

The Unbridled Gourmet -VADA/Nova & NVTRP Cookbook Recipe Instruction Sheet

INSTRUCTIONS

- TYPE OR PRINT CLEARLY IN INK, NOT PENCIL. ONLY 1 RECIPE PER SHEET
- If more space is needed, use another 8-1/2 x 11” sheet and staple together or type on an additional page
- List all ingredients in order of use in the directions
- Include container sizes, e.g. 16-oz pkg, 24-oz can
- Keep directions in paragraph form, not in steps
- Use names of ingredients in directions, e.g. “combine flour and sugar”
- DO NOT use statements like, “Combine first 3 ingredients.”
- Specify temperatures and cooking, chilling, baking and/or freezing times
- Anything not part of the recipe will not be included.
- Be consistent with the spelling of your name for each recipe you contribute
- Your recipes should fit into the following categories:

Appetizers & Beverages	Breads & Rolls
Soups & Salads	Desserts
Vegetables & Side Dishes	Cookies & Candy
Main Dishes	Horse & Dog Recipes and Remedies

Dear Friends of VADA/Nova and NVTRP (Northern Virginia Therapeutic Riding Program),

Our organization is preparing a taste-tempting cookbook featuring favorite recipes from members of our communities. Our cookbook will be beautifully illustrated and bound and is sure to be treasured for years.

We would like you to submit 2-3 of your favorite recipes so you can be represented in our memorable collection. Follow the instructions above. Your name will be printed with each of your recipes.

Each cookbook will contain helpful cooking hints, recipe category dividers, a table of contents, an index, and special pages of interest to our horse-loving communities. The cookbook will be typeset in an easy-to-read format and professionally printed and bound.

Proceeds from our cookbook sales will help fund future projects sponsored by VADA/Nova and NVTRP. Your help in contributing recipes will ensure that our cookbook is a blue-ribbon winner!

We anticipate a great demand for the cookbook and we want to be certain we order enough. You can reserve your copies at this time to be assured of receiving them. **Please reserve _____ cookbook(s) for me**

Deadline is May 1, 2007

Send recipes on this sheet to Kathy Mathers, **10225 Chinkapin Dr., Manassas, VA 20111**, or by email to ddmandkom@verizon.net. Questions? Call Kathy 703-392-0711

You may download this sheet from www.vadanova.org