



# ENTRY FORM

## School details

School name:

---

School address:

---

School contact name:

---

School contact phone:

---

School contact email:

---

## Individual details

Student name:

---

School name:

---

# CHECKLIST

## Recipes

| <b>The recipe should be:</b>                       | Check |
|--|-------|
| ➤ original   |       |
| ➤ suitable to be prepared in a typical kitchen     |       |
| ➤ prepared and/or cooked within 55 minutes or less |       |
| ➤ suited to serve 2.                               |       |

### **The recipe should:**

|  |  |
|--|--|
| ➤ incorporate a recipe from one trend  |  |
| ➤ cost \$9 or less for ingredients for the recipe, excluding the set ingredients |  |

### **The written recipe should include:**

|   |  |
|---|--|
| ➤ title   |  |
| ➤ preparation time                                |  |
| ➤ cooking time                                    |  |
| ➤ total serves/makes                              |  |
| ➤ ingredients                                     |  |
| ➤ method  |  |
| ➤ suggestion/s for presentation of the final dish |  |

Costing breakdowns should be included for the recipe. Provide costings for two serves only and do not include the set ingredients.

## Images

Include two or three supporting images of the dish from different angles.

## Justification

The justification for each dish should be no more than 200 words and include two or three images of work-in-progress.

## Reflection

The reflection for each dish should be no more than 150 words.

- I have read and agreed to the terms and conditions including the Privacy Statement in Clause 40 (please tick).

Please send this form and all hard copy attachments to:

HEIA Flavour Forecast 2020 Recipe  
Challenge  
PO Box 3440 Rhodes NSW 2138

Entries are to be received by last mail Friday 16 October  
2020. Good luck!