

PREPARING YOUR RECIPES FOR SUBMISSION
NORTH CAROLINA'S 4-H CENTENNIAL COOKBOOK
CELEBRATING 100 YEARS OF BLUE RIBBON RECIPES



Recipe Writing Guidelines:

1. List ingredients in the order they are used in the recipe. For example, if your instructions start by saying cream together the butter and sugar, butter would be the first ingredient listed, followed by sugar.
2. Give a weight or measure for every ingredient. Do not use abbreviations for quantities. For example: 1 3-ounce package of lemon gelatin, 3 teaspoons all purpose flour, 2 11-ounce cans of tomato soup, or 1 9" deep dish pie shell.
3. Describe ingredients fully. For example, self-rising flour, crushed pineapple, boneless chicken breasts, or uncooked macaroni.
4. Describe fully how each ingredient is prepared. For example, 1 cup cooked and diced chicken, 1 9" baked pie shell, 1 8-ounce can crushed pineapple, drained, ½ cup chopped onion, or 3 cups cooked rice.
5. Be sure to include baking temperature and time for baked products. Give size of baking pan, for example, 9"x12" baking pan.
6. Give any special features of the recipe. For example, serve immediately, freezes well, prepare one day in advance, can be fully prepared and frozen, good hot or cold, recipe can be doubled easily, or let meat marinate 3 hours in refrigerator.

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All entries must be postmarked no later than January 15, 2009.