**AHF Culinary Competition**

**Approved Recipe Format:**

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

Recipe Name:

Recipe Description:

Full Recipe:

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

***Sample Recipe Format***

***Component 1 Name***

2 tsp. No Salt Sodium-Free Salt

1 tsp. Garlic Powder

*Method of Preparation:*

1. In a bowl, combine all ingredients until evenly mixed.

***Component 2 Name***

1 batch Spaetzle Dumplings

2 oz. Bacon slices

*Method of Preparation:*

1. Place the bacon in a large deep skillet on medium-high heat. Fry until the bacon is browned and crisp, turning as needed. Remove from pan and set aside.

***Instructions on How To Plate and Serve:***