

2019



Golden Eye Chef

cooking beyond seeing

A first-of-its-kind,
national level cooking contest,
that aims to showcase the culinary talents of
cooks with visual impairment.



Golden Eye Chef
Cooking Beyond Seeing
October 2019 | Agra | INDIA
National level Cooking contest that will see
emerged people from 21 Cities of 12 States
culinary skills and compete for the
Golden Eye Chef' 2019 award
www.goldeneyechef.com





Golden Eye Chef
Cooking Beyond Seeing

an initiative of **Antardrishti**

A first-of-its-kind, national level cooking contest, that aims to showcase the culinary talents of cooks with visual impairment.

2019





“

When akhil ji told me about Golden Eye Chef, i was really happy that somebody thought differently:

that **cooking is not only** related to **glamour**, and it is not only **related to show-bazi**, it is also related to **real life**.

Chef **Gautam Mehrishi**

“

‘Cooking is a passion for me, I like to feed our fellow people, but there is a myth in our society that you cannot cook because of being blind. There is a fear in the people, that your hand will get burnt, ‘how will you cook if you can’t see?’ is the question we always get asked.

The Golden Eye Chef program has taken an exceptionally good step. This will bring awareness in society, many people will get information, that despite being blind, you can cook, or do whatever you want to do.’

Bharti / Jaipur
Participant / Fully Blind
Day One / 17 October 2019

6 / Cooking Beyond Seeing





“ We never felt that these people are blind. With the time taken by dishes to cook, and via the sense of smell they can find out how much of the cooking has happened.

While they are working in the kitchen

no one can say that they are blind.

Volunteers

Students of JHTC, Agra
Day Two / 18 October 2019

From Antardrishti

Golden Eye Chef 2019 was a huge success. It was a combined effort of the organizers, participants, Jury, chefs, experts and local organizations.

We are thankful to Chef Kuldeep Singh, Agra for supporting us right from the beginning till the end.

We are also thankful to Hari Sukumar, Vice President (Operation) Jaypee Palace Hotel & Convention Centre, Agra and D. K. Singh (Group President, Heritage Institute of Hotel and Tourism, Agra) for providing their premises to organize the contest. We extend our sincere thanks to Mr. Rao of Culinary Junction By Udupi for their support during the grand finale.

Thanks is also due to Dr. Angshuman Chatterjee, CEO - Heritage Institute of Hotel and Tourism, Agra, for his inaugural address and whole hearted support. Shefali chakrawarti, the way you anchor the program was very commendable. Thanks to you too.

We would like to take this opportunity to thank Chef Gautam Mehrishi, Chef Inder Dev, Chef Aditi Madan, Chef Sanjay Agarwal, Chef Ajay Mathur, Chef Kuldeep Singh, Hari Sukumar, and Sanjeev Saxena for becoming jury members of Golden Eye Chef 2019.

We are also thankful to Chef Harpal Singh Sokhi, Chef Michael Swamy, Chef Inder Dev, Chef Kuldeep Singh, Chef Manoj Panigrahi, and Kiran Kanojia: Indias First Woman Blade Runner, for helping us with your video message to promote the contest. It was truly a great help.

Vijay Sharma, your audio promo for the golden eye chef 2019 contest was a great motivational factor for the participants. Thanks a lot.

We are very grateful to Chef Manoj Panigrahi, Deepti Jaitley and Manu Narang for conducting interviews of the participants to be selected for the main contest.

The Golden Eye Chef 2019 Contest would not have been a success without the additional financial support provided by Dr. Pushpa Srivastava, Dr. Amar Prakash, Animesh Dayal, Yogesh Sharma, Rajendra Singh Bisht, Sharad Shrivastava, Col. Ravindra Kumar Singh, Jyoti Srivastava, Mohit Sharma, Dr. Akhilesh Shotriya, Anil Chaudhary, Shashi Shekhar Sharma, Shitanshu Shrivastava, Shashank Shekhar, Manohar Lal Gidwani, Mridul Singh, Shashi Prakash and Vandana Srivastava. Thank you for your generous contribution.

Our sincere gratitude to Hotel Chanakya, Agra, for providing a great stay experience to our participants. Thanks is also due to Shri V. K. Mittal, Agra Vanasthali Vidyalaya for providing transport on time. Thank you.

Many others, especially Avinash Vikram, Ratul Adhikari and the support staff of Heritage Institute of Hotel and Tourism, Agra, Manu Narang, Vaibhav, Akanksha Ratan and the support staff of Jaypee Hotel Training Centre Agra, and Chef Ashish Singh, Amit Kumar, Raghuvveer Bhat and the support staff of Culinary Junction By Udupi, who contributed through various means to make this contest successful. We appreciate your efforts.

Azhar Umri, Danish Umri, Suhail Umri, Sana Umri, Sayyed Mohammed Raza Hasani, Shireen Irani, Iffat Siddiqi, Sonia Sachdeva, Ayantika Das, Yogendra Dube, Rachita Srivastava, we just wanted to say thanks for helping us out. Your contribution means a lot to us and it really helped a great cause. You were the pillars.

We would also like to acknowledge the significant role played by all the volunteers, specially students of Jaypee Hotel Training Centre Agra, Students of Heritage Institute of Hotel and Tourism, Agra. Friends, you were a huge support. Your support made this contest a huge success.

Last but not the least, our sincere gratitude to Sanmay Prakash, Monu Seth, Amit, Vishal Yaduvanshi, who covered Golden Eye Chef 2019 on Youtube live, and ensured the uninterrupted coverage at length despite their busy schedule.

Thank you all for being a part of Golden Eye Chef 2019

Akhil Srivastava
Agra

Golden Eye Chef 2019 - Any part of this document may be reproduced without permission but with attribution to Antardrishti. The Document cannot be reused commercially and cannot be altered, transformed to built upon.



CC-BY-NC-ND

(share alike with attribution, non-commercial and no derivative works)

Antardrishti - a social development organisation is committed to the cause of blind people in our society. Towards this we had made a humble beginning in 2006. It is registered as a Public Charitable Trust under Indian Trust Act, 1882.

100 % Volunteers based, with need based approach we are here to inform, educate and advocate issues related to Eye Care, Eye Donation and Empowerment of Visually Impaired.

First Published in 2020

by the

Antardrishti

35, Ashoka Enclave, Dayalbagh

Agra - 282005, U.P. INDIA

drishti@antardrishti.org | goldeneyechef@antardrishti.org

www.antardrishti.org | www.goldeneyechef.com

For private circulation only



Stage I
Registration Start
June 10 to June 30 2019

Stage II
Telephonic Interviews
July 10 – July 16, 2019

Stage III
Candidate Shortlisting
July 18, 2019
32 Contestant
(16 Fully Blind, 16 Partially Blind)

Stage IV
1st Round
October 17, 2019
32 Contestant
(16 Fully Blind, 16 Partially Blind)

Stage V
2nd Round
October 18, 2019
16 Contestant
(8 Fully Blind, 8 Partially Blind)

Stage VI
Grand Finale
October 20, 2019
6 Contestant
(3 Fully Blind, 3 Partially Blind)



Golden Eye Chef 2019

17-20 October 2019

A first-of-its-kind, national event, that aims to showcase the culinary talents of cooks with visual impairment. This unique and stimulating event open the eyes and stimulated the senses of all witnesses, as 32 visually impaired candidates prepared and presented their best meals.

The competition was tough and rigorous, as mainstream celebrity chefs judged them on the same parameters as any other cooking competitions such as MasterChef.

This event helped to break all stereotypes associated with people with blindness and their ability.



Vikesh Gurjar / Bhopal
Participant / Fully Blind
Day One / 17 October 2019



Round One Regional Evening Snacks

Task:

Participants were asked to prepare and present regional evening snacks. They were allowed to use their own Ingredients.

17 October 2019
Heritage Institute of
Hotel & Tourism, Agra



“

Those who are visually impaired are climbing mountains, they are participating in athletics, then **why can't they work as chefs?**

Angshuman Chatterjee

CEO, Heritage Institute of Hotel & Tourism, Agra
Day One / 17 October 2019



“ I believe that the **Golden Eye Chef** competition is a **huge opportunity** for **blind people**.

Veena Mehta Verma / New Delhi
Participant / Fully Blind
Day One / 17 October 2019

16 / Cooking Beyond Seeing





Ghughni Chaat



BORN TO LEAD
HERITAGE INSTITUTE
HOTEL AND TOURISM

Ratanishi

All Purpose Flour
All Purpose Sugar

Fort

Fort
Ratanishi
Maida
Rakki Fresh Atta



“It was very nice, we did not even think that those people would be able to do such good work.

We did not even expect that those people would make such good meals without seeing, just smelling and touching. The taste, the aroma, the presentation were all very fantastic.

This was the first experience for us.

We feel very proud to have made our small contribution to this program.’

Volunteers

Heritage Institute of Hotel & Tourism
Agra / Day One / 17 October 2019





Yes sir, I do regular cooking.

Kathi Roll with Cold Coffee

Jury : You have made a very good combination.
Somebody likes cold, someone else, hot.'

'Why put cabbage with paneer in it?'

Bharti : 'Capsicum is very common with paneer,
I have used cabbage with paneer to give a
different type of texture and taste.'

