



The Foodservice Team will be Hosting an  
**Iron Chef Competition**

**On Wednesday October 24, 2018**

Judging will take place at 11 am in the Cafeteria  
Winner will be announced at NOON

**The theme for this challenge is Apples**



**We're using NYS local grown apples so let's get creative and see  
what we can do with them!**

All ingredients will be provided. Entrees may be served hot or cold  
Blind taste testing will be done during the lunch period

**Winning Team will receive  
A Gift Certificate for a Putorti's Pizza Party!**

**And . . .**

**The Winning recipe will be served on the menu during the month of November**

We're looking for teams - each will consist of one Faculty Member, and at least 2 students, but no more than 4 students

## Sign up in the kitchen

### Team # 1

Faculty-

- 1.
- 2.
- 3.
- 4.

### Team # 2

Faculty-

- 1.
- 2.
- 3.
- 4.

### Team # 3

Faculty-

- 1.
- 2.
- 3.
- 4.

### Team # 4

Faculty-

- 1.
- 2.
- 3.
- 4.

### Team # 5

Faculty-

- 1.
- 2.
- 3.
- 4.

### Team # 5

Faculty-

- 1.
- 2.
- 3.
- 4.

## Here's some ideas for APPLE recipes

### **Recipe Ideas:**

Apple Cheddar Quesadilla  
Apple Stuffing for Thanksgiving  
Energy Bars (oat, bran, apples)  
Apple Bread  
Apple Muffins  
Apple Cream Cheese Filled French Toast  
Apple Pancakes  
Apple Crisp  
Apple, nut and cheese salad  
Apple Pie Smoothie  
Homemade Applesauce  
Apple Fruit Rollups  
Apple Cinnamon Chips  
Apple Salsa w/ Cinnamon Chips

This list is really never ending. . . .