



A Branch of the
Gluten Intolerance Group
of North America

New Georgia Goes Gluten Free



Dessert Recipe Contest

Presented By Middle Georgia Gluten Intolerance Group and Pamela's Products

DIVISION 41601

Miller-Murphy-Howard Building

Saturday, October 16, 2010

Check-in: 10:00 - 10:30 a.m.

Mail your entry form by September 17 for early registration.

First Place.....\$150. Large Pamela's Gift Basket and GNF Rosette
Second Place.....\$100, Medium Pamela's Gift Basket and GNF Rosette
Third Place.....\$75, Small Pamela's Gift Basket and GNF Rosette

One in seven Americans is either sensitive to gluten, has Celiac Disease, or is allergic to wheat, making desserts a particular challenge. The Middle Georgia Gluten Intolerance Group (MG-GIG) and Pamela's Products invite you to enter a favorite gluten free (GF) dessert recipe. Bring a dessert prepared from an original recipe that includes one of Pamela's Baking Products and is prepared GF.

This contest is open to amateur and professional cooks. Contestants must be at least 16 years old by October 1, 2010.

Entry Form must include title of recipe; e.g. "Fairtime GF Pecan Pie," not "GF Contest."

Two copies of the recipe, printed on 8½ x 11 inch paper, must be submitted with the dish. Contestant must bring packaging from Pamela's Product used. Name, address, telephone number and contest division number must be printed on the back of the recipe. Contestants will be given a 15 x 32 inch space on an 8-foot table for their presentation. Each entry will be tested for traces of gluten. The basic rules of food safety must be followed. See page 58.

Show your dish to the personnel at ANY GATE to receive free entry into the Fair for one person.

All recipes will become the property of the MG-GIG, and the Georgia National Fair. Pamela's Products, Inc. will have the unrestricted right to use, alter, publish, display, edit, sell or transfer each winning Recipe however it sees fit without further approval of or compensation to entrant. Winning recipes may be featured on Pamela's Products Website, www.pamelasproducts.com and added to GIG's online recipes.

Recipes will be judged on:

Taste	35%
Achieving gluten free recipe.....	25%
Originality.....	20%
Appearance.....	10%
Serving Presentation.....	10%

Gluten Free Cooking Tips

-Use ingredients and foods that are naturally GF or are labeled GF.

-Prevent cross contamination by good cleaning and hygiene practices as well as by storing and handling ingredients in a separate, GF area and by using cookware and utensils that are GF (Trick: disposable pans and aluminum foil are great for reducing potential cross contamination). Look for more gluten free cooking tips at <http://middlegeorgia.gigbranches.org/>.