

**HEY  
STUDENTS!**

**CAN YOU COOK?**



Calling all **“FUTURE CHEFS”** for our  
CULINARY COMPETITION

**WE’RE LOOKING FOR YOUR FAVORITE  
HEALTHY ASIAN FUSION RECIPE!**

Two lucky winners from each school will be chosen as finalists to compete in our contest at LHS on 2/22/18. As an added bonus, the winner of this event will be entered into a National Competition for some great prizes!

**PICK UP YOUR  
ENTRY FORM TODAY!**  
They’re available in the Cafeteria and in the Main Office!  
Turn them in to the Cafeteria or Main Office by 1/5/18.

**Approved to Distribute**

*Pat McLean 12-11-17*  
Albany County School District One



**Albany County School District #1**  
Recipe Entry Form

**~Healthy Asian Fusion Recipe~**

Open to All Elementary School Students!

Student's Name:	
Student's School:	
Student's Grade:	
Teacher's Name:	

Return to your teacher or the office by **Friday, January 5th**  
**Teachers: please send to the main office if received.**

My recipe is called: \_\_\_\_\_

List all ingredients and exact amounts of the ingredients here:

List the "method" or exactly how to make this dish. Make sure to include the number of servings your recipe creates. *(If you need more room, attach and staple another piece of paper to this form.)*



## Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite Asian Fusion recipe.
2. **Be creative** - A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This **doesn't** have to be your own, original recipe. You can get them off the Internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. We are looking for **healthy Asian Fusion food** recipes, so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 6 criteria:
  - Taste
  - Originality
  - Ease of Preparation
  - Healthy Attributes
  - Kid Appeal
  - Plate Presentation

The use of one or more of the following ingredients will earn up to 3 **bonus points** at the judging:

**Low Sodium Soy Sauce, Low Sodium Teriyaki Sauce, Brown Rice, Bok Choy, Fresh Mushrooms, Lean Chicken, Lean Pork, Rice Noodles, Tofu, Garlic & Ginger.**