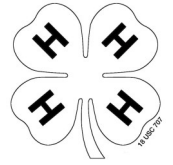


Marion County Cooking Day
June, 17th
Marion County Extension Office



Name _____ Club: _____ Grade _____

Exhibited in F&N at county/state fair? _____ If so, please give exhibit examples: _____

Recipe:

Recipe Title: _____

Recipe Category:

main dish salad side dish dessert snack other _____

1. What is your goal? (For example: preparing a tender meat dish, measuring, chopping, etc.)

2. Have you ever served this recipe before? If yes, when & where? If not, will you serve this recipe? When & where?

3. What other things would you serve with this dish to complete the meal/snack?

4. Food safety is important each time you work with food. What is a food safety issue with this dish?

5. Calculate the approximate cost to prepare this recipe: \$ _____
 (Please make sure to include only cost per amount of ingredient used.)

You may bring **up to 3 items already prepared**. If so, what item(s) will you bring?
 (These should be items that take a lot of time or special equipment. Example: grated carrot, mashed potatoes-for casserole topping, etc., chopped apples, processed tomatoes, etc.)

- 1)
- 2)
- 3)

7. Please list any special equipment/utensils that you will be bringing with you:

8. Please give us an estimated time of preparation (including chilling or baking time) _____

Source of recipe: _____

Book/magazine title _____

Copyright date _____

****All recipes must meet basic food safety standards (Read Inappropriate Food Exhibits for Iowa 4-H Fairs & Safety Study Guide.)****

- * We will provide basic kitchen appliances and equipment (stove, oven, microwave, refrigerator, and hand mixer). We will provide basic ingredients (flour, salt, sugar, milk, eggs, water). All other ingredients/utensils/bowls must be brought from home. Please label the final serving dish. (Baking dishes will be labeled after cooling.) You will need to bring a copy of the recipe and preparation steps for your use.

Complete recipe and preparation steps must be included or attached.

Please feel free to use the space below for your recipe and/or preparation steps: