

2025 Solar Cook-Off

Team Recipe Form

Submit 3 copies of each recipe - use additional pages if needed. All recipes must be typed and include complete instructions and all ingredients used to prepare and garnish dish(es). **NO HANDWRITTEN FORMS WILL BE ACCEPTED.**

Submitted by (Team Name): _____

School: _____

Name of Recipe: _____

Approximate cooking time: _____ Type of cooker: _____

Source of recipe: _____

Below is a sample of how your recipe ingredients must be submitted including detailed instructions: USE THIS FORM ONLY FOR YOUR RECIPE.

Ingredients and step-by-step prep and cooking instructions (list amount of each item and cooking instructions):