Recipe Usage

The first time you prepare a dish, it is imperative that you follow the recipe. Not only does it help you to develop an organized routine in the kitchen, which is essential for success, but it also allows you to see what changes you need to make for the next time you make it.

Sometimes you may want to alter a recipe for:

Health Reasons:
- Increase the amount of whole grain to increase the fibre content;
- Decrease the amount of fat;
- Reduce the amount of sugar. (Note: the amount of sugar in baked goods can often be reduced by 20-25%, and you will still obtain a desirable product);
- Reduce the amount of salt (sodium).

Flavour Improvement:
- You may want, for example, to make a dish more or less spicy.

Accommodate Dietary Restrictions:
- Perhaps someone is allergic to an ingredient. Sometimes simple substitutions can be made that may even improve the flavour or texture of the recipe!

Substitution of Ingredients that You Don't Have on Hand.
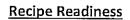- For example, if you don't have cream on hand, you could use evaporated milk instead.

Reducing or Increasing the Amount of Food Produced:
- Please note that not all recipes are designed to be doubled, tripled or halved.
- Products like jam, bread, cookies, muffins, custards, and other baked goods have a specific formula that must be followed in order to achieve maximum success.
- Other products like soups, stews, stir-fries, etc., can be altered to suit your taste.

YOUR TASK:

Create a user guide for a recipe that you have cut out from one of the magazines in class. Your user guide must include the following:

- Colour code the key parts of your recipe using a legend.
- An estimate of the time required to complete this recipe – explain how long you think each step will take.
- Information or tips that might help someone to follow this recipe better.
- A list of three modifications that could be made to this recipe, and how you would accomplish the modifications. Consider health reasons, flavour improvement and various dietary restrictions.
- Show how you would either double or halve the recipe.
- Identify the format of the recipe (narrative, standard, active) and explain the user-friendliness of the recipe you chose.

Recipe Readiness

Category	Grade	Comments
Knowledge: - All parts of the recipe are labeled correctly - The recipe is doubled or halved correctly - Correctly identifies the recipe format		
Thinking: - Estimated time makes sense and is well explained - Tips provided are useful and connects with course content - Modifications make sense and are well thought out and explained - Ideas for user-friendliness of the recipe make sense and are thorough		
Communication: - Ideas are clear and well organized. Correct spelling and grammar are utilized		
Application: - Student is able to effectively apply course content to a real recipe - The legend is clear and helpful		