



Cancer Institute (WIA) Foundation, Inc.

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A U.S. Non Profit Organization 501(c)3 Tax ID: 20-1140049

Kitchen Khiladi 2017 Rules

Cooking is fun!!! A Fun filled event... An opportunity to showcase your talent...

Registration:

- A team should be represented by minimum of one person and maximum of three.
- Please use online registration form to fill out your details for registering.
- You can also register by phone (Kumuda @ 845-270-9584, Shuba Rajesh @ 510-579-4890 or Priya Shankar @ 650-743-5681).
- Registration Fee is \$20/team (This money goes to a noble cause)
- Admission is free for audience.

Preliminary Round:

Date: Sunday @ 2:00 pm, August 27, 2017

Venue: Sunnyvale Hindu Temple Auditorium
450 Persian Drive, Sunnyvale, CA 94089

Finals Round: Date & Venue TBA

Rules for Preliminary Round:

- The dish must be a vegetarian dish.
- The dish must use Little Millet & Zucchini as a main ingredients.
 - Two separate dishes will be allowed as long as they go together / eaten together – e.g. Millet Roti/Zucchini sabji , Millet Bread/ Zucchini spread etc.
 - If making a single dish both ingredients must be used in it. E.g. Millet& Zucchini Upma, Millet idli/Paniyaram with Zucchini stuffing etc.
- Participants must purchase Shastha brand Little Millet from any New India Bazaar, India Cash & Carry or Coconut Hill. Shastha brand millets are available in 24 Indian grocery stores throughout the Bay Area.
- Participants must present the receipt at the auditorium and get reimbursed.
- If the participant cannot find Shastha brand Little Millet they must contact one of the members of the coordinators at the numbers listed above or send an email to cook@cifwia.org before Thursday August 24, 2017. We will mail the millet to your address or arrange for delivery.
- Participants must present the dish along with 2 copies of the recipe. Hand over one copy of recipe at the front desk and display another copy at the table for judging.
- Contestants must also email the recipe in advance to cook@cifwia.org.
- The dishes must be brought to the registration desk on or before 1 pm.
- Microwave ovens will be available for re-heating your dish before judging begins.

- The dishes must be ready in display around 2:00 pm.
- Prepare enough quantity for 25 individuals (minimum) for tasting.
- The dish must be prepared at home and brought to the location.
- Judging will begin promptly at 2.15pm.
- Dishes will be tasted by the panel of judges and public.
- 8 dishes will be selected for final round, out of which 7 dishes will be picked by the judges and 1 by public voting.

*** *Eight finalists will be announced at the venue.* ***

Rules for Finals Round:

- Finals is live cooking round in front of judges and audience.
- Each team will be provided with a designated area in the kitchen with gas/electric stove.
- Contestants must bring their own cutlery, cutting boards, dish towels, paper towels, pot holders, ingredients for recipe and any appliances not listed above.
- Contestants are encouraged to wear clothing consistent with professional and safe food handling practices.
- The allotted cooking time and the main ingredient to be used will be informed to the selected candidates who make it to the finals.

Scoring:

- For all the rounds contestants will be scored based on Nutrition, Originality, Taste, and Presentation.
- Please note that more weightage will be given for nutrition

**** All decisions of the judges are final ****

Prizes:

- The top 3 finalist will be awarded with gold coins
 - First Prize: Gold Coin 3 grams
 - Second Prize: Gold Coin 2 grams
 - Third Prize: Gold Coin 1 gram
- Top recipes will be published in CIF website and social media.
- Sangeeta restaurant, Sunnyvale will feature some of the top recipes as part of their menu for a limited time!





History of Millets

It is believed that Millets originated in Africa and found their way to India and Asia through migrant population and traders. Yet, there is ample evidence to show that since ancient times, millets have been widely consumed in Asia and India. The Indian flatbread makki roti is made from ground millet seeds. In Western Europe and North America, millets are now gaining popularity as a delicious and nutritious grain that can be enjoyed for both its unique virtues as well as the fact that it is a gluten-free grain alternative to wheat.

The majority of the world's commercial millet crop is produced by India, China and Nigeria.

However, the consumption of millets in India has significantly come down over the years mainly due to the emphasis on the production and subsidies on rice and wheat. Besides the changing lifestyle of the Indian population and migration of people from rural to urban areas have also contributed significantly to the change in consumption pattern.

Millet, the hardy grain that was part of the average Indians' diet is now making a come back due to its beneficial health impact.

Little Millet

Like other millets, Little Millet is a gluten free vegan food. The name belies its properties. It is a rich source of B-vitamins, minerals like calcium, iron, zinc, potassium among others. It also provides essential fats and fiber to the body, the kind that helps in weight loss.

Little Millet, that was a part of common man's dietary habits, has slowly lost out to the fast changing world and food habits. However, the revival efforts have brought forth a wide selection of recipes from breakfast dishes to dinner and in between foods.

Foxtail Millet

Foxtail Millet is a gluten free, vegan food. Foxtail Millet is rich in proteins and low in fat. It contains good amount of fiber, calcium, iron, potassium, magnesium, essential for the body. This Millet has higher carbohydrate content but it gets released in a slow and steady manner without affecting metabolism. This means,

sustained energy levels for a longer period of time. Absence of any form of sugar in this millet is a significant point in its favor. Numerous studies have shown the health benefits of foxtail millet but we would like to leave the choice to the consumers through their experience.

Foxtail millets are available in the form of rice, semolina (like rava) or as flour. This can be cooked as a substitute for rice, used in preparing snacks or breakfast items.

Do you know that Valli offered foxtail millet flour (Thinai Maavu) mixed with honey to Lord Muruga (Karthikeya) when he came in the form of an old man?

Barnyard Millet

Like other millets, barnyard millets are gluten free and vegan cereals. Barnyard Millet are tiny white, round grains belonging to the millet family. The tiny grain packs a variety of essential nutrients like Iron, Calcium, Fiber, Proteins and Minerals and is among the top Indian millets. Its high calorie content releases slowly providing sustained energy levels for the body.

Barnyard millet is one of the hardiest millets, which thrives well under adverse agro-climatic conditions. Nutritionally barnyard millet is a superior grain with

good amounts of macronutrients and dietary fiber. It is an important grain, which possesses good cooking and sensory qualities.

Kodo Millet

Kodo millet is an annual grain that is grown primarily in India. Kodo is a gluten free and a vegan cereal.

Kodo millet is among the ancient grains of India. Like all other millets, Kodo millet comes with a package of beneficial minerals and has niacin and thiamin as bonus contents. It takes shorter time to cook and can absorb flavors from other ingredients easily. There are numerous studies on the health benefits of Kodo Millet. This can be used to prepare roti, pulav, a variety of snacks and short eats to ensure that every food intake is beneficial with this millet.

Moving Forward

Millet cultivation requires minimal water resources and provides an excellent source of income for small farmers who are in the arid zones of India. At the same time, these tiny grains come with plenty of minerals and fiber to keep our bodies healthy and help us stay energetic for sustained periods of time. It is time now to include millets in our dining options to support marginal farmers and lead a better lifestyle.





Health Benefits of Zucchini

- The antioxidants in zucchini can help prevent cell mutations that lead to the development of cancer.
- The carotenes in zucchini might also help protect your skin from damage caused by the sun.
- Vitamin A and C as well as the folic acid improve on the anti-oxidation power of zucchini and play an important role in fighting early symptoms of prostate cancer such as Benign Prostatic Hypertrophy (BOP) which is responsible for the enlargement of the prostate.