



## Finger Lakes Culinary Bounty

### 2009 FLCB Recipe Contest

**Bring the bounty of the Finger Lakes into your own kitchen...then share it!**

The Finger Lakes Culinary Bounty announces the second annual Consumer Recipe Contest! It's easy. Just visit your local farmer, store that supports local producers, or your own garden. Then let your inspiration guide you. Entering the contest is free. Competing is fun. To enter, develop your recipe and email it to [info@flcb.org](mailto:info@flcb.org)

You may use this form to record your recipe and FAX or mail to:

FLCB Recipe Contest  
c/o Debra Whiting  
Red Newt Cellars, Inc.  
3675 Tichenor Road  
Hector, NY 14841  
FAX 607-546-4101

All recipes will be reviewed by our judges and finalists will be chosen to participate in the FLCB Recipe Contest Cook-off October 10th at the New York Wine and Culinary Center in Canandaigua, NY.

The winning recipe from each category will be featured at select FLCB restaurants and published in Edible Finger Lakes !

#### **Competition Rules**

- Contest open to consumers only (excludes culinary professionals)
- recipe entry deadline Sept 30th, 2009
- Categories: starter, main entree, dessert
- 50% of recipe has to be local: need to list ingredients and sources sources have to be available( readily accessible) at grocery stores, local markets, local farm markets(encourages awareness of the local scene both for consumer and retailer)
- maximum of one entry per category per person
- no entry fee -judge panel consist of FLCB chefs and/or members related to food and wine
- winning recipes featured at FLCB restaurants for month of November

For more information, or to enter email: [info@flcb.org](mailto:info@flcb.org)

