



## Tulsa Public Schools Recipe Entry Form

### ~Healthy Asian Fusion Recipe~

Open to Elementary School Students grades 3-5!

My Name:	
My School:	
My Grade:	
My Teacher's Name:	
My Chef Coat Size:	Youth - S M    Adult - XS S M L XL

Return to your teacher or cafeteria manager by

**Friday, February 16, 2018.**

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. If you need more room, attach (and staple) another piece of paper to this form.

This recipe serves \_\_\_\_\_ people.



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

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

Fusion cuisine is food that combines elements of different culinary traditions. It's about bringing together ingredients and cooking styles from two distinct cuisines. Asian Fusion is where Asian traditional food is combined with another culture's traditional food. When cultures collide, ingredients overlap, cooks get inventive, and traditions are merged! Here are a few examples of Asian Fusion recipes:

Kimchi Fries (Asian/North American-English)

Korean BBQ Tacos (Asian/Spanish)

Thai Pizza (Asian/Italian)

Stir-Fry Recipes

Fried Rice Recipes

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite 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. Please avoid products that include Tree nuts and Peanuts in your recipes.
8. 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.**

GOOD LUCK & HAVE FUN!!!!