Jury : Do you cook by yourself at home?'

Bharti : 'Yes sir, I do regular cooking.'

Jury : 'The paratha is perfect. It is a very rounded
shape. You have made it yourself?'

Bharti : 'Yes sir.'

Jury : Very nice.

The dough was also prepared by you?'

Bharti : 'Yes sir'

Jury : 'Excellent, very good.'

Bharti / Jaipur
Participant / Fully Blind
Day One / 17 October 2019



Round One

Presentation & Assessment
17 October 2019





Bread ke dahi bade

Jury: 'They are very good, how did you make them? soaked the bread first?'

Sippy: 'Yes first I soaked the bread, then stuffed the potatoes in the bread, gave it a round shape and then added yogurt on top.'

Sippy Gupta / Agra

Participant / Fully Blind / Day One / 17 October 2019







Mani

Dinesh Sood / Roorkee
Participant / Fully Blind
Day One / 17 October 2019







“ I have a passion for cooking since childhood, I have been cooking since there were wood stoves.

Dinesh Sood / Roorkee
Participant / Fully Blind
Day One / 17 October 2019

Thali Peeth & Garlic Chatani

Jury : 'You have made this very well,
I ate this for the first time, very good taste.'

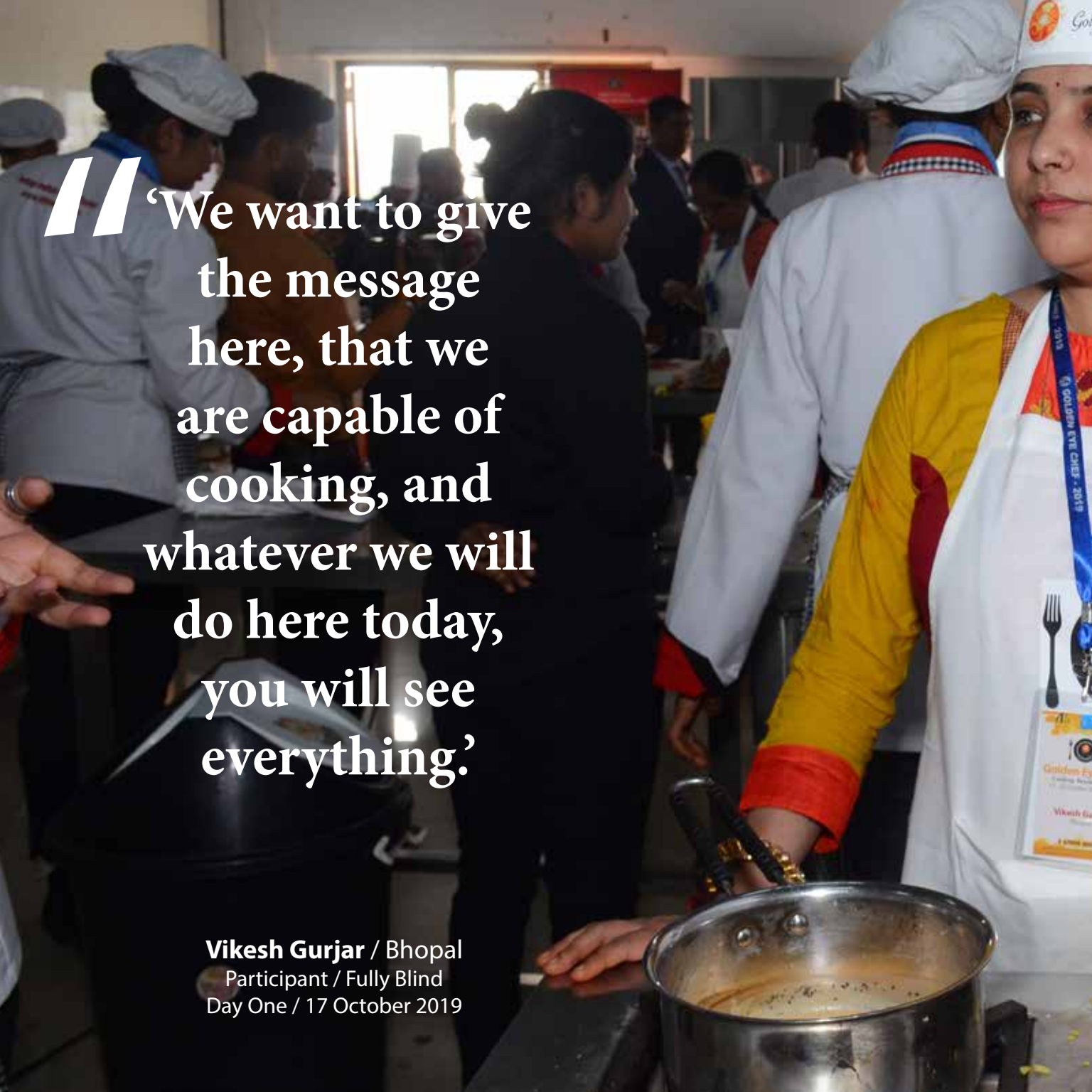
Ritu Ajit Bartakke / Mumbai
Participant / Partially Blind
Day One / 17 October 2019





Uttapam

Shreya Gupta / Agra
Participant / Partially Blind
Day One / 17 October 2019



// ‘We want to give the message here, that we are capable of cooking, and whatever we will do here today, you will see everything.’

Vikesh Gurjar / Bhopal
Participant / Fully Blind
Day One / 17 October 2019



Golden Eye Chef

Golden Eye Chef - 2019



Gurjar



Poha, with Butter Tea

Jury: 'Is there any reason to put sev over poha?'

Vikesh: 'Yes, this makes it better and the texture is also good!'

Jury: 'You have made good tea, also put butter in it?'

Vikesh: 'This is a new item, well, I saw butter in tea for the first time!'

Vikesh Gurjar/ Bhopal

Participant / Fully Blind / Day One / 17 October 2019



Poha, with Butter Tea

Vikesh Gurjar/ Bhopal

Participant / Fully Blind / Day One / 17 October 2019

Pav Bhaji

Jury : 'The bhaaji is very good'
Gurpreet : 'You liked it?'

Gurpreet Kaur Walia / New Delhi
Participant / Fully Blind
Day One / 17 October 2019





Sev Bhaji

Arun Pal Singh/ Firozabad
Participant / Fully Blind
Day One / 17 October 2019





Aalu Bonda

Nandini Chaturvedi / Vidisha
Participant / Fully Blind
Day One / 17 October 2019





SHEEL GOYAL



Cooking workshop organized at

Institute of Hotel & Tourism Management, Agra

Besan Gatta Kari

Parul Goyal / New Delhi
Participant / Partially Blind
Day One / 17 October 2019

// ‘We are here to break the stereotype, that visually impaired people cannot cook or are incapacitated in any sense.

We are here to prove that we are not less than anyone else and we are equally capable of doing anything and everything.’

Parul Goyal / New Delhi
Participant / Partially Blind
Day One / 17 October 2019

42 / Cooking Beyond Seeing





Besan Gatta Kari

Parul Goyal / New Delhi
Participant / Partially Blind
Day One / 17 October 2019



Preeti/ New Delhi
Participant / Fully Blind
Day One / 17 October 2019

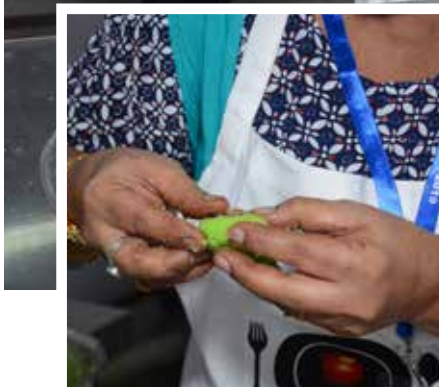






Poha with Green Chutney

Preeti/ New Delhi
Participant / Fully Blind
Day One / 17 October 2019



Jaya Jain/ Indore
Participant / Fully Blind / Day One / 17 October 2019



Mastani Roll

Welcome Desert.

'Eat and watch as the name suggests, it will be fun. This is my innovation. It is also filled as sweet paan is filled. There is also a paan flavour in the coconut powder from the top and using dates it has been shaped like a butterfly.'

Jaya Jain/ Indore

Participant / Fully Blind / Day One / 17 October 2019



Moong Dal Ke Mangode

Annpurna Kaur / Jalandhar

Participant / Partially Blind / Day One / 17 October 2019



Moong Dal Ke Mangode

Annpurna Kaur / Jalandhar

Participant / Partially Blind / Day One / 17 October 2019

Soya Chap

Jury : You have made
the gravy very well.'

Bipin Singh / Vapi
Participant / Fully Blind
Day One / 17 October 2019





“ ‘Visually impaired people can only eat,’ this is a belief of most people. I do not think this. I think that visually impaired people can also feed others by making food. So all of you guys see, what we can do.

I will say that we are not less than anyone.’

Arti Limje / Mumbai
Participant / Fully Blind
Day One / 17 October 2019



Missile Pav

Arti Limje / Mumbai

Participant / Fully Blind / Day One / 17 October 2019

“

‘There are very few cooking opportunities for blind women in Bengal, I would like to learn whatever I can from here and then teach the blind girls in Bengal.’

