



# X-COOK

## FIRELESS COOKING

**Venue:** Big Parlour

**Participants:** 2

**Duration:** 1 hour+15 minutes

- 
- Participants are required to make 1 drink, 1 snack/starter and 1 dessert.
  - Participants have to bring their own materials, including ingredients, cutlery, serving plates and glasses.
  - All meals must be prepared without the use of fire.
  - Equipment such as inductions and cook-tops cannot be used.
  - The food prepared should be vegetarian.
  - The use of alcohol is prohibited.
  - Boiled vegetables, prepared sauce and plain cakes/biscuits can be brought for the event.
  - Judging Criteria: Taste, Flavor, presentation, originality and cleanliness.