

How to write a recipe:

- Your ingredients should have amounts, these can be in cups, ounces, grams or spoon sizes. For things like fruit and vegetables, you could put for example, medium sized onion. If you don't know just count in pinches, or handfuls
- You should also state what the recipe is for e.g. Cold, sprains, young children nourishing after child birth. You could also say where the recipe is from e.g. My grandmother in Singapore, the Chinese herbalist and any personal stories about it.
- Name your recipe, you might call it your 'Uncles stomach soother', it will be good to have personalised recipe names.
- If some of the ingredients are hard to come by in this country, you may like to offer an alternative, fresh spices for dried for instance.
- Cooking times and temperatures should be included.

Title:

Country Of Origin:

Name of Contributor [optional]:

Contact:

Country of Contributor:

Purpose:

Story:

Ingredients:

Directions: