



National Tropical Botanical Garden

2019 'Ulu Cook-off Rules

by: Kahanu Garden & The Festivals of Aloha

- *Each entry should include enough samples for 10 people to taste*
- *Participants must have a Festivals of Aloha Ribbon to enter*
- *Entry is free*
- *Participants can enter as few or as many dishes as they would like*
- *Participants must turn in all entries from 4:30 pm - 5:30 pm on October 25th at the 'Ulu Cook-off tent at Kapueokahi*
- *All entries must have a name and be accompanied by their recipe*
- *No recipes containing alcohol will be accepted*
- *Repeat entries will result in a deduction of 10 points*
- *Judging is 6:00pm-7:00pm. Winners to be announced shortly after*
- *Entries must be categorized into one of the following categories: Appetizer, Entree, Dessert, and Traditional*
- *The "Traditional" Category:*
 - *Specifically, this category honors dishes prepared using breadfruit throughout Polynesia*
- *This year we are asking that each dish have 3-5 sentences explaining what inspired the dish*
 - *Extra points are given to multi-generational family recipes*
- *Point breakdown: Taste 1-5, Appearance 1-3, Originality 1-4, Adequate use of Ulu 0-5, and Difficulty of Preparation 1-3*

Friday October 25th, 2019 @ Kapueokahi