

Criteria of participation:

- Pre-registration is mandatory.
- Prepare ONE delicacy with fish as the main ingredient.
- · Pre-cooked items are not allowed.
- Participants must bring their own resources and cook wear.
- Provision to cook will be provided.
- Duration of preparation: 30 mins.
- The evaluation will be based on the taste of the dish, nutritional level, cleanliness and presentation.

