



2017 Food Cook Off

Themes

Juniors: Disney Movies theme foods (Pinterest has cute ideas)

Intermediates: Appetizers

Seniors: Foreign Holiday traditions dish (one recipe)

Ingredient use requirement for each age division:

Juniors – 2 ingredients

Intermediates – 3 ingredients

Seniors – 5 ingredients

Ingredient List

Fruits/Vegetables

Limes

Kiwi

Zucchini

Tomatillos

Tomatoes

Kale

Mushrooms

Okra

Artichoke Hearts

Shallots

Raspberries

Yams

Chili Pods

Leeks

Black-eyed Peas

Coconut

Dried Cranberries

Potatoes

Protein Sources

Poultry

Pork

Beef

Lamb

Fish (*shell, saltwater, or freshwater*)

Peanut Butter

Canned Dry Beans

Almonds

Dairy Sources

Coconut Milk

Goat Milk

Ricotta Cheese

Eggs
Greek Yogurt
Cheese

Grains

Flax Seed
Rice Sticks
Noodles
Oatmeal
Granola
Corn Bread Stuffing
Dry Whole-grain Cereal
Chow Mein Noodles
Corn Meal
Alternate Flour:

Soy, Coconut, Almond,
Semolina, Corn Masa, Blue
Cornmeal, Potato, or White
Rice

Brown Rice

Misc.

Yeast
Fresh Herbs:
Cilantro, Basil, Oregano
Cream Cheese
Sour Cream
Soy Sauce
Ketchup