

# Announcing...

## The "Egg-spress" Yourself 2008 Student Recipe Contest



Prizes:

### 1st place:

\$1,000 cash **plus** \$1,000  
for the student's College.

### 2nd place:

\$750 cash **plus** \$750  
for the student's College.

### 3rd place:

\$500 cash **plus** \$500  
for the student's College.

*All winning recipes  
may be published.*

The search has begun for egg recipes  
that are delicious, simple and innovative.

Each College may enter one student  
recipe per category:

- Just the Good Stuff
- Real in the Kitchen

#### Contest Details:

- The contest is open to full-time students who are enrolled in a culinary certificate or diploma program at an Ontario College or Culinary School.\*
- Each college may enter 1 recipe per category:
  - "Just the Good Stuff" – egg recipes for appetizers or desserts.
  - "Real in the Kitchen" – easy to prepare egg recipes that use 5 ingredients or less and require a combined preparation and cooking time of 20 minutes.
- All recipes must include at least 1 egg per serving.
- Egg Farmers of Ontario (EFO) will pick up to 6 recipes from each category as finalists.
- Instructors will pick the best 2 recipes (EFO suggests an internal "Cook-Off") from submissions at their College and submit them to Egg Farmers of Ontario to be considered as finalists.
- Finalists will prepare their recipes at a "Cook-Off" in Toronto on Nov. 19, 2008
- A team of food industry judges will pick the top 3 recipes in each category.

#### How to Enter:

- Recipes are to be formatted using the "Recipe Submission Sheet" found at: [www.getcracking.ca/culinarycontest](http://www.getcracking.ca/culinarycontest).
- Students must submit recipes by email to the Instructor participating at their College. To find out which Instructor is participating at your school, email [cjones@getcracking.ca](mailto:cjones@getcracking.ca).

For Rules and Regulations, Recipe Criteria,  
Judging Criteria, Recipe Submission Form  
and Entry Instructions go to:  
[www.getcracking.ca/culinarycontest](http://www.getcracking.ca/culinarycontest)

Instructors can submit up to 1 recipe per category via  
email to [cjones@getcracking.ca](mailto:cjones@getcracking.ca) before midnight EST  
Oct. 26, 2008.

*\*For more information on eligibility requirements  
see rules and regulations.*