Kavita Golyan / Siliguri
Participant / Fully Blind
Day One / 17 October 2019



Round One

Presentation & Assessment

17 October 2019





Jury Member
Chef Kuldeep Singh / Chef Sanjay Agarwal

Aloo Dum with Jhalmudi

Kavita Golyan / Siliguri
Participant / Fully Blind / Day One / 17 October 2019





“Sighted people feel that due to being blind, we cannot make fancy food or make food other than Indian cuisine.

I want to come here, and prove them wrong.’

Forum Lodaya / Mumbai
Participant / Partially Blind
Day One / 17 October 2019

Lauki Muthiya

Chutney, Tea & Mouth Freshener

Ginger Mint and Masala Tea
Typical Gujju Mouth Freshener

Jury: 'What have you put in the
Lauki Muthiy?'

Forum : 'Ginger, garlic, and other spices,
gram flour and rice flour for binding.
It has been tempered with mustard seeds
and sesame seeds.

For the Chutney – Mint, Green Chilli,
Ground Nuts, Ginger and Garlic.'

'First to eat and then to digest!'
- Chef Sanjay Agarwal

Forum Lodaya / Mumbai
Participant / Partially Blind
Day One / 17 October 2019



Lauki Muthiya

Forum Lodaya / Mumbai

Participant / Partially Blind

Day One / 17 October 2019



“

'The Heritage Institute is very proud to organize this function. Despite being blind, the way these people are cooking, is surprising in itself.

Cooking is an art, as well as a skill, you cannot work without skill, because you are using fire, different types of utensils, ingredients and also creating special type of flavours. It is not easy.'

Avinash Vikram / Principal
Heritage Institute of Hotel & Tourism
Day One / 17 October 2019





“

‘Being physically challenged, the way they are preparing things, we have to learn from them.

They are doing very well, we have to appreciate them, they are an asset to our society, they deserve the same respect from us.

Ratul Adhikari / Faculty
Heritage Institute of Hotel & Tourism
Day One / 17 October 2019



DEEP SINGH

Bisleri

Since 1960



It was my first experience to be a part of this kind of event. The type of dishes they prepared, the way they cooked food, their confidence of presenting the dishes and explaining about food. Everything was excellent, out of the world. I never hoped that I will get a chance to taste this type of quality food. I am really happy that I got the chance to be here. It was very difficult for us to judge, as everybody was excellent in their cooking.

Being visually impaired, they cook really well. There were some dishes that were difficult to cook, even by normal persons; They cooked better than a normal person.

It is really a very good initiative.

Sanjay Agarwal / Jury Member
Executive Chef, Tajview, Agra
Day One / 17 October 2019



DEEP SINGH

Golden Spice Chef

Bis





Round Two

Jaypee Hotel Training Centre

Agra

18 October 2019



Dinesh Sood / Roorkee
Participant / Fully Blind
Day Two / 18 October 2019

Round Two “Basket”

Task:

Participants were asked to prepare any dish as per their choice with available Ingredients in the basket.

18 October 2019

Jaypee Hotel
Training Centre Agra





“ Many times what happens is that when we go for an interview, people ask us ‘**how do you eat food if you are blind?**’

God has given us two hands like you, by which we can eat, and these hands can also cook good food. That is the level of awareness; people do not even know how blind people eat.

Today, this show will spread awareness in the whole world about what visually impaired people can do.

Arti Limje / Mumbai
Participant / Fully Blind
Day Two / 18 October 2019









It's a **fantastic innovation** and I am really happy that the organiser of this program thought about this. **This is very unique in its own way. I think this is a brilliant opportunity across the country, to come together, meet, interact, and also cook to showcase their talent.**

The food was very very tasty, with whatever disability they have, the challenges they have, they have come forward and produced restaurant quality food, and that is interesting.

The main thing is encouragement and giving them an opportunity and platform, which is I think what you guys with golden eye chef are trying to do. I am very happy that I came here to witness this.

Hari Sukumar / Jury

Vice President- Operations.

Jaypee Palace Hotel and Convention Centre, Agra
Day Two / 18 October 2019

“

**we cannot
categorise them
on the basis of
blindness, if
they are blind or
disabled, it does not
mean they can't do
anything. They are
very perfect.**

They feel food very well.
They are focused. Their
concentration is very high,
and the good thing is that
each and everything is
in their mind, when they
have to use ingredients
and how much. Their time
management was also
very good.

Volunteers

Students of JHTC, Agra
Day Two / 18 October 2019







Round Two

Jaypee Hotel Training Centre

Agra

18 October 2019



Kavita Golyan / Siliguri
Participant / Fully Blind
Day Two / 18 October 2019









Veg Pakoras

Chef Ajay Mathur: 'How did you guess it, the color of the sauce you made has come out very well.'

Kavita: 'No guess sir, what is made is made by quantity only. Yogurt is also added, maybe that's why the color is good. Capsicum is also used in this chatni.'

Sanjeev Saxena: 'How did you know that this is cooked and done?'

Kavita: 'If someone is with me, then I take his/her help, otherwise I cook the food on a low flame, from the experience I have an idea how long it will take to cook.'

Hari Sukumar: 'How much time does it take to make such a pakora?'

Kavita: 'It cooks in six to seven minutes.'

Kavita Golyan / Siliguri
Participant / Fully Blind
Day Two / 18 October 2019

“

I have never seen or heard of such an event before. I feel that these people are making better food than those who are well educated like me and have eyes.

How much of the spices are needed or how much sauce is needed, all the ingredients required, everything is perfect. **We can learn a lot from them. These people are performing more than a normal person, I am very happy that Jaypee Hotel Training Center is a part of this program.**

Sanjeev Saxena / Jury
GM - Learning and Development,
Jaypee Palace Hotel, Agra
Day Two / 18 October 2019

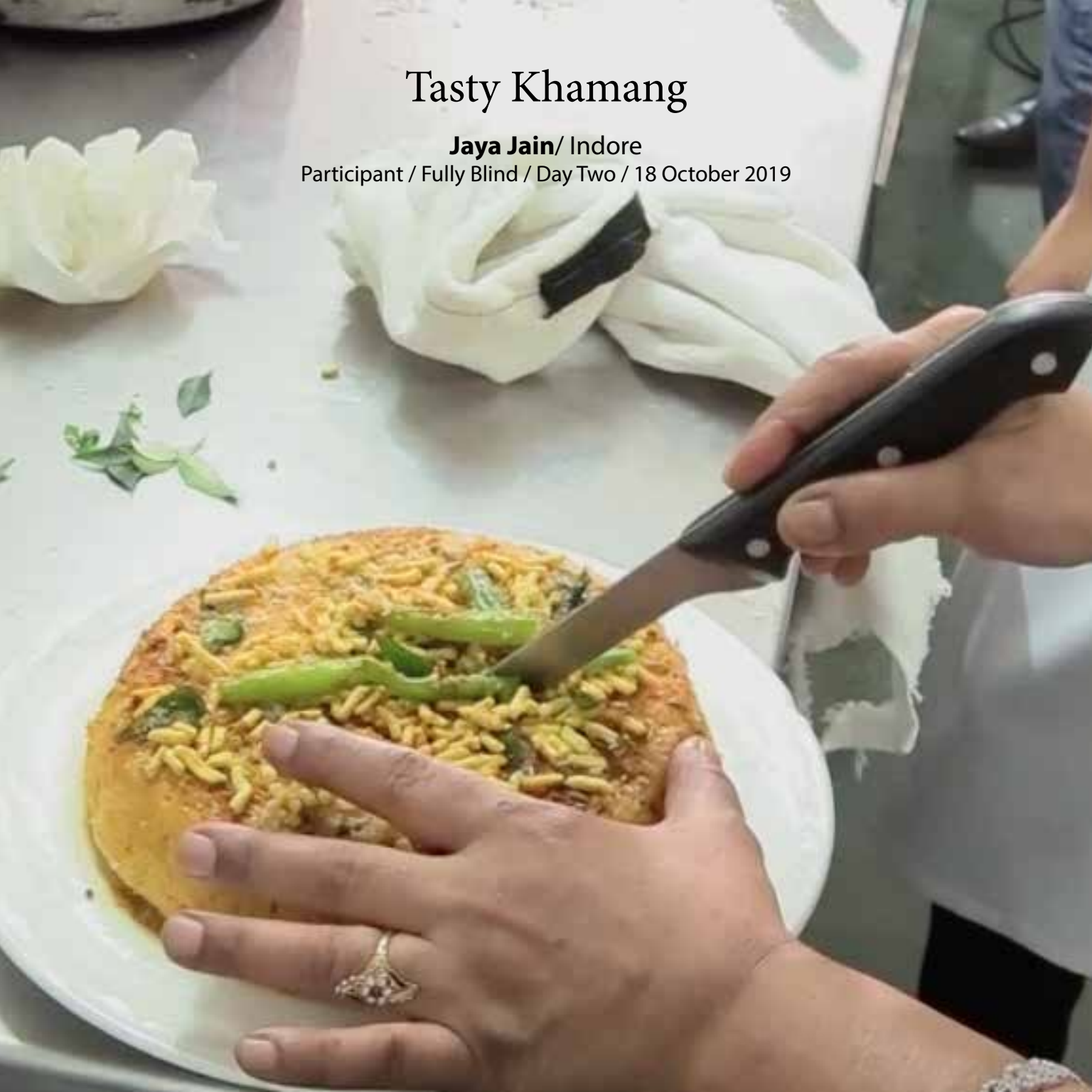
84 / Cooking Beyond Seeing



Tasty Khamang

Jaya Jain/ Indore

Participant / Fully Blind / Day Two / 18 October 2019





Jaya Jain/ Indore
Participant / Fully Blind
Day Two / 18 October 2019

Tasty Khamang

Jaya : 'I used fresh tomato puree to make this tasty khamang. I didn't cut this in small pieces so that the shape does not spoil. There were no raisins, otherwise they would have been added.'

