

Thank you for participating in the KANSHAcoking CONTEST.

Contest winners will be notified via e-mail.

Winners must respond within 5 days, or forfeit the prize.

Using food fully means re-thinking your kitchen habits, focusing special attention on what might be saved, rather than discarded. Have an idea for no-waste cooking? Send YOUR entry to: *KANSHA KITCHEN CONTEST*.

RULES: Contestants can submit up to 3 recipes; each must fit the following criteria:

Provide CONTACT INFORMATION & PERMISSION-to-post

Your full name, e-mail address, and phone number, including all area codes.

By submitting an entry to info@tasteofculture.com you, the contestant, agree to permit me, Elizabeth Andoh, to post/display your entry on my websites without encumbrance. You understand that editorial and/or formatting changes will be made to your entry. Full credit will be given to you, including the placement of a copyright notice with your name should you request I do so on your behalf. With your request, please verify for me that it is your own, original work you have submitted. If you are submitting recipes based on the work of others, provide attribution information so that I can provide accurate and full credit to your sources.

RECIPE

Each recipe must demonstrate the theme “using food fully, without waste.”

Each recipe must indicate a yield (2-4 servings is typical) or serving size suggestion.

Each recipe must list ingredients separately from method.

Recipes may use standard American measures, metric, or British Imperial measures.

IMAGES

At least one image of each finished dish; in addition, you may include up to 3 process photos. A total of no more than 5 images.

Each image must be no larger than 320x240 pixels

TEXT

In 250 words or less, describe how your recipe demonstrates “using food fully.” Include any story or anecdote that tells what inspired you to create the recipe you did.

SEND YOUR ENTRIES to: info@tasteofculture.com