



The 2<sup>nd</sup> Annual Chef Cook Off  
Saturday, February 28<sup>th</sup> 2009  
2:00 pm – 4: 00 pm  
Emmanuel Baptist Church  
2<sup>nd</sup> Floor Dining Rooms

Prizes awarded to the top three recipe submissions!

Recipe Items may be an appetizer, main entrée, or desert

Rules of participation:

- 1) Participants must submit their original written recipe (**all ingredients must be noted**) to the health ministry by Friday, February 15<sup>th</sup>, 2009.
- 2) Participants must prepare and present their recipe for judging at the event on February 28th
- 3) Food items will be judged based on nutrition content, taste, and presentation

Please complete the information below and submit this form along with your recipe via email to [health @ebc-ny.org](mailto:health@ebc-ny.org) . Forms can also be left in an envelope addressed to the health ministry in the church mailbox's (St. James side of the church)

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail \_\_\_\_\_

Name of Recipe submission \_\_\_\_\_

**(Please attach recipe below)**