



MWIKOS & JIKOS : The Ultimate Cook off

Rules & Regulations

1. Registration fee for the competition will be **4000/- per team** which will include **EVERYTHING**. All ingredients, water to cook with, jikos and all relevant equipment.
2. Pre-registration is mandatory through the FOF registration portal - www.fof.co.ke. Entries will be on a first come first served basis as there are limited spaces.
3. Each team must consist of **8 members** and it is mandatory to have:
 - 2 males
 - 2 juniors (under 12)
 - 1 senior (60+)
4. No spices, sauces, utensils or pre prepped ingredients are allowed - **EVERYTHING** will be provided by the organizers.
5. Only vegetarian food will be cooked and served. It will be at the discretion of each team if they would like to use onions and garlic as an option.
6. Each community's spectators will be able to reserve bandas downstairs at a fee (5,000/- which will then be deducted from their spend amount). These reservations must be made directly with Red Ginger on 0779 444 444.

7. Drinking water will be provided for teams, while other beverages shall be on sale. Red Ginger will have a cash bar serving only non-alcoholic beverages in the halls.
8. Participants are supposed to display the name and ingredients of each dish they have prepared using the labeling items provided to them on the day.
9. All contestants will need to arrive at Red Ginger and check in with the FOF team no later than 5:30 p.m. on the day of the event (November 8, 2022).
10. The competition begins precisely at 6:00 p.m. The FOF team will ring the bell to indicate the start.
11. The competition will take place in 2 rounds of 60 mins each (including both prep and cook time). Details of what is required in each round will be provided on the day of the competition. How this time is used is at the discretion of the individual team.
12. Please prepare 5 tasting plates - one for each judge, and one for display on your table.
13. Each team will present their dish to the judges in a blind tasting format.
14. Judges will rate each dish individually on a points based system. The categories and points are: Presentation (5 points); Unique interpretation of the brief (10 points); Taste (10 points), and Overall Experience (5 points).

15. The organizing team will tally the score cards. Winners will be announced directly following judging.
16. The team with the most points will receive 1st place. The team with the second highest number of points will receive 2nd place, and so on.
17. All judging is final. This contest is held in good faith and in compliance with the FOF guidelines, principles and ethos.
18. Contestant recipes will be printed on the website and newsletters only at the consent of the contestants.