



# Small Millets

## Recipe Competition

Small Millet Foundation  
*invites students for a*

**Novel and Innovative**

## Small Millets Recipe Competition

### Prizes

1<sup>st</sup> Prize Rs. 10,000/-  
2<sup>nd</sup> Prize Rs. 5,000/-  
3<sup>rd</sup> Prize Rs. 2,500/-

**Why this event:** Small Millets are one of our important traditional food categories. They are rich in protein, micronutrients, dietary fibre and polyphenols when compared to rice and wheat. They have preventive and curative properties and help in managing lifestyle diseases like diabetes and obesity. Students from Catering, Hotel Management and Home Science as future Chefs, Restaurant Managers and Dieticians respectively can play significant role in taking 'appealing small millet based foods' to large section of the community. So,

this event is organised with twin objectives of :  
i) generating novel appealing small millet recipes and ii) creating awareness among students from Catering, Hotel management and Home Science.

### Registration

**14<sup>th</sup> November 2017 to 24<sup>th</sup> November 2017**

### Date of Event

**4<sup>th</sup> December 2017**

### Venue

**DHAN Foundation**

**1A, Vaidyanathapuram East, Kennet Cross Road,  
Madurai - 625 016**

### Points to be given attention

- 🔪 **Recipes:** All the main recipes have to be prepared only with seven small millets namely, **Foxtail millet, Finger millet, Kodo millet, Proso millet, Little millet, Barnyard millet and Brown top millet.**
- 🔪 **Team:** Maximum of three members shall be in a team. Each Catering College / Catering Institute can have maximum three teams in the competition.
- 🔪 **Recipe preparation:** The team has to prepare the recipes on their own in line with the theme of the competition and bring it to the event.
- 🔪 **No of recipes:** Minimum one set (a main dish with one or more side dishes) per team. It may be breakfast, lunch or dinner. The team may display more than a set of dish.
- 🔪 **Entrance fee:** Each team has to pay an entrance fee of **Rs. 500/-**.
- 🔪 **Recipe Display:** The recipes have to be displayed in the table with labels including the name of the recipe, ingredients, health benefits of the recipes and the names of the side dishes.
- 🔪 **Ranking Parameters:** The marks will be based on Taste, Appearance and Ease of preparation; Presentation of the recipe in the plate and oral explanation of its health benefits are also valued.
- 🔪 **Jury:** A jury consisting of three members will finalize the winners of the competition. Decision of the jury is final.
- 🔪 **Time:** The display of recipes starts at **10:00 am.**
- 🔪 **Note:** No DA and TA will be given to the participants.

### About Small Millet Foundation

To enhance food and nutrition security, DHAN Foundation has initiated Small Millet Foundation, an exclusive entity, which focuses on promoting cultivation and consumption of small millets across India.

### For further details, contact :

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**DHAN Foundation**



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