



E-COOKBOOK CHALLENGE RECIPE FORM

When submitting recipe(s), please include: Nationality of the recipe (i.e. African, Chinese, Colombian, Cuban, Dominican, Jamaican, Mexican, Peruvian, Polish, Puerto Rican etc.) The reference of the recipe(s). Reference should indicate the name, author, date, & publisher of a cookbook, OR if the recipe(s) is a personal one, the reference should include: the name of the chef, his/her college/department and nationality. A photo of the cooked meal(s), and/or yourself is optional.

CONTACT DETAILS			
Submitted by:			
Telephone:		Email:	
Name of Recipe:		Nationality:	
Reference of Recipe:			
BACKGROUND: We would like to hear the story behind this recipe and why it is special to you.			
INGREDIENTS: List all ingredients in order used. Give measurements in common fractions and include the size and weight of cans, packages, etc. List any information about one/ more interchangeable ingredient(s) in the recipe.			
METHOD: Describe the cooking process in correct food preparation terms. State size of pans, temperature and cooking time.			

Please submit one (or more) completed recipe(s) forms to: ode@wcsu.edu no later than Friday September 20th, 2019.
The winners will be notified by ODE by September 27th, 2019
Thank you!