

# Solar Energy Cook-Off

## Team Recipe Form



Submitted by (Team Name): \_\_\_\_\_

School: \_\_\_\_\_

Name of Recipe: \_\_\_\_\_

Approx. cooking time: \_\_\_\_\_ Type of cooker used: \_\_\_\_\_

Source of recipe: \_\_\_\_\_

Why did you choose this recipe? \_\_\_\_\_

\_\_\_\_\_

Ingredients (list amount of each—for example: ½ cup chopped onion) Continue on back as needed:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Directions for cooking (continue on back as needed): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List any Florida grown ingredients: \_\_\_\_\_

\_\_\_\_\_

Did you purchase these Florida ingredients (if so, where), or did you grow (raise, catch, etc) them yourself?

\_\_\_\_\_

List any ingredients that were cooked before arriving at the competition: \_\_\_\_\_