Chef Ajay Mathur : 'You would have got it if you had asked for it.'

Chef Kuldeep Singh : 'No, there was a basket; what was in the basket was to be used. Nothing extra could be given separately.'



Tasty Khamang

Jaya Jain/ Indore

Participant / Fully Blind / Day Two / 18 October 2019



Mushroom Garlic

Arti Limje / Mumbai
Participant / Fully Blind / Day Two / 18 October 2019



Chef Ajay Mathur : ‘have you made a stew? Is it mint chutney? What is this?’

Arti : ‘This is mint chutney with garlic, I blended it with a little oil, Then lightly fried the mushrooms and put the chutney. That’s all.’

Chef Ajay Mathur : ‘Good, looks great, really tasty’

Hari Sukumar : ‘Add a little seasoning, seasoning is a little less. Then it’ll be perfect.’

Preeti / New Delhi
Participant / Fully Blind
Day Two / 18 October 2019





Chilli Potato

Preeti / New Delhi
Participant / Fully Blind
Day Two / 18 October 2019





Hari Sukumar : ‘High on the spice, less on the taste.’



Chef Ajay Mathur : ‘You have made these pakoras but who has decorated them?’

Shreya : ‘My helper helped me to decorate it, she told me and I put them on the plate.’

Chef Ajay Mathur : ‘You recognize by sound?’

Shreya : ‘Yes.’

Pakode

Shreya Gupta / Agra
Participant / Partially Blind
Day Two / 18 October 2019





Paneer Pakoda

Vikesh Gurjar / Bhopal
Participant / Fully Blind
Day Two / 18 October 2019



Hari Sukumar : 'It does not contain salt at all.'





Poha

Bipin :‘I made it according to my own idea, I have not roasted the vegetables.’

Bipin Singh / Vapi
Participant / Fully Blind
Day Two / 18 October 2019

Modak

Sanjeev Saxena : “You had to use the ingredients that you were given’

Ritu Ajit Bartakke / Mumbai
Participant / Partially Blind
Day Two / 18 October 2019

100 / Cooking Beyond Seeing





Modak

Ritu Ajit Bartakke / Mumbai

Participant / Partially Blind / Day Two / 18 October 2019

Chef Ajay Mathur: ‘Dinesh ji how did you start cooking?’

Dinesh: ‘I started cooking since my childhood. During the school interval time my mother always tried to feed me hot food. In those days, wooden chulhas were used for cooking. I started making roti by taking the dough myself. I am very interested in cooking, I like to cook and feed.’

**Mother says,
cook food with
love, feed with
love.’**

Dinesh Sood / Roorkee
Participant / Fully Blind
Day Two / 18 October 2019







Poha

Dinesh Sood / Roorkee
Participant / Fully Blind
Day Two / 18 October 2019





Manu Narang : “This is a source of inspiration for all of us.”

Manu Narang / Agra
Principal / Jaypee Hotel Training Centre, Agra
Day Two / 18 October 2019



“

Frying is very difficult. Frying is very difficult even for normal people, because if you put anything in oil, there is a high chance of it spluttering. There is a possibility that Hot oil splatter can come to the surface of the pan.

These people do not care at all. They are confident, and in control.

Volunteers

Students of JHTC, Agra
Day Two / 18 October 2019

Stuffed Besan Cheela

Parul Goyal / New Delhi
Participant / Partially Blind
Day Two / 18 October 2019





Chef Ajay Mathur : ‘Why did you leave the onion uncooked?
why didn’t you mash the paneer?’

Pakode

Sanjeev Saxena : “Did you also take help from someone to see the color or did you know by looking at the temperature? or you knew from the amount of cooking time it takes that the pakoras are ready?”

Arun: ‘Yes, temperature works, and when we make it alone, then it has a sound which helps us to understand that our food is cooked, as it will start cooking, slowly its sound will automatically reduce.

As its water burns, the sound of the water will decrease and I will know that it is fully cooked and we can remove it then.’

Arun Pal Singh / Firozabad
Participant / Fully Blind
Day Two / 18 October 2019







Forum Lodaya / Mumbai
Participant / Partially Blind
Day Two / 18 October 2019

Golden Coin along with Cream Spinach Dip and Indian Potato Smash

Forum Lodaya / Mumbai

Participant / Partially Blind

Day Two / 18 October 2019







Golden Coin along with Cream Spinach Dip and Indian Potato Smash

Sanjeev Saxena : ‘Where did you learn this from?’

Forum : ‘Sir, I have learned at home. I went to a restaurant, my sister ordered a starter there, when I had it, it was very crunchy. I asked her what the ingredients were. she told us it was poha. When I came home, I discovered on the internet how to put poha on the petty. that way i learned.’

Chef Kuldeep Singh : ‘Do you see a little bit or completely?’ -

Forum: ‘I can see 20%.’

“ These people are confident about the potential risks in the kitchen and are very bold. They do not care at all whether they are able to see or not. They motivate us, we do not see things closely even when we are sighted, but they, they feel things.

Volunteers

Students of JHTC, Agra
Day Two / 18 October 2019





Veg Cutlets

Annpurna Kaur / Jalandhar
Participant / Partially Blind
Day Two / 18 October 2019





Chef Ajay Mathur : “You can see us?”
Annpurna: ‘Yes, Very light.’



“It seems to me from this show that people in society will know that visually impaired people can cook, feed, and do jobs. They can manage everything. So the prevalent perception of the people will be completely broken and I think people will come forward and want to marry visually challenged girls”.

Arti Limje / Mumbai

Participant / Fully Blind / Day Two / 18 October 2019



“To be very honest, my Hindi is not very good, as I am American, but personally, if I had met someone like you before I was married, I would have married her”

Hari Sukumar / Jury

Vice President - Operations. Jaypee Palace Hotel and Convention Centre, Agra

Day Two / 18 October 2019

Golden Eye Chef 2019 / **121**

“

Cooking is generally very tuff, that too in an unfamiliar setup; but you guys did it! Hats off to you! As chefs we have to teach many people and often have to scold them, but you guys made all of this without seeing; I mean I am speechless. Being the head chef of this kitchen I congratulate you. You all are just like us.”

Ajay Mathur / Jury
Executive Chef / Jaypee Palace Hotel
and Convention Centre, Agra
Day Two / 18 October 2019





“

I started my career as a chef but I don't even think I would be able to perform better than you, even though I have worked in the kitchen for six to seven years.

I can see that they are very passionate about this, because cooking is always done from the heart. These people have cooked from their heart and that itself has enhanced the taste of the food.

Today is proved that they are no less than anyone

Sanjeev Saxena / Jury
GM - Learning and Development,
Jaypee Palace Hotel, Agra
Day Two / 18 October 2019

“

“It’s unimaginable boss, can’t believe that these people can make it, can do it, because if you work in any kitchen, there is a cooking range with all the rest of the equipment, and so much is done: Frying, etc. The way these people have made their items is outstanding boss outstanding, can’t believe it. According to me how these people must have made these items is very difficult to imagine.”

Ajay Mathur / Jury
Executive Chef / Jaypee Palace Hotel
and Convention Centre, Agra
Day Two / 18 October 2019





“The food that we are tasting is completely balanced. There are no ups and downs; even sighted people are not able to cook so well as these visually impaired people have done.”

Chef Kuldeep Singh / Jury
Vice Principal, Jaypee Hotel
Training Centre, Agra
Day Two / 18 October 2019

Group Photo

Participants, Jury Members and Volunteers

Jaypee Palace Hotel Training Centre, Agra.

Day Two, 18 October 2019









Golden Eye Chef 2019
Participants at Taj Mahal
Agra /19 October 2019

Grand Finale

Culinary Junction, Agra
20 October 2019



AD
antar.drishhti

2019



olde

Cook

17 - 20 O



Golden Chef

Art Limje
B2
AND CASE

Golden Chef



Grand Finale

“Limited Utensils,
Limited Ingredients
with Paneer as a main
ingredient”

Task:

Participants were asked to prepare any dish as per their choice with available Ingredients and utensils with Paneer as a main ingredient

20 October 2019
Culinary Junction, Agra



You have ten minutes. In 10 minutes, you need to choose ingredients. Exactly at 12 pm, your time will start. You will be given 1 hour cooking time and 15 minutes for your presentation.





Amrita Kant

Golden Eye Chef

Cooking be...

Golden Eye Chef
Cooking Bey...
er 20...







