

Name:

Email:

First _____

Last _____

Give us your name so we know who you are.

Let us know how to contact you.

Recipe Title

Let's start with the title of your recipe.

Recipe Ingredients

Okay, we need the ingredients for your recipe. List them here.

Recipe Description

Now, give us step-by-step instructions for creating this dish.

Is it okay to use a photo of you from a recent Maine Coast Men group picture?

☐ Yes, you're good to use my photo.

☐ No, I don't want my photo in the MCM Cookbook.

We hope you'll let us put your photo next to your recipe. It's always nice to see who submitted a recipe in the MCM Cookbook.

What's the story behind this recipe?

Looking through any cookbook, one is curious about where these recipes come from and who submitted them. More than that, we love to hear how you came about this recipe, when have you cooked this dish, and what are your memories of it. It's more than just a cookbook, it's a record of our lives. We sincerely hope you'll give us the story behind this recipe.