



Recipe Contest

The winner will receive \$1,000 in cash and a pair of tickets to our fundraising gala

Contest Rules and Details

- HJRWD PDSRWH
- HHDVWRPDNH
- HHDVOIROHROOH
- RWDRIHDVSHVHJ
- HPDHIRPJHHWVDRFDOWRHTDWRDO\$IFD
- HHWDOHWDRIOERWVHHWRVDR
RHWRDFFRPSDDWRSSJVBRVHDV\$FHV

Ingredients may Include

- :WHHDV
- 3HDV
- 3DOPZORBDOPWV
- 2NDV
- (JJSODWV
- FFD5RRWVDD
-)HVRFRW
- R)OR
- 3ODWD
- HOO3HSSHVDEROR
- DDDV
- RFRD
- 6HHWBRWDWRHV
- RPDWRHV
- DDJHV
- DSHIW
- JH
- HOH
- 6HHWR
- DRWV
- 6SDF
- 3RWDWRHV
- 0DJRHV
- 2DJHV
- 6WDIW
- 3HDSSOH
- DOOD

What to do

1. Create a white bean pancake/crepe/dosa recipe following the detailed **contest rules** using a minimum of 40-45g of beans per portion. Take a photo of the recipe and submit (see next page).

2. Figure out the nutrient content of the recipe (per portion), and take a photo of the **summary and submit** (see next page). If you don't know how to do that, find a dietitian to help you out. There are many of us out there, visit <https://members.dietitians.ca>

- 3. Make a short video (no more than 3 minutes) of you making the pancakes using your recipe.** Demonstrate how easy it is to make and show the finished product as well. Submit video (see below).
- 4. Say in the video how many grams of protein, milligrams of iron and milligrams of vitamin C each portion contains.**
- 5. Submit your chef-d'oeuvre to us. There are two ways to do so:**
 - a) Facebook**
 - i) Like our page: [Stargold's Nutrition Foundation](#)
 - ii) Post your video and the photos of the recipe and nutrition content.
 - iii) Tag @stargoldfoundation and use the hashtag #StargoldRecipeContest2020
 - b) Instagram**
 - i) Follow us: [@stargoldfoundation](#)
 - ii) Post your video and the photos of the recipe and nutrition content.
 - iii) Tag @stargoldfoundation and use the hashtag #StargoldRecipeContest2020
- 6. Submit your entries by June 1st, 2020.**

How the Winner is Selected

We will pick 3 finalists for the contest based on nutritional content, ease of preparation and appearance. Bonus points are given for using iron skillets and/or "Lucky Iron Fish", and for using starfruit in the recipe ("Stargold" was translated to "Starfruit" (Carambole) in the French version).

On June 15, 2020 at 16:00 PST, Top Chef and TV personality, Vikram Vij, will conduct a taste test live from his kitchen at Vij's restaurant in Vancouver. This will be live streamed and accessible for viewing from our website. Vikram and I will choose the winner of the contest based on the best tasting recipe.

Bonus Points

Bonus points are given for using iron skillets and/or The Lucky Iron Fish®, and for using starfruit in the recipe ("Stargold" was translated to "Starfruit" (Carambole) in the French version).

