

PINY Recipe Checklist

When looking for a good recipe to use for your Produced in New York Food Demonstration, there are several things you should consider. The goal is to find a recipe that you like, challenges you and allows you the chance to show the judges a variety of your cooking skills. Each year that you do PINY, try to add a few more skills to your collection.

To help you get started, take a look at the checklist below and see if your choice meets these guidelines.

- ✓ Does your recipe contain at least 1 cup of a **single** New York State ingredient?
Please don't pick butter as your ingredient.
- ✓ Will I have the chance to demonstrate that I can:
 - Measure dry ingredients
 - Measure wet ingredients
 - Crack an egg
- ✓ Am I showing skills that are appropriate for my age and experience level?
 - Is the recipe too easy for me?
 - Is the recipe too complicated for me?
 - Is this recipe more challenging than the one I did last year?
 - Have I learned new knowledge or a new skill with this recipe?
- ✓ Can I finish the demonstration in 40 minutes?
- ✓ Is this recipe manageable?
 - Are there a manageable amount of ingredients?
 - Are there a manageable number of tools and equipment?
- ✓ Do I like to eat this food?