

SHARE & CARE FOUNDATION PRESENTS



# COOKING for a CAUSE

AN EXCITING COMPETITION FOR ASPIRING CHEFS



Judged by  
IRON CHEF  
RUNNER UP

**JEHANGIR MEHTA**

Owner/Chef Graffiti Earth, Me & You

**AND EXECUTIVE CHEFS**

**Firoz Buhariwala** | Nanking Restaurant

**Hemant Mathur** | SAAR Bistro

**Niti Sanghrajka** | Jiyo Live Well

**Raja Jhanjee** | Bhukhara Grill

**Shaun Mehtani** | Mehtani Restaurant Group

**WHEN:** Sunday, September 23, 3 pm – 7 pm

**WHERE:** Mirage Banquet Hall,  
1655 Oak Tree Road #150,  
Edison, NJ 08820

For more details contact  
[events@shareandcare.org](mailto:events@shareandcare.org)

Deadline for pre-booking: July 29

**40+**  
DELICIOUS  
SAMPLES COOKED  
BY CULINARY  
ARTISTS

**Your participation  
will support women  
empowerment projects  
in rural India**



**SHARE & CARE FOUNDATION**

676 Winters Avenue, Paramus, NJ 07652 | (201) 262-7599 | [shareandcare.org](http://shareandcare.org)

# COOKING for a CAUSE

## CONTESTANT INFORMATION

- A “contestant” is one person, or a limit of two working as a team.
- Minimum age: 16
- If selected as a contestant, you will be asked to pay a donation of \$50 (per contestant or team) to secure your spot — *100% of your contribution will go toward Women Empowerment programs by the Share & Care Foundation.*

**Categories:** Each category has a limit of 10 contestants. There are four different categories (limit one per contestant):

1. **Best Vegetarian Entrée** — no eggs, fish, meat
2. **Best Non-Vegetarian Entrée**
3. **Best Healthy Recipe** — vegetarian or nonvegetarian
4. **Best Dessert** — with or without eggs

**Preparation:** Food needs to be prepared at home and heated (if needed) at the venue. Attendees will **sample your dish**. Please prepare portions for about **15-20 persons**.

**Judging:** The judging will be done by Iron Chef Runner-Up Jehangir Mehta and five other famous Executive Chefs. *There will be exciting prizes for the winners!*

**To Enter:** Please email the following details **by July 29** to [events@shareandcare.org](mailto:events@shareandcare.org) (if submitting as a team, provide for *each* person):  
**Full name, address, phone number, email, age, your category, and recipe name.**

We will reply to you **by August 15**. If chosen as a contestant, we will send additional information including judging criteria, portion to be cooked for judging, and other required information. If not chosen, you will be added to our waitlist.

## ATTENDEE INFORMATION

This will be a fun and inspiring event for these aspiring chefs. Your participation is welcome and encouraged so we can encourage those participating, help raise awareness for Women Empowerment programs, and establish an annual Cooking for a Cause event that we'll all look forward to year after year. *And sample amazing food!*

**To Attend:** Please register online at <https://shareandcare.org/cooking-for-a-cause>. You will be asked to make a \$15 donation (or \$20 the day of the event, if space is available. We expect about 200 people to attend). *All proceeds will go to our Women Empowerment programs.*

## FOR THOSE WHO CAN'T ATTEND

Contestants and attendees will be making donations as their entry fee. If you'd like to support these kinds of events and help spread awareness for our Women Empowerment programs, please consider making a donation at [shareandcare.org/DONATE-NOW](https://shareandcare.org/DONATE-NOW).

