



Culinary Challenge Recipe Template COMPETITION | SCHOOL LUNCH

Please complete this cover page in full with your team information.

SCHOOL NAME:	Westside High School
TEACHER NAME:	Vivian Smith
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TEACHER CELL NUMBER:	555-555-5555
STUDENT NAMES:	STUDENT EMAILS: please provide personal (not school) emails where possible
Samra Kahn	samragirl@gmail.com
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*Student email addresses are used to send **confirmations and competition reminders**.

**School-based computers are blocked from outside emails.

INSTRUCTIONS:

1. **All recipes must be approved by Real Food for Kids** for teams to compete at the Culinary Challenge on March 21, 2020.
2. **Recipe deadline: 11:00 PM, December 11, 2019.**
 - a. Submit recipes on this template as Microsoft Word documents. **PDF scans will not be accepted.**
 - b. Complete a separate template for each component of your meal – Main Dish, Vegetable Side and Fruit Side. If your recipe combines components (example, Main with Vegetable), indicate this with a check next to the component.
 - c. **Email recipes to Mary Porter (mporter@realfoodforkids.org)**. Recipes may not be sent via sharing platform.
3. Refer to the Competition Guidelines for the terms of extension requests.
4. Recipes will be returned to teams with revision requests by January 13, 2020.
5. Revised recipes must be received by February 5, 2020. NO changes may be made after this date.

CULINARY CHALLENGE: **COMPETITION BUNDLE:**

The Competition Bundle contains team resources to assist you:

- What's Required in My Recipe? – a snapshot of recipe and nutritional guidelines
- Approved Ingredient List – with details on required servings for school meals
- Sample Recipe Template with Costing – a guide to filling out the template
- Is My Recipe Ready? – a checklist for reviewing submissions

ONLINE RESOURCES:

[Nutritionix.com](https://www.nutritionix.com) – nutrition facts labels for over 600,000 foods

[VeryWellFit](https://www.verywellfit.com) – recipe nutrition calculator

Recipe Costing Websites – [Food Cost Calculator](#), [Sugar Kitchen Recipe Costing Calculator](#), [How to Cost Out a Recipe](#)



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SCHOOL NAME:	Westside High School
RECIPE NAME: Westside Fusion Rice Bowl	<input checked="" type="checkbox"/> Main Dish <input checked="" type="checkbox"/> Vegetable Side Dish <input type="checkbox"/> Fruit Side Dish <i>If your recipe has combined components, check each component here</i>
Prep Time: 30 Minutes	Cook Time: 30 Minutes

INGREDIENTS Main Dishes and Vegetable Sides may not have more than **10** ingredients; Fruit Sides may not have more than **5** ingredients.
Original dry spice blends may be counted as one ingredient. See below.

Quantity	Measurement	Ingredient
1	Cup	Uncooked Brown Rice, rinsed
2	Cups	Iceberg Lettuce, shredded
4	Tablespoons	Olive Oil
1	Pound	Ground Beef, 80% lean
1	Clove	Garlic, minced
3	Teaspoons	Spice Blend
4	Tablespoons	Low-Sodium Soy Sauce, divided
2	Tablespoons	Hoisin Sauce
2	Cups	Grape Tomatoes, halved
8	Tablespoons	Rice Vinegar
2	Tablespoons	Mirin
2	Tablespoons	Fresh Ginger, finely grated

Total Number of Servings:	4	Per Single Serving:	1
⇒ Total Calories:	2658	⇒ Calories:	665
⇒ Total Calories from Fat:	129	⇒ Calories from Fat:	32
⇒ % from Saturated Fat	8	⇒ % from Saturated Fat	8
⇒ Total Milligrams Sodium:	4187	⇒ Milligrams Sodium:	1047

DRY SPICE BLEND Original dry spice blends may be counted as one ingredient. Pepper may be included in a dry spice blend. . Salt, sugar and fresh herbs must be counted as individual ingredients. Please complete the section below if you are using an original blend.

Quantity	Measurement	Ingredient
1/2	Teaspoon	Chili Flakes
1	Teaspoon	Ground Cumin
1/2	Teaspoon	Ground Coriander
1	Teaspoon	Sweet Paprika

Total Amount	3 Teaspoons
Amount Used in Recipe	3 Teaspoons

PREPARATION

Each Component may not have more than 6 preparation steps. Steps must be written in complete sentences.

1. Cook rice according to package directions
2. Heat olive oil in a nonstick pan, add beef, breaking up to cook and thoroughly browned
3. Add minced garlic and spice blend to the beef and stir to combine
4. Add 2T soy sauce, hoisin sauce and 1/3 cup water to the pan, stirring until liquid has cooked down. Remove from heat
5. Combine tomatoes, rice vinegar, mirin, remaining 2T soy sauce and grated ginger and stir to combine
6. Divide shredded lettuce, cooked rice, beef mixture and tomato mixture between four bowls and serve.

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Commented [MP2]: As this recipe combines the Main Dish and Vegetable Side, up to 20 ingredients may be used

Commented [MP3]: Cooking oils must be listed BUT water or pan coating (i.e., cooking spray) do not



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SCHOOL NAME: Westside High School

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How to Calculate Your Recipe Cost:

A Sample Recipe Template with Costing is provided in the Culinary Challenge Team Documents "Bundle" to assist teams with this section of the template. You must submit costing for each component of your recipe – Main Dish, Vegetable Side and Fruit Side. Costs for recipes with combined components may be calculated together.

