



2023 Florida State Fair Preserved Foods Recipe Form Guidelines

PLEASE COMPLETE THIS FORM AND BRING WITH ENTRY

ALL RECIPES BECOME THE PROPERTY OF THE
FLORIDA STATE FAIR INCLUDING PUBLICATION RIGHTS.

If shipping, please
include your recipe
with entry.

Ship to:
Florida State Fair
Preserved Foods
Competition
4800 U.S. Hwy 301 N
Tampa, FL 33610

Preserved Foods Recipe Form Guidelines

Entered items must be accompanied by the attached recipe form.

- **Type or print legibly.** Winning recipes may be included in future Florida State Fair Cookbooks.
- Entries must include the name of the exhibitor, title of the recipe, labeled with the name of the food, the date preserved, and the method of food preservation.

Examples:

1. Peaches, hot pack, boiling water canner, 20 minutes. July 13, 2022.
Recipe: ...
2. Spaghetti sauce, hot pack, pressure canner, 11 pounds pressure, 45 minutes. July 14, 2022.
Recipe: ...
3. Dried peaches, electric dehydrator. June 6, 2016. Recipe: ...

- List the source of your recipe, if you did not create it totally by yourself
- If the food is canned, the recipe must state whether the food was hot or raw packed, boiling water or pressure canned, the process time, and the pounds of pressure if pressure-canned.
- List all ingredients in order of use.

Use standard abbreviations for measurements:

T. or tbsp. — tablespoon
tsp. — teaspoon
c. — cup
pt. — pint
qt. — quart
gal. — gallon
oz. — ounce
doz. — dozen
lb. — pound

pkg. — package
env. — envelope
opt. — optional
reg. — regular
lg. — large
med. — medium
sm. — small
ctn. — carton or container

- Include container sizes, for example, 8 oz. can or 1 lb. package.
- A judge needs to know if the proper amount of citric acid, lemon juice or vinegar has been added to canned tomatoes, for example. The judge also has to know whether certain foods have meat, low acid vegetables, starches, etc. added.
- **Canning:** Instructions should be in paragraph form, not in numbered steps. Use the name of the ingredients in the instructions versus using statements like stir the first 4 ingredients together.
- Include temperatures and times for preservation method used.
- Be consistent in the spelling of the title of your recipe.



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Please Print or type (Contact information is used for OFFICE USE ONLY, it is not published in the cookbook)

<input type="checkbox"/> Preserved Food (ADULT)		<input type="checkbox"/> Preserved Food (YOUTH)	
Exhibitors Name (First, Last):			
Address:			
Division Name:		Division #:	
Class Name:		Class #:	
Phone ()		Email:	

OFFICE USE ONLY

Place

- 1st
- 2nd
- 3rd
- Best of Show (Adult)
- Best of Show (Youth)

Name of Recipe

Recipe guidelines:

On a separate sheet of paper type or legibly write out your recipe. Staple the recipe to this form. If you used a computer to type your recipe, please save it to your computer. In the event that you are asked to contribute your recipe in a future cookbook, you will be able to quickly send us your recipe in a document.

Sample of Recipe format

Guava Pepper Jelly	by Carol Barker
Date of Preservation: December 5, 2022	Source: Ball Complete Book of Home Preserving for Today
Method of Food Preservation: Hot pack, boiling water canner, 5 minutes	
Ingredients:	
3 ½ c. guava nectar	½ c. lemon juice
5 tbsp. powdered pectin	1 tsp. butter
7 c. sugar	1 c. jalapeno peppers, finely chopped with seeds
Directions:	
Make sure jars are sterilized and ready to go. Keep jars hot until ready to use.	
Combine fruit juice, jalapenos, lemon juice, butter and pectin into 6-8 quart saucepan. Place on heat and stir continuously while bringing to a full boil. Gradually add sugar, stirring well to dissolve.	
Bring to a full rolling boil that cannot be stirred down, stir continuously and continue to boil and stir for 2 minutes. Remove pan from heat. Ladle into jars leaving ¼ inch space at the top.	
Use a damp cloth to wipe the jars and threads clean, then immediately cover jars with lids and screw on firmly. Place in boiling water bath setting jars on rack in the canner, water should cover jars by 1-2".	
Cover canner and return the water to a boil for 5 minutes, then remove jars from canner check seals and store in a cool dry place. Yield 9 half-pint jars.	