process and idea behind the dish</i>
Overall Appeal

Competition Duration:
November 12 – 21

Post your recipes on
Facebook @ IPHWCMQatar
or Instagram @IPHQatar

Your recipe post should include:

- ✓ Title of dish
- ✓ Description of the dish (up to 30 words)
- ✓ Ingredients (List ingredients with the amounts)
- ✓ Method (Stepwise preparation instructions)

Submit up to 5 short videos of the steps (Max 3 minutes in total) and 1 photo of the final dish

- The cook-off will be a virtual competition
- Qatar residents are eligible to participate

Your dish can be any ONE:

- Lunch box
- Salad
- Main course
- Dessert

Winners from each category will be invited to present (online via Zoom) on Wednesday, Nov 25 | No registration required to participate | Registration is required to attend the live demo