As you are developing your recipes, you will be purchasing ingredients in larger quantities than your number of servings may require. This worksheet will help you break down the costs of those ingredients to arrive at the Total Meal cost for a single serving.

The Total Meal cost for a single serving may not exceed \$1.80. Confirm your total meal cost before submitting your recipe.

RECIPE COSTING

Ingredient	Purchase Unit	Purchase Cost	Unit Size	Unit Cost	Amount Needed	Ingredient Cost
Brown Rice	32 oz	\$1.99	Ounces (32)	\$0.06	8 oz	\$0.48
Iceberg Lettuce	1 head	\$1.09	Cups (8)	\$0.14	2 cups	\$0.28
Ground Beef	16 oz	\$2.99	Ounces (16)	\$0.19	16 oz (12 oz cooked)	\$2.99
Olive Oil	32 oz	\$4.79	Tbsp (64)	\$0.07	4 Tbsp	\$0.28
Garlic	1 bulb	\$0.33	Cloves (1)	\$0.03	1 clove	\$0.03
Soy Sauce	16 oz	\$2.09	Tbsp (32)	\$0.07	4 Tbsp	\$0.28
Hoisin Sauce	8 oz	\$2.79	Tbsp (16)	\$0.17	2 Tbsp	\$0.34
Grape Tomatoes	2 cups	\$1.09	Cups (2)	\$0.55	2 cups	\$1.09
Rice Vinegar	12 oz	\$2.29	Tbsp (24)	\$0.09	8 Tbsp	\$0.72
Mirin	12 oz	\$3.19	Tbsp (24)	\$0.13	2 Tbsp	\$0.26
Fresh Ginger	1/4 lb	\$0.59	Tbsp (16)	\$0.04	2 Tbsp	\$0.08

Commented [MP5]: You may add lines to this chart for combined recipes

Total Recipe Cost	\$6.83
Single Serving Cost	\$1.71

Costing Definitions:

- Purchase Unit** – how much of the ingredient you bought. Example, 1 lb. chicken breasts, 32 oz. brown rice, 1 head lettuce, etc.
- Purchase Cost** – what you paid for the size of the ingredient you bought. Example, \$4.49 for 1 lb. chicken breasts, \$2.09 for a 16 oz. bottle of soy sauce.
- Unit Size** – measurement used to define units in the ingredient you bought. Example, the unit "size" of a 32 oz bag of brown rice is "ounce" (32); the unit "size" of a 16 oz. bottle of soy sauce is "Tablespoons" (32). Refer to the Nutrition Facts Label on your product to determine unit size. Match them to the unit size used in your recipe as closely as possible.
- Unit Cost** – Purchase Cost divided by number of Total Units. Example 32 oz. of brown rice costing \$1.99 has a unit cost of \$0.06.
- Amount Needed** – the number of units needed for your recipe. Example, 4 Tablespoons (Olive Oil).
- Ingredient Cost** – Units Needed multiplied by the Unit Cost. Example 4 Tablespoons Olive Oil at \$0.07 per unit equals \$0.28.



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SCHOOL NAME:	Westside High School
RECIPE NAME: Cantaloupe Chunks	<input type="checkbox"/> Main Dish <input type="checkbox"/> Vegetable Side Dish <input checked="" type="checkbox"/> Fruit Side Dish <i>If your recipe has combined components, check each component here</i>
Prep Time: 10 Minutes	Cook Time: None

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INGREDIENTS Main Dishes and Vegetable Sides may not have more than 10 ingredients; Fruit Sides may not have more than 5 ingredients.
Original dry spice blends may be counted as one ingredient. See below.

Quantity	Measurement	Ingredient
1	Whole	Cantaloupe, diced

Total Number of Servings:	6	Per Single Serving:	1
⇒ Total Calories:	112	⇒ Calories:	28
⇒ Total Calories from Fat:	0	⇒ Calories from Fat:	0
⇒ % from Saturated Fat:	0	⇒ % from Saturated Fat:	0
⇒ Total Milligrams Sodium:	0	⇒ Milligrams Sodium:	0

DRY SPICE BLEND Original dry spice blends may be counted as one ingredient. Pepper may be included in a dry spice blend. . Salt, sugar and fresh herbs must be counted as individual ingredients. Please complete the section below if you are using an original blend.

Quantity	Measurement	Ingredient

Total Amount	
Amount Used in Recipe	

PREPARATION

Each Component may not have more than 6 preparation steps. Steps must be written in complete sentences.

1. Dice cantaloupe into 1-inch chunks. Serve in a small cup alongside Rice Bowl
2.
3.
4.
5.
6.



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SCHOOL NAME: Westside High School

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RECIPE COSTING

Ingredient	Purchase Unit	Purchase Cost	Unit Size	Unit Cost	Amount Needed	Ingredient Cost
Cantaloupe	1	\$1.09	Cups (6)	\$0.18	2 cups	\$0.36

Total Recipe Cost	\$0.36
Single Serving Cost	\$0.09

Costing Definitions:

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- **Purchase Cost** – what you paid for the size of the ingredient you bought. Example, \$4.49 for 1 lb. chicken breasts, \$2.09 for a 16 oz. bottle of soy sauce.
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