



Legendary Lentil Cook-Off

Sponsored by the USA Dry Pea & Lentil Council

Recipe submissions must be postmarked by:

July 2, 2012

COOK-OFF BASICS

The National Lentil Festival Cook-Off is all about developing new ways to present lentils in a variety of dishes. Your recipe should be original, creative and easy to prepare with clear instructions.

All entries will be pre-screened by qualified judges to determine which 50 recipes will be cooked for the Preliminary Cook-off event on July 26th. During the Preliminary Cook-off, all recipes will be rated on the following qualities:

Appearance, flavor, aroma, and texture.

The top 6 recipes selected from the Preliminary Cook-Off will be prepared for 400 tastings, judged by the public at the **National Lentil Festival Cook-Off at Reaney Park on Saturday, August 18th at 2:00 pm.** Entrants are welcome, but not required to attend.

The top 50 recipes will also be entered into the "I Hate Lentils" category for a special prize of \$100 and recognition in the Cookbooklet. Recipes are automatically entered into this category.

PRIZES

1st Place: \$1,000
2nd Place: \$500
3rd Place: \$250
4th Place: \$50
5th Place: \$50
6th Place: \$50
"I Hate Lentils" \$100

RULES

1. The entry must be an original recipe not to exceed 15 ingredients.
2. Recipe must contain at least 1/2 cup raw USA lentils or 1 cup cooked USA lentils.
3. Only one recipe per person will be judged.
4. List all ingredients, their amounts and step by step instructions. Ingredients must be reasonably available.
5. Recipes should make 6-8 servings.
6. Entrants give permission to reproduce their recipe without prior notice, compensation or royalties.
7. National Lentil Festival committee members and their families are not eligible.

INFORMATION

All winners will be contacted by mail, announced at the National Lentil Festival following the Cook-Off on August 18, 2012 and posted on the website. A National Lentil Festival Recipe Cook-Off booklet will be compiled using all of the recipes submitted and will be sold by the National Lentil Festival through the 2013 festival. For more information, contact the National Lentil Festival at (509) 334-3565, 800-365-6948, email: director@lentilfest.com, or visit: www.lentilfest.com.

COOK-OFF REGISTRATION

Name: _____

Address: _____

City, State, Zip: _____

Home Phone: _____

E-mail: _____

For contact information only, e-mail will not be used for any other purpose.

Name of Recipe: _____

Category: _____

*Main dish, appetizer/side dish, dessert, salad, soup

How did you hear about the Cook-off?

- Specific directions must be submitted so the recipe can be reproduced accurately.
- Unique recipes are encouraged, be creative!

Must be postmarked by: July 2, 2012

Mail to: National Lentil Festival

415 N. Grand

Pullman, WA 99163

Fax to: 509-332-3232

Email to: director@lentilfest.com

Recipe information on the following page



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INGREDIENTS: (Max 15, not including garnishes or flavoring "to taste")

DIRECTIONS:

Prep Time _____ Bake Time _____

Attach additional sheet if necessary