

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: Cajun Baked Catfish

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

Pan Size: 1 large baking sheet

Cooking Temperature: 400 degrees

Cooking Time: 30 minutes

Number of Servings: 8

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