

CULINARY KAIZENS Talent *Season - 1*



Rule Book

2nd & 3rd August, 2025

- Professional Chefs Talent
- Student Chefs Talent
- Indian Sweets Talent
- Home Chefs Talent

Venue: Milan Mela Grounds, Kolkata
In Collaboration With: FoodTech Kolkata



Eastern India Culinary Association

Welcome to Culinary Kaizens Talent Season 1

The Eastern India Culinary Association (EICA) is proud to present Culinary Kaizens Talent – Season 1, a premier culinary competition set to take place on 2nd & 3rd August 2025 at Milan Mela Grounds, Kolkata.

This event brings together chefs, students, home cooks, and artisans to celebrate the diverse flavors of Eastern India. With legendary chefs on the jury and a focus on both tradition and innovation, Culinary Kaizens is more than a contest—it's a platform to shine. Let the talent speak. Let the legacy begin.

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Honourary Distinguished Panel



**Chef
Satish Arora**

Director of Food
Production Taj
Hotels



**Chef
K. Damodharan**

Celebrity Chef
& Padma Shri
(2025)



**Chef
Manjit Gill**

Celebrity Chef &
President of IFCA



**Chef
Sheetharam Prasaad**

Vice-President of
IFCA

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Competition Categories

Category A – The Chef’s Arena: “Main Course & Starter”

Participants: Professional Chefs From Hotels, Restaurants & Culinary Institution

Deliverables: A main course and starter dish showcasing technical skill, presentation, and taste.

Category B – India on a Plate: “Regional Thali Showcase”

Participants: Culinary Students, Amateur Chefs, Home Cooks

Deliverables: A traditional thali representing any Eastern Indian state.

Category C – The Art of Cake: “Operation Sindoor”

Participants: Boutique Bakers, Pastry Chefs, Culinary Institutions & Home Chefs

Deliverables: A themed artistic cake display with cultural or emotional storytelling elements.

Category D – Sweet Legacies: “Eastern Regional Mithai Innovation”

Participants: Indian Sweetshops, Home Cooks, Culinary Students

Deliverables: A reimagined or traditional dessert with a modern approach.

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Eligibility Criteria

- Open to individuals aged 18 and above.
- Participants may compete in multiple categories, subject to approval & according to the Participants category
- Entry is open to professionals, students, and amateur chefs, Home bakers
- Participants must register with valid identification and required documentation.
- Only shortlisted participants will be allowed access to the competition zone.

**2nd & 3rd
August, 2025**

Registration Process

- Submission Deadline: 15 July 2025
- Registration Fee: 500 for Individual category for all participants
- Entry Form: Available at www.eicaindia.co.in
- Confirmation of entry will be sent via email. No changes will be permitted after final submission.

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General Rules

- Participants may enter in one or more categories.
- Entry Fee: ₹500 per participant (non-refundable).
- No branding, logos, or institute names on attire or displays.
- Recipe sheets and menu cards must be displayed with every entry.
- All ingredients and tools must be self-arranged unless otherwise specified.
- No non-edible decorations or plastic allowed.
- Participants must maintain hygiene, punctuality, and professionalism.
- Two thalis or plated entries per participant (1 for tasting, 1 for display).
- All decoration must be edible.
- Only shortlisted entries will be permitted inside the competition area.
- No mobile phone use allowed during competition time
- Proper grooming standards has to be taken care
- Presentation Time is 40 Minutes for each category

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Competition Category Guidelines



Category A: The Chef's Arena – Main Course & Starter

Participants: Professionals & Culinary Students

- 1 main course and 2 varieties of starters
- 6 pieces in total (for tasting & display)
- Each meat portion should be minimum 300 gms
- Judged on taste, portion control, plating, and concept

Category B: India on a Plate – Regional Thali Showcase

Participants: Professionals, Culinary Students, Amateur Chefs

Veg or non-veg thali

- Minimum 3 and maximum 6 accompaniments
- 1 sweet dish required
- Portion size: 100–120 gms per item
- Display thali size: Max 14 inch, Min 8 inch (excluding bowls)
- Must represent a traditional regional theme
- Menu card and recipe sheet are mandatory
- 2 full thalis to be presented (1 tasting, 1 display)
- 1 Grain dish has to be there (Rice or Indian Bread)

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Category C: The Art of Cake – Operation Sindoor

Participants: Home Bakers, Culinary Institutions, Professionals

- Theme: Operation Sindoor
- Cake size: 1 to 3 layers
- Total weight: 1.5 kg to 5 kg (including decorations)
- Only edible colors, fillings, and décor
- Handcrafted/mould-based décor allowed
- Half an hour assembly time at venue
- One clean slice (100 gms) to be presented separately for filling inspection
- No non-edible elements permitted

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Category D: Sweet Legacies – Eastern Regional Mithai Innovation

Participants: Home Cooks, Students, Sweetshop Professionals

- Must include 1 chhena-based item
- 1 Variety should be made of the brand ingredients
- 1 varieties, 5 pieces each (tasting size: 50–80 gms)
- One display item (chhena-based) must be 500 gms
- Presentation must reflect regional identity
- Edible decorations only
- Menu and recipe sheet required

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Judging Criteria

- Taste – 15%
- Texture - 15%
- Presentation & Plating – 20%
- Innovation & Creativity – 20%
- Regional Authenticity – 20%
- Overall Theme Execution – 15%

Conduct Guidelines

- Maintain discipline and respect toward fellow participants, organizers, and judges.
- No abusive behavior, substance use, or defamation of any kind will be tolerated.
- Organizers hold the right to disqualify participants who breach rules.
- All decisions by the jury and EICA are final and non-negotiable.

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