

Eastland County 4-H Food Show

Recipe Submission Checklist

Recipes for 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written. This form does not need to be submitted at the Food Show. This form is for guidance only.

DOES YOUR RECIPE HAVE ALL OF THESE PARTS?

YES

NO

- Name of recipe _____
- Complete list of ingredients _____
- Size cans, number of packages, cans, etc. given _____
- *EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach
- Description for combining all ingredients _____

LIST OF INGREDIENTS

- Ingredients are listed in order in which they are used in directions _____
- Ingredients listed as they are measured. _____
- *EX: ¼ cup chopped onion, not ¼ cup onion chopped.
- *EX: 1 green pepper, chopped, not 1 chopped green pepper
- Measurements given in common fractions _____
- *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon
- All measurements are spelled out, not abbreviated. _____
- *Ex: cup, teaspoon, tablespoon, size can, etc.
- *Ex: 4-ounce can
- No brand names are used. _____
- Complete description of ingredients is included _____
- *EX: low-fat; packed in syrup; reduced fat; etc.

DIRECTIONS

- Clear instructions used for every step of combining and cooking the ingredients _____
- Short, clear sentences used _____
- Correct wording used to describe combining and cooking processes _____
- Size and type of pan stated _____
- Oven temperature and cooking times given _____
- Number of servings or how much the recipe would make included _____

Texas A&M AgriLife Extension Service
 Eastland County
 102 N Lamar St. Suite 307
 Eastland, TX 76448
 Ph. 254-629-2222
 eastland.agrilife.org