

Your name: <input type="text"/>	
Telephone No: <input type="text"/>	Email (or Postal Address): <input type="text"/>
Name of Recipe: <input type="text"/>	
Description: <input type="text"/>	
Ingredients:	
<input type="text"/>	<input type="text"/>
Method:	Temp: <input type="text"/> Cooking Time: <input type="text"/>
<input type="text"/>	

Please note that if you fill the box, when you are finished typing some of the text may seem to disappear but it is all saved correctly.