**![C:\Users\Heather Parks\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LRPI7YBP\MCj04418720000[1].wmf]()Names: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

 **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block/Per: \_\_\_\_\_ Unit: \_\_\_\_\_**

**CREATIVE LAB**

In your unit, choose a recipe that you have **NOT** made before to be prepared next week. The purpose of this creative lab is to expose you to different foods and methods of preparation. The recipe must include the following components:

**CRITERIA:**

* Must be prepared and ready to serve in 45-50 minutes.
* Must relate to the topic we are currently studying and include a new technique.
* **Recipe must be approved by teacher BEFORE completing this form!**
* Must use and hand in a **complete** recipe (including a **FULL** ingredient list on **reverse** side)written on this form.
* Recipe must be converted into METRIC measurements (mL - not cups, tsp., or weight/grams except meat).
* The recipe must yield no more than 2-4 servings, depending on number of people in your group.
* List the **QUANTITIES** (example - 50 mL olive oil, 2 tomatoes, ½ green pepper) for all the necessary ingredients to buy or put out from the pantry in the following market order (below).

**RECIPE NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**MARKET ORDER**

(REMEMBER TO LIST QUANTITIES)

**DO NOT INCLUDE STAPLE INGREDIENTS ON MARKET ORDER!!!**

**This is NOT a full ingredient list** (that goes on the back)**.**

FROZEN OR CANNED GOODS MEAT & ALTERNATIVES

GRAIN PRODUCTS MILK PRODUCTS

FRUITS & VEGETABLES SPICES OR MISCELLANEOUS

**Recipe Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Name of Source:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Include web site address or book title and page #)

**Yield** (# servings or volume)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INGREDIENTS** (in **METRIC**!)

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**METHOD:**

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**Team member responsibilities:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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