Chef Aditi Madan
(Jury, Grand Finale)

Interacting with
Forum Lodaya / Mumbai
Participant / Partially Blind

Chef Aditi Madan: Chef has given a challenge to you by not providing you with complete ingredients.

Forum: No chef has ever given me a chance to be so innovative

Chef Aditi Madan: It takes an innovative mind to think in a creative manner when the ingredients are minimal.

Chef Kuldeep Singh: Aditi, we have provided only limited equipment and they cannot ask more. They have to cook using them only.

Chef Aditi Madan: Limited ingredients, limited equipment, that's the way to go.



Chef Aditi Madan (Jury, Grand Finale)

Interacting with **Kavita Golyan** / Siliguri / Participant / Fully Blind

Chef Aditi Madan : I was watching a video but it was beyond my imagination that, that such a cooking show can ever happen. ‘You will prepare the rotis by yourself.’
Very Good! Very Nice!



Chef Inder Dev (Jury, Grand Finale)
Interacting with **Bipin Singh** / Vapi / Participant / Fully Blind

Chef Inder Dev : Use of spices is very good. It's smelling good.'



Chef Inder Dev (Jury, Grand Finale)

Interacting with **Annpurna Kaur** / Jalandhar / Participant / Partially Blind

Chef Inder Dev : Are you not afraid of fire?

Annpurna : When I was small. One day I was alone in my home and I was hungry. So, I lighted the stove using a burning paper as I was not knowing how to use gas, and prepared a recipe using potatoes.







Chef Inder Dev and Chef Kuldeep Singh (Jury, Grand Finale)

Interacting with **Forum Lodaya** / Mumbai Participant / Partially Blind

Chef Inder Dev : How will you roll the pastas?

Forum : I would roll it using my hands. I could even use the rolling pin, if needed. Then, I would cut it into squares and dip it in the boiling water.

Chef Kuldeep Singh : Like Lasagna sheet.

Chef Inder Dev : Will you use hands or a mould it while cutting?

Forum : I would use a knife. I am not aware of these Italian names but I can choose a name for them.

Chef Kuldeep Singh : She is stuffing with paneer.

Forum : I have heard the name Lasagna but I don't know the ingredients used while preparing it. So, if my ingredients don't match then, it will not be Lasagna. But it would be tasty. Paneer is my main ingredient. So, I have to use it.

Chef Kuldeep Singh : It's a twist. Paneer has to be the main ingredient.

Chef Inder Dev : No wonder! Everyone is using Paneer.



Chef Inder Dev (Jury, Grand Finale)

Interacting with **Kavita Golyan** / Siliguri / Participant / Fully Blind

Chef Inder Dev : Do you get to know, if your roti is round or not?

Kavita Golyan : It's not 'round' every time. Sometimes it gets a bit messed up, but I check them with my hands.





ing

See it
Agra | INDIA

contest that will see
in 21 Cities of 12 States
compete for the

2019 award

GoldenEyeChef

Forum N. Lodhar

Forum Narsinh Lodhar



2019



Golden Eye Chef
Cooking Beyond Seeing

an initiative by Amardeshi

a free of cost
national level Cooking contest that will see
India's 12 visually challenged youth
from 21 Cities of 12 States
display their culinary skills and compete for

Golden Eye Chef 2019 award

17 - 20 October 2019 | Agra



AD
artidirect

2019

Golden Eye Chef
2019
Cooking beyond

Golden Eye Chef

Arti Nimje

Golden Eye Chef
2019
Cooking beyond



Shreya Gupta



Eye Chef
Beyond Seeing
2019 | Agra | INDIA

Cooking contest that will see
people from 21 Cities of India
skills and compete for the

'2019 award

goldenchef.com



Shreya Gupta

CHEF - 2019

Shreya Gupta



Eye Chef



Chef Gautam Mehrishi (Jury, Grand Finale)
Interacting with **Bipin Singh** / Vapi / Participant / Fully Blind

Chef Gautam Mehrishi: What do you like to cook?
Bipin Singh: Simple food



Chef Gautam Mehrishi
(Jury, Grand Finale)
Interacting with Participants



AD
antar drishti

2



Golden Eye Chef
Cooking Without Worries

GOLDEN EYE CHEF - 2019

GOLDEN EYE CHEF - 2019

GOLDEN EYE CHEF - 2019

GOLDEN EYE CHEF - 2019

GOLDEN EYE CHEF - 2019

GOLDEN EYE CHEF - 2019





Shreya Gupta

Shreya Gupta

2019

Golden Eye

Beyond

2019 | A

Chef

INDIA

will see

States

#639





Annpurna Kaur

Golden Eye Chef
2019

Cooking beyond seeing

Golden Eye

Cooking Beyond Seeing

October 2019 | Agra

National level Cooking contest
Challenged people from 21 Cities
culinary skills and compete for



AD
anjar.drishti

AD

Golden Eye Chef
A Culinary Award Contest
Anjar Drishti
27 - 28 October 2019 (2 Days)

AD

Golden Eye Chef
A Culinary Award Contest
Anjar Drishti
27 - 28 October 2019 (2 Days)

Grand Finale

Presentation & Assessment

20 October 2019



Golden Eye Chef
Cooking, Beyond Cooking

Golden Eye Chef
Cooking, Beyond Cooking

Golden Eye Chef
Cooking, Beyond Cooking



Crispy Paneer Roll

Arti Limje / Mumbai
Participant / Fully Blind



Kadhai Paneer aur Tawa Roti

Kavita Golyan / Siliguri
Participant / Fully Blind



Paneer ki Sabji aur Puri

Bipin Singh / Vapi
Participant / Fully Blind

Paneer Paratha, Chutney, Rayta

Shreya Gupta / Agra
Participant / Partially Blind



**Paner Pasta Roll
with Vegetable White Sauce**

Forum Lodaya / Mumbai
Participant / Partially Blind



**Gravy Chilli Paneer
with Roti and Rayta**

Annpurna Kaur / Jalandhar
Participant / Partially Blind



Golden Eye Ch
Cooking School



Crispy Paneer Roll

Arti Limje / Mumbai
Participant / Fully Blind



Chef Gautam Mehrishi : Can I cut it? see it cut?

Arti : Sure

Chef Gautam Mehrishi : This is a very good idea, there is paneer, there is wheat flour, it is a complete meal, you can give it to children in tiffins too.

Eating homemade is better than eating market rolls.'





FIRE EXIT



Kadhai Paneer aur Tawa Roti

Kavita Golyan / Siliguri
Participant / Fully Blind

Chef Gautam Mehrishi : 'Why is your bread so soft?'

Kavita : Soft.

Chef Gautam Mehrishi : The crust is not frozen, it is soft, very good.

It's nice that you didn't put too much in the plate.

Well done Kavita Ji.





Paneer ki Sabji aur Puri

Bipin Singh / Vapi
Participant / Fully Blind

Chef Gautam Mehrishi : 'Wow, Puri, you have prepared it very well, what was put in the flour?'

Bipin : 'A small amount of cumin and kasuri methi.'

Chef Gautam Mehrishi : 'How do you know how much of the spices is to use?'

Bipin : 'Pinch-wise'

Chef Gautam Mehrishi : 'How does one know which spice this is?'

Bipin : 'I know by touching'

Chef Gautam Mehrishi : Can you also recognize by smell?'

Bipin : 'Yes, the smell of chilli will be different, turmeric is different, different spices have different smells.'

Chef Gautam Mehrishi : 'Different smells make you understand, Very nice, very nice!'





Paneer Paratha, Chutney, Rayta

Shreya Gupta / Agra
Participant / Partially Blind

Chef Gautam Mehrishi :

'It is decorated so beautifully,
I don't feel like disturbing it.

You roasted cheese on the pan,
very good!'





Paneer Pasta Roll with Vegetable White Sauce

Forum Lodaya / Mumbai
Participant / Partially Blind

Chef Gautam Mehrishi : 'What is this, it looks very beautiful. What sauce did you make?'

Forum : 'This is cream with vegetable. a fusion with white sauce with Indian vegetables.'

Chef Gautam Mehrishi : 'What is this brown-brown?'

Forum : 'This is sauted paneer'

Chef Gautam Mehrishi : The same mixture is inside?'

Forum : 'Yes, but i added black pepper.'

Chef Gautam Mehrishi : 'Instead of using chees you used paneer?'

'Forum : Cheese was not available, so I used paneer.'

Chef Gautam Mehrishi : 'And this sheet you made yourself?'

Forum : 'Yes.'

Chef Gautam Mehrishi : 'It is the first time you tried this?'

Forum : 'It is.'

Chef Gautam Mehrishi : 'It does not look like it's the first time, very nice, amazing job, very-very nice!.'

Chef Aditi Madan : 'you have made the stuffing inside by making kadahi paneer?'

Forum : 'Yes'

Chef Inder dev : 'How did you balance this? Its branching is also very perfect.'

Chef Kuldeep Singh : 'Yes, sheet is also looks perfect' .









Gravy Chilli Paneer with Roti and Rayta

Annpurna Kaur / Jalandhar
Participant / Partially Blind

Annpurna : 'The food is cold now.'

Chef Gautam Mehrishi : 'If you make food with love then whether it is cold or hard, hardly matters. The taste still comes in it.'

