

CULINARY ARTIST'S IDEA STATEMENT

(please print or type)

Name _____ School _____

City _____ Check one – Category: Cookies Bread

Source of Recipe _____ Age Group: JH SH

The recipe source would be a book title, video, website, photo, etc. from which you copied the recipe for this competition.

Title of Recipe _____

Please Note: *This idea statement is to be attached to one of the three judging forms accompanying the baked item. Include an attachment as requested. Be complete. The judges refer to this statement during adjudication.*

Please provide **an attachment** that answers these questions:

For all categories: List your ingredients and amounts used (or provide a copy of the recipe). Note any adjustments made to the recipe and your reasoning for the changes. Explain main steps of recipe, including proofing and folds, as it relates to category. Provide an attachment of pictures showing stages of baking. If recipe used is special to you or your family, share its story.

For sourdough: Where did your starter come from? (Make your own? Procure from an outside source?) How did you feed your starter, and how often did you feed your starter? How long did loaf ferment? Did loaf ferment at room temperature or in a refrigerator?

For bread loaf: What yeast did you use (quick rise or active dry)? If you included inserts, explain your reason for doing so and what you hoped to accomplish with flavors related to your inserts. What flour did you use?

For quick bread and cookies: What flavors do you hope to impart by your ingredient choices? Is your choice of flavor related to any family or cultural tradition? If so, share the story.

What help did you receive from other people (friends, parents, teachers):

in picking the recipe?

in choosing the ingredients?

in the making of the recipe?

What did you enjoy most in the culinary process? Why did you choose to participate in the culinary competition?

STATEMENT OF ORIGINALITY

I certify that this entry is my own authentic work and that I received no help in making this culinary entry other than general instruction and supervision. I have attached the recipe (including where I found the recipe) and photos necessary to share the steps of the recipe.

Student Signature: _____ Date _____