**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Gourmet Foods**

**Recipe Project**

During the semester you will choose **2** recipes to prepare on your own. **Each recipe must be something new and/or based on a topic we covered in class this semester**. Once each quarter you will prepare a recipe and describe the following in a document and hand in when completed.

Recipe #1 due : 3/24

Recipe #2 due: 5/30

**Recipe Information & Evaluation**

For each recipe submitted you must include the following ***(5 points each):***

1. Recipe Title, Ingredients, and Amounts used (listed in columns)

2. Step-by-Step directions to prepare the food item (or copy of the recipe)

3. Date & Time Prepared

4. Who tasted the finished product?

5. What was the reaction to the finished product?

6. What, if anything, would you do differently if you were going to prepare this recipe again?

7. What fruits and/or vegetables are included in this dish?

8. Where on USDA’s “My Plate” would you include the major foods in this recipe (what food groups)?

9. How could you improve the nutritional value of this recipe? (If you think the recipe is already as healthy as possible, explain what is so healthy about it already).

10. Photo(s) of process and/or completed dish.