

F.A.B.I.S.

food (Fresh and Best in Season)

Contest Entry Form

Last Name: _____ First Name: _____ Phone: _____

Mailing Address: _____ E-mail: _____

Entry Recipe Title: (Recipes attached)

Appetizer (150 calories): _____

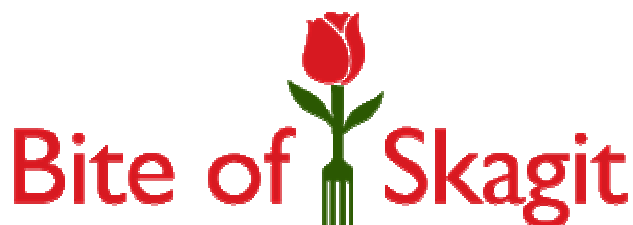
Main Dish (500 calories): _____

Dessert (150 calories): _____

I understand that the contest will be judged in August 2011.

Signed: _____ Dated: _____

Mail to:
F.A.B.I.S. Contest
Susan Lanahan
c/o North Coast Credit Union
1100 Dupont Street, Bellingham WA 98225



August

Calories given for 100 gram (3.5 ounces) 1/2 cup size.

Fruit	Apricots	40	Figs	74	Nectarines	50
	Blackberries	31	Gooseberries	33	Peaches	35
	Blueberries	42	Grapes	63	Plums	50
	Boysenberries	50	Loganberries	53	Raspberries	29
	Cherries	37	Marionberries	31	Strawberries	19
	Currants	31	Melons	20	Tayberries	31
	Vegetables	Artichokes	26	Cucumber	12	Onions
Bell peppers		14	Eggplant	9	Potatoes	74
Broccoli		17	Fennel	12	Radishes	9
Carrots		15	Garlic (clove)	4	Shell Beans (young)	39
Cauliflower		14	Green Beans	14	Shell Beans (dry)	94
Chard		12	Kale – cooked	18	Tomatillos	32
Chile Peppers		20	Lettuce	10	Tomatoes	18
Corn (1 ear)		84	Leeks	28	Winter squash	30

September *

Calories given for 100 gram (3.5 ounces) 1/2 cup size.

Fruit	Apples	58	Pears	47
	Asian Pears	42	Quince	57
Vegetables	Cabbage	12	Celery Root	33
	Celery	5	Shallots	58

October *

Calories given for 100 gram (3.5 ounces) 1/2 cup size.

Fruit	Cranberries	39	Vegetables	Pumpkin	19
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* These late vegetables and fruits become available in *addition* to those listed for August and can be used in a combination recipe along with these herbs.

Herbs

Basil, Parsley, Sage, Thyme, Mint, Rosemary, Oregano, Marjoram

The Annual F.A.B.I.S. Award

The acronym F.A.B.I.S. has been used since 1990 by Graham Kerr, the local author and former television gourmet, as a means by which new regional cuisines can be developed.

F.A.B.I.S. is short for Fresh and Best In Season and, when used on restaurant menus (and elsewhere) draws attention to the fact that that dish contains ingredients drawn mostly (and in some cases *almost* exclusively) from the agricultural micro-climate where it originated.

As the name indicates, the original ingredients are both *fresh* and share the same *season*. It is this agricultural affinity that formed the great classic regional dishes of the world, such as Basquaise, Provencale, Bolognaise, etc.

With the advent of food processing (other than the old salting and air drying) came worldwide distribution of ingredients until in today's supermarket can be found a huge selection both in and out of season.

As this super availability has grown the creation of genuine regional specialties has lessened.

F.A.B.I.S. is therefore an attempt to jump start the creation of new regional cuisines and the benefits to be derived by both restaurants and farmers from recipes that jointly develop their region as a *destination* of interest to tourists and locals alike.

The Contest

In order to popularize the idea of F.A.B.I.S. an annual contest has been devised and will be launched in the Skagit Valley region, (a river delta area halfway between the cities of Seattle and Vancouver BC.)

An annual event "The Bite of Skagit" is held at the end of July (July 31, 2010) in the City of Mount Vernon. It is at this event that the F.A.B.I.S. contest will be launched.

In year one (2010) the idea will be demonstrated with a three course meal made up of foods grown or fished or artisan produced that are in prime season during late July through September.

At this launch the rules of the contest will be explained and the prototype menu available for public tasting and also made available on local restaurant menus for at least August to October whilst the ingredients remain *in-season*.

The Rules

Anyone who resides in the Skagit Valley can enter the contest except those chefs and food authorities who will serve as judges (and their family members.)

- The recipes must fit within a framework of features . . . namely.
- Each recipe will be judged according to its suitability for presentation on restaurant menus.
- For ease of comparison the quantities given should be for 4 servings.
- There will be three grand prizes: Appetizer, Main Dish with Side Dish, Dessert
- The appetizer and dessert should be 150 calories or less.
- The main dish (plate) 500 calories or less.
- Additional portions will be given for nutrition density (where the broad spectrum of nutrition from fiber,

vitamin and mineral content has been carefully considered.)

- All plant foods must be expected (climatic condition accepted) to be growing to harvest potential from mid July through October 1st.
- All protein foods must be farmed and/or produced (as in local cheeses) or harvested (seafood) within the Skagit Valley.
- Dried spices, salt and sugar may be used from outside the valley, but only in their *singular* form i.e. Star Anise, not Chinese Five Spice, etc.
- Contestants may use their own, or local area names (i.e. Conway Chicken Casserole) and must include a reading line of ingredients suited to restaurant menu use.
- Only *whole* foods and spices can be use, no manufacturing (other than dairy products and wines) is allowed.

Entry

Forms will be available at the Mount Vernon Farmers Market from July 31 onward. These will include the plants and other foods at present available commercially from which contestants can choose.

Recipes will be judged on the week prior to the “Bite of Skagit.” The winners will be announced at the “Bite of Skagit” with their dishes demonstrated on that day for public tasting and available on selected restaurant menus in mid August.

Winners will, at the beginning of this contest, receive a certificate signed by the judging panel and a gift basket of the produce/foods they use in the recipe.

They will also know that they have begun a tradition that will go on long way to establishing the Skagit Valley as a primary farm to table community with its own identifiable regional cuisine identified as F.A.B.I.S.

It is the intention of the organizers that, subject to the success of this contest, the F.A.B.I.S. award concept would be expanded throughout the US and Canada and even worldwide with special reference to tourist agencies and international culinary schools.

Final Thought

A local dish, named, for example, Skagit Salmon Skillet . . . could take its honored place alongside such dishes a Boston or Manhattan Clam Chowder and find its way onto the world menu because, at its creation, it used those local ingredients that were *Fresh and Best In Season*.