



മില്ലറ്റും മീനും (Millet & Fish)

December 28, 29 & 30, 2023
CMFRI Campus, Kochi

Recipe Contest

“Open to individuals above the age of 15 residing in Kerala”

Theme: Millet-Fish Combo Meal for a Kerala youth

Fish: Any of the locally available fish can be used

Millet: Foxtail millet/ Kodo millet/Finger millet/Little millet/Barnyard millet/Pearl millet/Sorghum can be used

Organized by

ICAR-Krishi Vigyan Kendra (KVK) Ernakulam
ICAR-Central Marine Fisheries Research Institute
Kochi-18



1st prize
₹7,500/-

2nd prize
₹5,000/-

3rd prize
₹2,500/-

Winner Certificates and
Participation Certificates will be
issued to final round contestants

Preliminary Round

Register by filling out the Google Form

<https://forms.gle/RL8zK6uzeYgzn3Sr7>

and submit your creative idea in not exceeding 250 words.

Submission deadline: 25th December 2023, midnight.

Final Round *(only for shortlisted candidates)*

Date and Time

28th December, 2023, 2:00 PM to 4:00 PM

Venue

ICAR-Central Marine Fisheries Research Institute
Goshree Road, Near High Court of Kerala, Kochi-18

Requirements for the final round

Bring all necessary ingredients and utensils.

Gas stove and cooking gas will be provided free of cost
by the organizers.

Short listing criteria

- Creativity and innovation
- Adherence to theme
- Cultural relevance
- Nutritional value
- Feasibility for cooking at the event
- Clarity and detail in the written idea
- Interest and appeal to Kerala youth
- Practicality and accessibility of ingredients
- Extent of incorporation of Millet and Fish
- Conciseness of idea

Note: Participants are encouraged to showcase the unique blend of millet and fish in their recipes, reflecting the culinary preferences of Kerala youth. Ensure that your written idea is clear, concise, and showcases the innovation behind your Millet-Fish combo meal.

For any inquiries, please contact

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PARTNERS

