

PALO FOOD HERITAGE FESTIVAL  
(PAGKAON NGA KASANHI)



GUIDELINES AND MECHANICS

THE COMPETITION:

The challenge is to prepare Palo Gourmet a la carte dishes which will highlight the food heritage/origin of the place and use the local ingredients available in the market.

These dishes are:

- Appetizers/Snacks
- Entrée /Main Course
- Dessert

A limited time of TWO (2) HOURS broken down into segments is allocated for the entire competition.

THE COMPETING TEAM:

The contest is open to all Palon-on culinary enthusiasts. Each participating team should be composed of TWO (2) MEMBERS only.

They are required to be at the venue ONE (1) hour before the contest proper. Five points will be deducted from the total score of the groups who will arrive late.

## REGISTRATION:

Registration form is available at the Palo Tourism Office. The deadline for submission of entry is on July 15, 2023. Briefing and Orientation with the culinary chef will be on July 20, 2023, at 2:00 in the afternoon at Palo Livelihood and Cooperative Development Center.

## REQUIREMENTS:

Participants will provide the following: ingredients, cooking equipment, and utensils.

## MECHANICS:

1. Each team will be given 10 (ten) minutes to write their recipe in the official form every after cooking a dish and to submit it to the organizers.
2. The participants must provide a title card which contains the brief description of each of the dishes on display. This must be submitted together with the recipe form. A five (5)- point deduction from the total score shall be incurred for non-submission of the title card.
3. The title cards must be placed on the display area of the participant's dishes prior to judging.
4. All competitors are requested to wear proper cooking attire. Each team must bring at least three (3) plain white kitchen towels.
5. All preparations and cooking of dishes, including garnishes, must be entirely made and crafted on the spot. A team

who brings in any cooked item will be disqualified. Before the competition starts, each working area will be checked by the committee to ensure that no item (e.g., food and beverages) has been brought in.

6. Every team should prepare two plates for each dishes – one for display and another one to be served to the judges for tasting.
7. The participants will be given a total of two (2) hours broken down four (4) segments. Dish is to be served and displayed at the end of each segment.

**Segment 1 (30 mins)** : Mis en place

**Segment 2 (1 hr)**: Appetizer/snack

**Segment 3 (1 hr)** : Preparation, cooking, plating and final touch for entrée or main course and dessert.

8. One team will be declared as **grand winner**. Teams who will garner top scores in the different categories shall be recognized.

### CRITERIA FOR JUDGING

- **Taste (40%)** – the dish should be well-balanced and must emphasize Philippine taste.
- **Originality and Creativity (30%)** – Recipes must have in-depth stories that tells the culture and tradition of the community. It must be originated in Palo.
- **Visual appeal (20%)** – Recipes are not from magazines, cook books, or other contest.

- **Overall presentation (10%)** – Appetizers and main course shall complement the flavors, taste, and styles of each other.

**PRIZES (per team)**

|                           |                               |
|---------------------------|-------------------------------|
| Grand winner              | Php 10,000.00 worth of prizes |
| Best Appetizer            | Php 5,000.00 worth of prizes  |
| Best main dishes          | Php 5,000.00 worth of prizes  |
| Best dessert              | Php 5,000.00 worth of prizes  |
| Consolation (Non-winners) | Php 1,500.00 worth of prizes  |

Republic of the Philippines  
Province of Leyte  
Municipality of Palo



**PALO FOOD HERITAGE COMPETITION  
OFFICIAL ENTRY FORM**

|                       |                       |
|-----------------------|-----------------------|
| <b>NAME OF GROUP:</b> |                       |
| <b>ADDRESS</b>        | <b>CONTACT NUMBER</b> |
|                       |                       |

**AGREEMENT**

As CONTESTANT of the 193<sup>rd</sup> PALO DAY CELEBRATION, PALO FOOD HERITAGE FESTIVAL, we promise to comply faithfully with all the requirements.

1. To observe and comply with the Contest Rules and Guidelines and all other rules that may be promulgated.
2. To participate actively in all the scheduled activities.
3. To do our best to be worthy representatives of our group that made possible our participation in this competition.

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*Signature over printed Name of group Head/ Representative*