



La Semaine du Goût® International BENTO Contest 6th Edition

Send us your
BENTO and
make it to the
final in Japan

La Semaine du Goût® in Japan organizes the International BENTO Contest 2017, inviting bento recipes to be submitted from all over the world and presenting awards for the best entries.

The theme of the competition this year is “Energy charge Bento” featuring well balanced BENTOs that are packed with the signature dishes from countries worldwide.

Entries can be received through La Semaine du Goût® website. For more details, please refer to www.legout.jp.



Winner BENTO for 2016

Theme

Nutritionally balanced and Energy charge BENTO (Own Japanese style).

Entry period

From Friday, September 1st to Saturday, October 20th, 2017
(For participants from abroad, the time limit will be October 21st at 10:00 a.m. by Japan Standard Time)

How to participate

The candidates must post their recipes with a picture of the BENTO and the list of ingredients used on the website www.legout.jp.

Conditions regarding the BENTO preparation

- ① Recipes must be unreleased one
- ② Cost of ingredients: Around 500 yen (to serve one person)
- ③ Preparation time 60 minutes (including arrangement into the box)

Entry conditions

- ① Culinary experts and professionals may not enter the competition
- ② The heating source of the kitchen must be gas

Prizes

- Prizes will be rewarded to the winner, runner-up and the 3rd place
- 1st place, 2nd place and 3rd place: To be rewarded by Sponsored

The panel of judges

Yukio Hattori, Principal of the Hattori Nutrition College
Eiko Egami, Head of Egami Cooking School
Fujino Makiko, Food expert
Takashi Tamura, Chef of Nihonryori Tsukiji Tamura (Japanese cuisine)
Yuichiro Watanabe, Executive chef of Nabeno-Ism (French cuisine)
Kazuo Takagi, Chef of Kyoryori Takagi (Japanese cuisine)
Representatives from sponsoring companies

Publication of winners BENTOs

- October 25th, 2017
- La Semaine du Goût® website and Facebook page
- Sponsors website

Judging procedure

- The winner, the runner-up and third place will be determined by the panel of judges.

Enquiries

Secretariat of La Semaine du Goût® in Japan

Tel: +81-3-3402-5616 Fax: +81-3-3402-5452

E-mail: info@legout.jp Website: www.legout.jp

※ Candidates willing to send their application by post, please contact us.