

# Culinary Science Competition: "Cultural Cuisines and Their Chemistry"

## Theme Overview:

Participants will prepare a dish representing a specific culture or region, highlighting the unique ingredients, cooking techniques, and the scientific principles involved. They will explain how science interacts with tradition to create flavors and textures unique to the cuisine.

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## Competition Structure

### 1. Dish Selection:

- Participants must choose a dish representing a culture or region (e.g., Mangalorean, French, Japanese, etc.).
  - They should research the science behind key aspects of the dish, such as:
    - Fermentation (e.g., dosa batter, bread).
    - Caramelization and browning (e.g., sauces, grilled foods).
    - Heat and flavor release (e.g., curries, stews).
    - Preservation techniques (e.g., pickles, cured meats).
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### 2. Competition Phases:

- **Cooking Showcase (70%):**  
Participants will prepare the dish on-site within a given time frame. The focus is on authenticity, taste, and presentation.
  - **Scientific Presentation (30%):**  
Participants must explain the chemistry behind their dish during or after cooking, including:
    - Chemical transformations (e.g., Maillard reaction, emulsification).
    - Physical processes (e.g., gelatinization, leavening).
    - Biological contributions (e.g., fermentation, enzymes).
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## Judging Criteria

### 1. Taste and Authenticity (40%)

- Flavors true to the selected culture.
- Balance and depth of taste.

## 2. Science Explanation (30%)

- Clarity, accuracy, and depth of scientific insights related to the dish.
- Relevance to the cultural cooking process.

## 3. Presentation and Creativity (20%)

- Visual appeal of the dish.
- Innovative twists (if applicable) while maintaining cultural authenticity.

## 4. Organization and Timing (10%)

- Efficient preparation and adherence to the time limit.
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### Competition Rules

1. **Dish Choice:** Participants must submit their dish choice with a brief description and its cultural background during registration.
  2. **Ingredients:** Participants can bring their own ingredients but must use authentic or culturally appropriate ones.
  3. **Preparation Time:** Each participant/team gets **120 minutes** to cook and explain their dish.
  4. **Age Limit :** 16 years or above.
  5. **Team Size:** Individual or up to 3 participants per team.
  6. **Equipment:** Participants **must bring their own cooking equipments**, including any tools, utensils, and gadgets necessary to prepare their dish.
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### Prizes and Recognition

#### Award Categories:

- **Best Cultural Dish:** Taste and authenticity.
- **Best Scientific Explanation:** Clarity and depth of science.
- **Most Creative Presentation:** Artistic and cultural representation.

Winners will receive prizes and certificates. Selected entries may be featured in **CFAL's Culinary Chemistry Guide** or blog, with recipes and their scientific explanations.

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### Why This Theme Works?

- **Cultural Engagement:** Highlights diverse cuisines and promotes cultural appreciation.
  - **Educational Insight:** Combines the art of cooking with scientific discovery.
  - **Interactive Appeal:** Engages both participants and the audience with relatable and exciting content.
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