

# 4-H Cookbook Recipe Template

Please return completed recipe form to: LSU AgCenter, P O Box 1364, Coushatta, LA 71019 or fax to 318-932-4242 by Tuesday September 2.

This recipe is being submitted for Red River Parish 4-H

Submitted by \_\_\_\_\_ Phone No. \_\_\_\_\_

Category \_\_\_\_\_

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

**INGREDIENTS:** (1) List **ALL** ingredients in order used in instructions, (2) Divide evenly, placing half of ingredients in left column, second half in right column, (3) Give measurements in common fractions, (4) No abbreviations used, (5) Include the size and weight of cans, packages, etc. (6) **Please type or print neatly.**

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**METHOD** – Instructions for combining ingredients: (1) Use clear instructions for every step of combining and cooking the ingredients, (2) Make short, clear, concise sentences, (3) Describe combining and cooking processes in correct cooking food preparation terms, (4) State size of pan, temperature and cooking time

Preparation Time: \_\_\_\_\_ Pan Size: \_\_\_\_\_

Cooking Temperature: \_\_\_\_\_ Cooking Time: \_\_\_\_\_

Example: Name of Recipe: <u>Cajun Baked Catfish</u>	Pan Size: <u>1 large baking sheet</u> Cooking Temperature: <u>400 degrees</u> Cooking Time: <u>30 minutes</u> Number of Servings: <u>8</u>
Ingredients in order of use: 1. 2 cups yellow corn meal 2. 2 teaspoons salt 3. 1 Tablespoon black pepper 4. 8 large catfish filets 5. cooking spray 6. 1 Tablespoon Tony Chachere' seasoning 7. ¼ cup butter – melted	Step-by-step directions: Preheat oven to 400 degrees Combine cornmeal, salt and pepper Dredge catfish filets in mixture. Place skin side down on greased baking sheet Sprinkle filets with Tony's and drizzle with melted butter Bake at 400 degrees for 30 minutes