

### **Multi-Cultural Food Festival:**

The multi-cultural food festival is a traditional component of the *MS PHD'S* Phase III. It is an opportunity to reconnect with each other in a social setting and to share your cultural background. So what better way to do this than with a night of cooking and dancing!

Everyone is encouraged to prepare a favorite dish. It doesn't have to be fancy or complicated. The most important thing is that we all have fun! That's why we want to share some tips that will make your cooking experience enjoyable and inspiring.

Start by selecting a recipe that represents you culturally and most importantly a recipe that you like and can you identify with. Maybe that recipe has been done by your family for special occasions, or is something that is part of an everyday meal or that you simply like to eat! Then, write down the recipe including all details. We will be preparing a cookbook, so please follow this check list to ensure that all information needed is submitted:

- Your name
- The cohort you participated in
- The name of your recipe
- A full grocery list, please include all seasonings and spices used
- All cookware, bake ware, cooking utensils, etc.
- Exact measurements
- Preparation time
- Cooking temperature
- Cooking times
- All steps required, from beginning to end
- Serving size

Also, please select the categories that your dish falls under:

- Snack
- Main dish
- Side dish
- Appetizer
- Salad
- Dessert
- Drink/ Punch
- Soup
- Vegetarian

I want to emphasize that for those recipes that use rare spices and seasonings, we need you to bring that with you because most of the times they are VERY difficult to find (sometimes impossible) or they are expensive for the small amounts that the recipes call for. This is going to make our lives much easier that night and it'll guarantee that you will be able to complete your recipe.

All cookware, bake ware, and cooking utensils will be provided, but it is very important that you include them in the recipe so we can make sure they will be available.

Finally, what's a festival without music? Please bring your I-Pod or any MP3 player with your favorite music. You can even make your own mix for the night! Be ready to dance all night long!

Sincerely,

Kamil Armaiz-Nolla

*MS PHD'S* Cohort VI Dream Team