

Great Lakes Association of Horror Writers

Gastronomicon Cookbook Guidelines

You know the motto: “It takes all kinds of critters...to make Farmer Vincent’s fritters”, and we want to know what makes your fritters fry.

GLAHW is doing a cookbook and we want YOUR favorite recipes inside!

This was initially for GLAHW members and their families, but food is the international language of survivors, so it's open to everyone. If you can cook the smack out of some fried squeezings, drop us a line and we’ll consider it for inclusion. GLAHW Members will receive first consideration.

The important part to recipes is how they’re written. While you cannot copyright ingredients and step by step instructions, how you phrase your recipe is important so be creative and make it fun!

Overview

- Your recipe should be original, however we all have favorites adapted from cookbooks, recipe cards, family, etc. If you have altered a previously published recipe to suit your needs and made it your own, please give credit to your inspiration, links would be nice, but please cite using whatever citation format you’re comfortable with.
- The recipe should be written in Word (.doc) format; single spaced and left justified.
- You don’t have to be clever with your recipe names, but they do all have to have names. If you’re not sure, just say so and we can collectively come up with something.
- Please list the approximate number of servings. Nutritional information isn’t necessary, but appreciated, and there are sites like Spark People, and MyFitnessPal which can calculate that for you. This will be especially helpful for those with allergies or watching intake of certain foods.
- If you can help it, try to leave out Brand Names in your ingredients, however feel free to say what you prefer.
- Note what kind of dish or course this will be - Soup, Entree, Dessert, Appetizer, Potluck, Leftover (list to follow).
- If there is a Holiday variation, let us know! Maybe it's beef stew on Tuesdays but when you search the pearl onions, it becomes Halloween Eyeball Stew.
- We want all recipes - Meat, Vegan and Vegetarian, as well as Gluten Free.
- List your ingredients in the order they are used, use bullets.
- List your ingredients as completely as possible - there is a difference between using a 6-Ounce Can of Tuna, and using a 6-ounce Can of Tuna, drained. There is a huge difference between 1 Cup Chopped Parsley and 1 Cup Parsley, Chopped.

- Use Imperial measurements (if you know the Metric equivalents, offer them for our friends not in the US)
- List the equipment that is needed.
- List the directions in the order in which they should be performed.
- Be clever but don't be so clever no one can make your dish.
- Don't take pictures as you're making your dish, unless there is some complicated assembly, but we can recreate them if your recipe is chosen. We're going to have a Recipe Testing party at some point and we'll recreate them as necessary.
- The recipes don't have to be long and complicated; in fact some quick and dirty meals would be great.
- Multiple submissions are fine; give us an entire menu if it strikes your fancy.
- Got a favorite beverage you like to serve with your meal? Tell us!

Here's where we have fun:

With every recipe, I want something from you Dear Author - either your inspiration for writing the recipe, a story that contains the recipe, a story the recipe inspires, or vice versa. Want to tie it in to your favorite movie - let's hear it!

In short, there must be a story with every recipe, creative non-fiction, or new fiction drawn from the depths of your lower intestines.

We're looking into planning a photo shoot with the finished recipes and they may or may not have a horror theme. Pinups with cream puffs and men in butcher aprons? Done! Serving a picnic roast to the newly risen in a cemetery? Done! Sipping lemonade while moonbathing in a swamp? Done!

We will have a testing period where we swap recipes and try to recreate them, to make sure all the steps are there. I think we'll even plan a tasting party!

Deadline for stories/anecdotes and recipes is February 1, 2016. If you need help formatting before submitting, please let me know and I'll send examples.

Important Bits:

1. Submit all recipes in electronic format to gastro@glahw.com. Please type "Gastronomicon for Submission" in the subject line of your email. **Deadline is February 1, 2016.**
2. You will be notified within a month to six weeks after the submission deadline (if not sooner).
3. If accepted into the cookbook, submitter will receive one (1) complimentary contributor's copy and 10% discount on purchased copies!
4. We may not fill all categories, but we're looking for:
 - a. Appetizers
 - b. Sauces
 - c. Soups

- d. Salads
- e. Breads
- f. Desserts (Cakes, Candies, Pies, Cookies, Gluten Free)
- g. Main Entrees (Meats, Casseroles, Vegetarian, Vegan, Gluten Free)
- h. Sides (Vegetables, Starches)
- i. Beverages (alcoholic, Non-alcoholic)

When all recipes have been compiled, we'll tradeoff to adventurous foodies for an in-kitchen testing to make sure the author really did mean 3 TBS of salt.

We're looking to release at MMLB-IX – (October, 2016).

Thanks for giving up the opportunity to taste your creations and thank you in advance for not killing us.

Tl;dr

- Submit an original recipe, or an adapted recipe with your spin, cite if able
- We want everything edible, and variations for the holidays if possible
- Every recipe should have a story, either real or imagined– for inspiration and idea of what we mean, see *The Mafia Cookbook*, by Joseph “Joe Dogs” Ianuzzi
- Payment is one cookbook, and 10% off future purchased copies.
- Deadline is February 1, 2016
- Submit to gastro@glahw.com. Please type “Gastronomicon for Submission”