Chef Gautam Mehrishi : I must say the balance of spices in it is very good' - Chef Gautam Mehrishi

Chef Inder Dev : 'Its colour has come out very well and also the taste.'-

Chef Kuldeep Singh : 'The combination is very good.'

‘So all of them had the same and minimum ingredients and yet we have so many variety of dishes, very good effort!’

Chef Aditi Madan / Jury
20 October 2020

178 / Cooking Beyond Seeing







Antardrishti
an initiative by



Golden Eye Chef

Cooking Beyond Seeing
an initiative by Antardrishti

A first of its kind, national level, Cooking contest for the visually challenged, brought from 21 Cities in 12 States, including their cultural skills and competencies.
'Golden Eye Chef' 2019 award.
17 - 20 October 2019, Anantapur

Jury meet to select Golden Eye Chef 2019 Winner



“

“First of all, I would thank Akhil ji and his team from Antardrishti for taking this huge initiative.

During this show, I could notice visually impaired people like us thought that we are used to working in our home kitchens so we can cook easily.”

Today we have a new experience. We asked to cook in three completely different new places, new environment, different equipments along with time limit. Still we were able to cooke easily. This is nothing short of a miracle.

Kavita Golyan / Siliguri
Participant / Fully Blind
Grand Finale / 20 October 2019





I thank Akhil Sir and his team for arranging this show for us and for providing the opportunity to us to prove ourselves.

They have not just provided us with a platform but they have made us realize, what we can do, because at home, we can cook at our own convenience, maintaining our pace and taking own time. **But after coming to this show, we realized that we can cook within a limited time with less ingredients and less equipment.** The home kitchen is completely different from a professional kitchen and I realised it here.

I realized that I could cook not only in the small flame with fifteen utensils and fifteen ingredients but **I can cook even in the professional kitchens with professional knives and professional people in a professional platform.**

Forum Lodaya / Mumbai
Participant / Partially Blind
Grand Finale / 20 October 2019

Golden Eye Chef 2019 Awards



2019

antar.uns



Cooking

Golden Eye Chef

Ang Bey
October 20

INDONESIA



“

‘All of you are winners today, all of you are at a very high level and i am sure, you will continue to grow in the same way.



Chef Gautam Mehrishi / Jury
Grand Finale / 20 October 2019



GOLDEN EYE CHEE

2019

Fully Blind

Golden Eye Chef 2019
Winner Announcement
20 October 2020





Congrats to Bipin, congrats Kavita, many congratulations to Arti, because **Arti is the winner.**

- Chef Gautam Mehrishi, Chef Inder Dev, Chef Aditi Madan, Chef Kuldeep Singh

Golden Eye Chef 2019 Winner / Fully Blind

Arti Limje

Fully Blind / Mumbai / 20 October 2020





AD
antay deshi

2019

AD



Golden Eye Chef

Cooking Beyond Seeing

Presented to: Mrs. [Name]
The Winner of the Golden Eye
Chef Award

1st October 2019

[Signature]





//

‘My son and my husband will be watching the shows live, maybe they will be dancing there too, don’t know, they must have started jumping on the sofa. Actually I am very emotional, that my husband and son are not with me, if they were here, it would have been great.’

कदम हर कदम चलो ऐसे कि निशान बन जाये
काम करो ऐसे कि पहचान बन जाये
जिंदगी तो सभी जी लेते है मेरे दोस्तों
जिंदगी जियो ऐसे कि मिसाल बन जाये ।

Thank You

Arti Limje
Golden Eye Chef 2019 Winner
Fully Blind

20 October 2020

Partially BLind

Golden Eye Chef 2019

Winner Announcement

20 October 2020





**Congratulationn to Annapurna and Shreya, but
the winner is Forum!**

- Chef Gautam Mehrishi, Chef Inder Dev, Chef Aditi Madan, Chef Kuldeep Singh



Golden Eye Chef 2019 Winner / Partially Blind

Forum Lodaya

Partially Blind / Mumbai / 20 October 2020



AD
antar drishti

2019

AD

AD
Golden Eye Chef
Crisp
Chef 2019

GOLDEN EYE CHEF
2019





“

When I was coming for the competition, my family said it doesn't matter whether you win it or not. I was also not sure, it was my dream to win it, but my family was so confident about me; they said “forum whatever you do, we are sure that you are going to win this”. Their words were my trophy, before stepping out of the house. They said “don't get upset if you don't win the trophy, you are already winner for us.

Thank you so much for giving me this opportunity to prove myself.

Thank you.’

Forum Lodaya

Golden Eye Chef 2019 Winner
Partially Blind

20 October 2020





“

The way they presented their dishes and explained things with passion, I was really shocked, I felt that I am talking with professional chefs.

Today, after seeing them cooking, I felt that the pride of the coat that I have worn, has increased even more.

And this profession is no longer just a profession, it has become more than a profession that people have started connecting with, from the heart.

Chef Gautam Mehrishi / Jury
Grand Finale / 20 October 2019





“ When I heard about it, I could not believe it could happen. This is a very unique effort by Akhil ji, and I want it to always happen every year, and for people to move forward in it.

I believe that food is made from the heart, and this is what was seen here. They know when to put what, how to roast it, and the food that comes out is very amazing and tasty.

Chef Inder Dev / Jury
Grand Finale / 20 October 2019



I am totally astonished and surprised! All my assumptions failed. I am truly bless to be part of this event Golden Eye Chef 2019.

When Akhil ji invited me, I did not even think that it would be successful.

It was hard to imagine how they will handle it, because there are so many challenges, the oil is hot, the gas is there, the cooking equipment is there, the utensils are there, how will they handle it? But there was nothing wrong with their cooking.

They are focused, and they know what they have to do. Their sense of cooking was amazing. The combination of spices, taste, you cannot differentiate at all that this was made by visually impaired cooks. And there were a lot of innovations which I was shocked to see. Innovative dishes, fusion and lots of other varieties were there. They know all kinds of dishes, whether it is north Indian, south Indian, Italian, Chinese or continental.

And than it was really motivational and inspirational for me, as well as for the entire country and world. So we should take this more forward. And I wish them all the very best and this is a start of their journey in the culinary field, and They will do their best and excel in it always.

Chef Aditi Madan / Jury
Grand Finale / 20 October 2019

2019



Cookin



Cookin
20 Octob

-its-kind, natio



Golden Eye Chef
Cooking Beyond Senses



Akti Limje

B2

“

It was a **fantastic show**, and I am sure It would create a huge impact on our society.

It was interesting to notice that visually impaired people cannot only cook but are capable of doing everything.

I was the jury member of all three rounds, and I can **honestly say, that these visually impaired cooks are far better than 1st year trained students of hotel management institute.** They cooked really well. **They did well in every aspect including, taste, texture, creativity, presentation or even food knowledge.**

It was quite challenging for us to decide the winner.

The initiative taken by Akhil ji and the team of Antardrishti must continue their endeavours to motivate visually impaired people to showcase their cooking skills. This initiative would set a strong enabling platform to motivate them and encourage others to support them.

Chef Kuldeep Singh / Jury
Grand Finale / 20 October 2019



AD
antar.drishhti

2019

AD
antar.drishhti





Golden Eye Chef 2019
Award Winning Recipe
Crispy Paneer Roll

Arti Limje / Mumbai / Participant / Fully Blind

Ingredients

1. 200gm cut in small pieces of paneer.
2. Two capsicum cut it in small pieces.
3. One chopped onion.
4. 1 chopped tomato.
5. 2 table spoon green corridor.
6. 1 tea spoon chopped garlic.
7. 1 tea spoon chopped ginger.
8. 2 cup of wheat flour.
9. Half cup plan flour means maida.
10. Crushed black pepper 1 tea spoon.
11. Crushed cumin seed 1 tea spoon.
12. 1/2 tea spoon turmeric powder.
13. 1 tea spoon red chilli powder.
14. 1 tea spoon everest garam masala.
15. Salt according to taste.
16. Cooking oil and water.

Preparation:

First, will take mixing bowl and put two cup of wheat flour and half cup maida means plain flour and half tea spoon crushed black pepper half tea spoon crushed cumin seeds and half tea spoon salt and one table spoon cooking oil and mix it well with the help of water make a firm dough. Will keep it for 10 to 15 minutes rest.

Next step...

Will put 2 table spoon oil in a pan and let it heat on gas. After heating oil will take 1 tea spoon chopped garlic after 30 seconds 1 tea spoon chopped ginger and after 30 seconds chopped onion will let it cook by the time onion becomes transparent. After that will add half tea spoon turmeric powder. One tea spoon red chill powder. Half tea spoon garam masala. Salt according to taste. One tea spoon coriander powder. Will roast it well by the time aroma comes

Now add 1 chopped tomato and make it soft after that will add capsicum and cook it a little now start adding paneer pieces and mix it well and cook it for 2 minutes. Now will put 2 table spoon green coriander mix it for 1 minute then turn off the gas.

By the time it becomes cool we will move towards dough.

Will press the dough with fist so that it becomes soft. Will make 4 balls out of this dough of same size and will make medium thick 4 chapatis. Now lift chapatis one by one fill all with paneer filling. We can give rectangular shape or cylindrical shape to the roll and make sure no fillings comes out. Now rolls are ready for deep fry.

