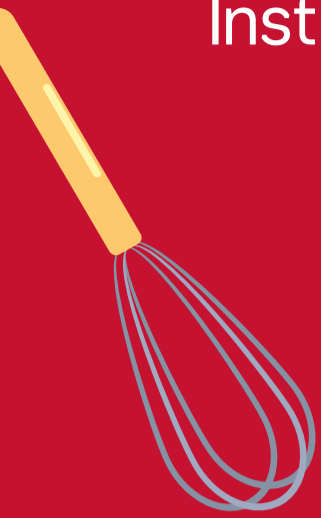




Weill Cornell Medicine-Qatar
Institute for Population Health



CORNELL COOK-OFF

September 1 - October 9, 2024



Post your recipes & tag @IPHWCMQatar & @IPHQatar.

Your recipe should include:

- Name of the dish
- Description of the dish (up to 30 words)
- Ingredients (list ingredients with the quantities)
- Method (step-by-step preparation instructions)

SUBMIT up to 5 short videos of the steps (max. 3 minutes in total) and 1 photo of the final dish.

CATEGORIES (I) Salad (II) Lunch Box (III) Main Course (IV) Dessert

SCORING CRITERIA

Presentation of the dish

Balance, attention to detail, clean lines and colors

Healthy cooking methods

Steaming, grilling, baking, stir-frying

Presentation of the recipe

Short & crisp videos, photo, video setting

Description

Thought process and idea behind the dish

Use of fresh ingredients

Fresh fruit & vegetables, whole grains, minimally processed foods

Creativity

Originality, unique theme

Overall appeal

No registration required to participate

The cook-off will be a virtual competition

Only Qatar residents are eligible to participate

Winner announcement: October 23, 2024



Follow #IPHQatar for updates.

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

Lifestyle Medicine Week 2024