AHF National Culinary Competition

Approved Recipe Format

*Final recipes should be proofed and formatted before submitting to AHF. Each recipe should be submitted using the format below. Recipe submissions should be written based on* ***6 portions.***

Recipe Name:

*Recipe Description:*

Organization Name

**Team Lead Name**

Team Lead Professional Title

**2nd Team Member Name**

Team Member Name

**Full Recipe:**

* Prep Time:
* Cook Time:
* Yield: 6 portions

**Component 1 Name**

Ingredients. Included details. Spell out teaspoon, Tablespoon, etc.

1 teaspoon salt

1 Tablespoon brown sugar

1 cup whole fat milk

1 cup diced mushrooms vs 1 cup mushrooms, diced

1 Tablespoon parsley, fresh vs dried

2 15 ounce cans of red beans

**Method of Preparation:**

1. Numbered instructions with full details. Include HACCP as appropriate.
2. Include detailed instructions such as: “Heat a large skillet over medium heat and add 1 tablespoon of oil. When the oil shimmers, add the diced onions in an even layer. Sweat the onions, stirring occasionally, until they turn translucent and release their natural sugars, about 5–7 minutes. Adjust the heat as needed to prevent browning.”
3. The goal is to paint a clear picture of your method as well as to develop a strong resource for the AHF community to be used in other operations.

***Plating:***

**Components Per Serving**

*For each item, include details such as size/quantity and component name that matches the recipe. If your recipe does not include all of the items below, or more than what is listed, adjust the list as needed.*

* Protein Item
* Component 2
* Sauce
* Garnish

**To Plate and Serve:**

1. For plating instructions, the goal is to provide a clear, step-by-step process that someone with basic to intermediate culinary training would be able to replicate without a picture. This could include cooks who are familiar with proper plating techniques, but not necessarily chefs with advanced skills. So, instructions should focus on both technique and presentation. For example:
2. Specify the plate size or type if it's important to the dish (e.g., “Use a 10-inch round plate”).
3. Use precise language when describing how items should be arranged relative to each other. Be specific if the item should be placed flat, stacked, or arranged in a specific pattern.
4. Specify if the sauce should be spread, drizzled, or placed in a specific area.
5. When instructing garnishes, be clear on how much to use (a light sprinkle, a dollop, etc.), and where to place them for balance and visual appeal.
6. It is also helpful to give cues about the desired visual look (e.g., “until the sauce forms a thin line” or “arranged in a circular pattern”).

***Specialty Equipment Used:***

* List all equipment used that is outside of what is included in the AHF Culinary Competition Equipment list.