Will put oil in a pan as much as it gets easily fry after that will put roll in it, we can put 2 rolls at a time and turn it again and again in a medium flame by the time roll becomes crispy after that take it out in a tissue paper. Can be served with tomato ketchup or mint chutney.

Utensils used:

1. Fry pan
2. Spatula
3. Plain spoon

It was very difficult to deep fry with these utensils especially for a totally blind but finally I made it possible which was looking impossible as I wanted to prove myself. Still my message for others who wants to try. Please try it with proper utensils. Totally blind can do deep fry with proper utensil without problem and with techniques.



**Golden Eye Chef 2019
Award Winning Recipe
Paneer Pasta Roll with Vegetable White Sauce**

Forum Lodaya / Mumbai / Participant / Partially Blind

Ingredients

Pasta Sheet

1. ½ cup All-purpose flour
2. 1 tablespoon Oil
3. Salt as per taste
4. Water

Vegetable White Sauce

1. 2 tablespoons butter
2. 2 tablespoons all-purpose flour
3. ¼ teaspoon salt
4. 1 small Onion
5. 1 small Tomato
6. 1/8 teaspoon pepper
7. 1 cup milk

Paneer Tikka Masala

1. 2 tablespoon Oil
2. 1 Medium Onion
3. 1 Medium Tomato
4. 2 Cup crushed Paneer
5. 1 cup curd

Method:

Pasta Sheet

1. Add oil and salt to all purpose flour and mix it well
2. Gradually add water to it and form a stiff dough
3. Knead dough with your hands by flattening the ball, stretching it and folding the top towards the centre and repeat it till the dough is soft and smooth, about 10 minutes.
4. Place dough In a bowl and cover it for 20-25minutes
5. Divide the dough into 3 equal portions, take one piece and flatten it with your hands, dust the surface with flour and roll the dough out using a rolling pin. Keep rolling and turning in the same way until the dough is evenly very thin
6. Cut this pasta sheet into rectangular sheets using a knife
7. Add this sheets to boiling water (It will sink in, allow it to cook till it floats)
8. Remove the sheet from boiling water and add it to normal water.

Plating - Place the rolls in the platter. Pour the white sauce on the rolls and garnish it with Paneer tikka mixture and black pepper.

6. Red chilli powder
7. Grama Masala
8. Salt

Vegetable White Sauce

1. Melt butter over low heat
2. Add all-purpose flour, onion, tomato and stir continuously and cook over medium flame
3. Gradually add in Milk, stir continuously to a boil.

Paneer Tikka Masala

1. Take oil in a pan and heat it
2. Add Chopped onions and allow it to cook till it turns into golden brown
3. Add chopped tomatoes
4. Add curd, Red chilli powder, salt and garam masala , stir it continuously and cook for 1 minute
5. Add crushed paneer, mix it well and let it cook for 2 minutes.

Final Preperation

1. Spread the paneer tikka mixture on pasta sheet and roll it.
2. Cut the roll into equal pieces

AD
antar.drishiti



2019

AD
antar drishti



AD



Golden Eye Chef
Cooking Beyond Seeing

Presented to _____
by _____
Chief Executive Officer, AD

[Signature]

Why Golden Eye Chef?

There is no life without food, as they say. Everyone around us has to eat to survive and to acquire energy for the rest of their work. Not only human beings but all animals also need food, but the only difference is that humans have a brain. and human nature is such that we need, not only food, but also tasty food; and weather to fulfil our needs or to entertain others, we need to know how to cook better, safer and healthier food.

Homemade food is pretty important, but only if we know how to cook well and make the best of the available resources. I.e. to put all available resources together in a way that the taste of the food, in fact adds some different flavour to our life as a whole. We need to learn how to cook, or else we may have to face difficulties all our lives, being dependent on others, or on junk food which is never the best for our health. Every one of us likes to be loved or wanted in the family and in our other social groups, and its often seen that the person who is a good cook, is well respected in, and outside the family.

For the blind, it's always a special effort needed, for them to prove their commitment not only to live a happy life but also to be able to make others in the family happy and satisfied, especially their parents and in-laws. That blind people can also be contributing members for their family and society at large, is still not a very widely accepted fact.

A Background of Blind people in India

As India is developing slowly and gradually in all the fronts, the condition of the Blind population in the country is also improving gradually. It will take more efforts to equip the blind with the different tools, skills and opportunities to make them independent and self-confident, for them to live life respectfully and with dignity. In the present times, the options for the blind community are very few, so we have to open more doors of opportunity, to stabilise their professional, personal and social lives. Here, we will focus on one of the very important skills that should be inculcated in the Blind: cooking.

The Problem Area; Cooking with Blindness

Food for any species is important for their survival; the habits, ways of cooking, likes and dislikes differ from people to people, area and region. It is far easier for our sighted counter parts to learn cooking, but it is very important for the Blind to acquire and polish this skill, to lead an independent life. Cooking is an art and a science, if excepted as a challenge in a positive way, an individual can achieve it easily, but if taken in a negative way, or just doing it for the sake of doing it, without any interest, then it is very difficult for the individual to accomplish.

When it comes to cooking, from the word go, it is the blind girl, more than a blind boy, who has to face struggles, trying to prove herself and her abilities with respect to this skill, because of the endless misconceptions that the sighted world has about it. The hardships are faced from within the family, this stigma about the blind, not being in a position to cook independently. This prejudice

is incorrect and damaging for the visually impaired, and because of this fear, it becomes nearly impossible for a blind girl to learn things and stand on her own feet. A lot of convincing is required to change this attitude. As far as the facilities are concerned, those are also very limited. So at first glance, it looks like an unfulfilled dream for many, but once we make up our minds to learn cooking, gradually the confidence of a blind girl increases, along with that of her family. Here I cite my personal example, I too am a blind girl, like any other girl, I wanted to learn cooking and it is my passion to cook different variety of dishes for my family and friends. But the first time when I picked up this topic for discussion at the table, I was flatly refused, and many questions challenging my ability were asked. Fear's in my Father's mind popped up, so I had to leave this idea at that time. But I didn't lose my heart, I tried my luck once again after a gap, I had to satisfy him by giving answers to all the questions asked, I had to convince him hard for this impossible task. Although my confidence wasn't at its best, I was very excited to learn and add this skill to my personality. So it was decided that we will appoint a professional teacher to get this job done. Then that day came, when it was the first day of my class. I started learning the techniques, and to my surprise, I didn't realise how the time passed. And today I'm a confident blind girl after learning cooking. I can handle it by myself successfully.

Solution for the Problem

We propose to do something that has never been thought of before. We intend to organise a cooking contest that will see visually challenged people display their culinary skills and compete for the 'Golden Eye Chef' award. Our aim is to bring about a change in the mindsets of people who consider visually challenged people, especially visually challenged women, a burden, incapable of taking care of themselves and their families. Antardrishti has already done significant work on changing peoples' perceptions about visually challenged women's' education and employment. This event would be a step forward towards changing perceptions regarding disability as well as gender discrimination.



Golden Eye Chef
Cooking Beyond seeing

Links to Video and Photos of Golden Eye Chef 2019

Opening

Golden Eye Chef 2019 Opening ceremony / 17 October 2019

Website – <https://wp.me/pb1J7X-qt>

Youtube – <https://youtu.be/TPrSvn0e27c>

Contestants

Annpurna Kaur / Partially Blind / Top 3

Youtube – https://youtu.be/GW5cPYWJ_Qc

Website – <https://wp.me/pb1J7X-jM>

Arti Limje / Fully Blind / Winner of Golden Eye Chef 2019

Youtube – <https://youtu.be/RpNqW-H7Avs>

Golden Eye Chef 2019 / Fully Blind / WINNER ANNOUNCED!!

Arti Limje - <https://youtu.be/Q9i300YuBLQ>

Website – <https://wp.me/pb1J7X-iG>

Arun Pal Singh / Fully Blind / Top 8

Youtube – <https://youtu.be/uLLeB0ZXOOQ>

Website – <https://wp.me/pb1J7X-oY>

Bharti / Fully Blind / Top 16

Youtube – <https://youtu.be/mUpTgZ51WmA>

Website – <https://wp.me/pb1J7X-pm>

Bipin Singh / Fully Blind / Top 3

Youtube – https://youtu.be/cFP2dl_qfXY

Website – <https://wp.me/pb1J7X-mg>

Dinesh Sood / Fully Blind / Top 8

Youtube – <https://youtu.be/HwJdGX3kUhQ>

Website – <https://wp.me/pb1J7X-n3>

Forum Lodaya / Partially Blind Winner of Golden Eye Chef 2019

Youtube – https://youtu.be/IHf68izvX_M

Golden Eye Chef 2019 / Partially Blind / Winner Announced!!

