



THE ICS HSA COMMUNITY COOKBOOK

Thank you for your interest in adding to the newest edition of ICS legendary history! The ICS cookbook! From soup to nuts, surf and turf, and seafood towers, where heavenly feasts abound, that's where I want to be found! Between now and April 30, 2023, please submit your recipes to cookbook@theics.org. You may also submit photos of either the finished product or maybe of your family cooking together to create the meal. All recipes will be copied and pasted, so please make sure to spell check and read over your recipe, before submitting. Thank you to everyone in advance, this is another ICS community event that can't be done without your help and involvement!

The final categories for the food within the book have not yet been chosen. So please send in whatever recipes you have. But some common and not so common categories are:

Main Dishes, appetizers, soup/salad/sauces, meats, vegetables, desserts, beverages (mock tails, summer drinks, holiday drinks), quick cook, healthy, so nice I submitted it twice (for resubmitted recipes), and so many more Categories! If you love it, we probably will too!

When sending in the recipe, please make sure to include:

1. Your name
2. Recipe name
3. Recipe description (what do you want us to know about it? Why the recipe is special to you? An occasion the recipe is good for, etc. Also, if you are resubmitting a recipe used in a previous book, please make that known.)
4. Prep time
5. Cook time
6. Yield (how much recipe makes total)/ how many it can serve
7. Portion or serving size (recommended amount per person)

Here are some tips when sending in the recipe:

1. Note any pre-preparation, such as "preheat oven to 350 degrees", "lightly grease cake pans" etc.
2. Where helpful, indicate size of bowls and cookware, such as "a large mixing bowl", "9" x 5" loaf pan", "a 2-quart casserole dish", etc.

3. With stove-top instructions, indicate level of heat, such as “simmer over medium heat” or “cook on High for 2 minutes”, etc.
4. If there are several elements to a recipe, such as a crust, topping, filling, and/or sauce, separate out each element and give the directions for each under a header “for the crust”, “for the topping”, and so forth.
5. Give exact or approximate cooking times, as well as descriptive hints for doneness if appropriate. For example, “bake for 30 minutes or until toothpick inserted comes out clean” or “cook to an internal temperature of 165 degrees”.
6. Provide serving instructions, such as “serve warm”, or “best served the next day”, “garnish with fresh berries” etc.
7. Provide storage information if appropriate. (Store refrigerated; store in airtight container for 2 to 3 days”, freezes (or does not freeze) well, etc.)

Photos (optional!): If you have a photo of your prepared recipe, feel free to send it as well! Or let us know if you’d be willing to provide one later if needed.

- Use generic names of ingredients (semi-sweet chocolate chips, not “Tollhouse chips”. (If a specific brand is required, note this and perhaps give additional information).
- The quantity for each ingredient, make sure to spell out everything: tablespoons, teaspoons, ounces, cups, cans, etc. (Please do your best to be specific. For example, “one can of” could be “one 15-ounce can” or “one 8- ounce can”.)

