

# FIA OF TAMPA BAY

## Cooking Competition

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*Display your amazing cooking talents!*

FIA TampaBay plans to have a cooking competition for our community chefs!

Please email us your entry information .

The Categories for Entry Are :

\*Beverages & Soups \* Salads & Breads \* Appetizers \*Dhals \*Vegetables

\* One Dish Meals \* Microwave Dishes \*Desserts \*

\* Quick Foods \*

Please email us your entries by January 15 @ [shreyasarts@gmail.com](mailto:shreyasarts@gmail.com) or call Sheila Narayanan 813.961.6120 for any questions you may have.

All entries must be vegetarian, and the entries must include:

\*The Name of the Food Item \*The category of the food item \*The regional origin of the food item \*A listing of ingredients first along with the measurements \* step by step process of how to make the food item. \* For fair judging, your name must ***not*** be included in the write-ups.

Thank you,

Sheila Narayanan on behalf of the FIA Food Network