Forum Lodaya – <https://youtu.be/-D55la2u8QE>

Website – <https://wp.me/pb1J7X-hL>

Gurpreet Kaur Walia / Fully Blind / Top 16

Youtube – <https://youtu.be/CkzDAUi86BE>

Website – <https://wp.me/pb1J7X-qe>

Jaya Jain / Fully Blind / Top 8

Youtube – <https://youtu.be/QkeyBMbVdCw>

Website – <https://wp.me/pb1J7X-ns>

Kavita Golyan / Fully Blind / Top 3

Youtube – <https://youtu.be/dFziTlv1ds4>

Website – <https://wp.me/pb1J7X-IN>

Nandni Chaturvedi / Fully Blind / Top 16

Youtube – <https://youtu.be/kG-77F8g1JM>

Website – <https://wp.me/pb1J7X-pN>

Parul Goyal / Partially Blind / Top 8
Youtube – <https://youtu.be/Mh-zYq7RTNg>
Website – <https://wp.me/pb1J7X-l6>

Preeti / Fully Blind / Top 8
Youtube – <https://youtu.be/7ltFjV2pxbM>
Website – <https://wp.me/pb1J7X-od>

Ritu Ajit Bartakke / Partially Blind / Top 8
Youtube – <https://youtu.be/Cwn-Rf45XQ4>
Website – <https://wp.me/pb1J7X-l5>

Shreya Gupta / Partially Blind / Top 3
Youtube – <https://youtu.be/E4JagXNkLml>
Website – <https://wp.me/pb1J7X-jc>

Sippy Gupta / Fully Blind / Top 16
Youtube – <https://youtu.be/7r-nmx0cPls>
Website – <https://wp.me/pb1J7X-pn>

Veena Mehta Verma / Fully Blind / Top 16
Youtube – <https://youtu.be/ZnzkWS3GWGQ>
Website – <https://wp.me/pb1J7X-q6>

Vikesh Gurjar / Fully Blind / Top 8
Youtube – <https://youtu.be/UgTSYzOuCxQ>
Website – <https://wp.me/pb1J7X-oJ>

Day One / First Round / 17 October 2019

Website – <https://wp.me/pb1J7X-cU>

Youtube – <https://youtu.be/od1k0oeUNcM>

First round Presentation & Assessment –

Youtube – <https://youtu.be/pLhuzFEh-3l>

Volunteers – Day one

Website – <https://wp.me/pb1J7X-fH>

Youtube – <https://youtu.be/F8Uy6GmO9uo>

Day Two / Second Round / 18 October 2019

Website – <https://wp.me/pb1J7X-bh>

Day Two – Fully Blind

Youtube – https://youtu.be/x7kN7lcy_Qk

Day Two – Partially Blind

Youtube – https://youtu.be/yr0fdWT3_t0

Second round Presentation & Assessment –

Youtube – https://youtu.be/o7BUzc80_uA

Hari Sukumar & other jury members inspecting culinary skills of contestants –

Youtube – <https://youtu.be/5iEKcpwJilQ>

Jury Interaction with Contestant –

Youtube – <https://youtu.be/tEmim6m0iFO>

Finalists of Golden Eye Chef 2019 / Forum, Arti, Bipin, Kavita, Shreya, and Annpurna – Youtube – <https://youtu.be/Qj8Rc1BIASs>
JHTC Faculty Visit Youtube – <https://youtu.be/JAcWcpr4y3Q>

Volunteer – Day Two

Website – <https://wp.me/pb1J7X-fL>

Youtube – <https://youtu.be/kNLJle6wUzY>

Grand Finale / Day Three / 20 October 2019

Website – <https://wp.me/pb1J7X-al>

Youtube – https://youtu.be/s0Jp7_nc5-Y

Chitchat – youtube – <https://youtu.be/IFsTBFfMK5E>

Presentation & Assessment –

Youtube – <https://youtu.be/Nej2Mgw-Xdk>

Contestants of Golden Eye Chef 2019 shares their experience of the program – Youtube – <https://youtu.be/mya3mwxs7tc>

Chef Gautam Mehrishi, just before winner announcement at Golden Eye Chef 2019 Grand Finale –

Youtube – <https://youtu.be/jyYkxJ7JZLo>

Golden Eye Chef 2019 / Fully Blind / WINNER ANNOUNCED!! / Arti Limje – Youtube – <https://youtu.be/Q9i300YuBLQ>

Golden Eye Chef 2019 / Partially Blind / Winner Announced!! / Forum Lodaya – Youtube – <https://youtu.be/-D55la2u8QE>

Volunteer – Grand Finale

Website – <https://wp.me/pb1J7X-gp>

Youtube – https://youtu.be/6fbphor9J_I

Jury

Chef Sanjay Agarwal

Website – <https://wp.me/pb1J7X-9E>

Youtube – <https://youtu.be/8PuNUmaq0FU>

Chef Kuldeep Singh

Website – <https://wp.me/pb1J7X-7k>

Youtube 1 Round – Youtube – <https://youtu.be/8PuNUmaq0FU>

Youtube 2 Round – Youtube – <https://youtu.be/8Xvb5Wvd7Ro>

Youtube 3 Round – Youtube – <https://youtu.be/bEYm0LzaCmo>

Chitchat – Youtube – <https://youtu.be/IFsTBFfMK5E>

Hari Sukumar

Website – <https://wp.me/pb1J7X-8F>

Youtube – <https://youtu.be/clhx1-aRkUI>

Hari Sukumar & other jury members inspecting culinary skills of contestants

– Youtube – <https://youtu.be/5iEKcpwJilQ>

Jury Interaction with Contestant

– Youtube – <https://youtu.be/tEmim6m0iF0>

Sanjeev Saxena

Website – <https://wp.me/pb1J7X-9p>

Youtube – <https://youtu.be/8Xvb5Wvd7Ro>

Chef Ajay Mathur

Website – <https://wp.me/pb1J7X-91>

Youtube – <https://youtu.be/8Xvb5Wvd7Ro>

Chef Aditi Madan

Website – <https://wp.me/pb1J7X-5j>

Chef Aditi Madan inspecting culinary skills of contestants –

Youtube – <https://youtu.be/HCgPwqJpRmY>

Chef Aditi Madan shares her experience of Golden Eye Chef

2019 – Youtube – <https://youtu.be/ldZIGSos6js>

Chef Inder Dev

Website – <https://wp.me/pb1J7X-6D>

Chef Inder Dev inspecting culinary skills of contestants –

Youtube – <https://youtu.be/0dSP1WJv3KI>

Chitchat – Youtube – <https://youtu.be/IFsTBFfMK5E>

Chef Inder Dev shares his experience of judging final round of Golden Eye Chef 2019

– Youtube – <https://youtu.be/R3URtXbu0WM>

Chef Gautam Mehrishi

Website – <https://wp.me/pb1J7X-4x>

Chef Gautam Mehrishi inspecting culinary skills of contestants

Youtube – <https://youtu.be/5hDzCSB3O2c>

Chef Gautam Mehrishi, just before winner announcement at Golden Eye Chef 2019

– Youtube – <https://youtu.be/jyYkxJ7JZLo>

Chef Gautam Mehrishi shares his experience of Golden Eye Chef 2019

– Youtube – <https://youtu.be/o11gx-l9YX4>

Golden Eye Chef 2019 / Fully Blind / WINNER ANNOUNCED!! / Arti Limje

Youtube – <https://youtu.be/Q9i300YuBLQ>

Golden Eye Chef 2019 / Partially Blind / Winner Announced!! / Forum Naresh Lodaya

Youtube – <https://youtu.be/-D55la2u8QE>

Volunteers

Day one

Website – <https://wp.me/pb1J7X-fH>

Youtube – <https://youtu.be/F8Uy6GmO9uo>

Day Two

Website – <https://wp.me/pb1J7X-fL>

Youtube – <https://youtu.be/kNLJle6wUzY>

Day Three

Website – <https://wp.me/pb1J7X-gp>

Youtube – https://youtu.be/6fbphor9J_l



Golden Eye Chef
Cooking Beyond Seeing

Golden Eye Chef Name

Here Golden Eye represents the eye without sight, which is doing one of the toughest job of cooking without seeing and the chef represents professional cooks.

Golden Eye Chef Logo

Golden Eye Chef Logo Description: A chef's hat above the eye in a circle made of ornamental flowers. The eye in the golden eye chef logo is derived from the symbol of the Egyptian sun god Ra.

- **Circle of Ornamental Flowers:** Ornamental Flowers represents love, hope, blossom.
- **Eye:** The eye in the golden eye chef logo is derived from the symbol of the Egyptian sun god Ra. The eye of Ra represents light and the illuminating presence of the sun. The Eye of Ra holds great power and capable of repelling all negative energy and restoring harmony
- **Chef's Hat:** Represents cooking and its related activities



antar.drishti

We Inform, Educate, Advocate
issue related to
eye care, eye donation &
empowerment of visually impaired

Antardrishti – a social development organisation is committed to the cause of blind people in our society. Towards this we had made a humble beginning in 2006. It is registered as a Charitable Trust under Indian Trust Act, 1882.

**Together only we can
restore sight, prevent blindness &
empower visually impaired**

drishti@antardrishti.org | www.antardrishti.org



Golden Eye Chef
Cooking Beyond Seeing

E-Mail: goldeneyechef@antardrishti.org

Web: <https://goldeneyechef.com>

<https://antardrishti.org>

Youtube: <https://youtube.com/c/goldeneyechef>

Whatsapp: # + 91 633999 00012

