

Recipe name or working title: _____

WHAT ARE YOU BUILDING AROUND?

1

- ☐ Ingredient
 ☐ Craving
 ☐ Leftovers
 ☐ Seasonal ingredient
☐ Occasion
 ☐ Budget
 ☐ Curiosity
 ☐ Other

What specifically? _____

CHOOSE THE KIND OF DISH

2

- ☐ Soup / stew
 ☐ Pasta / noodle dish
 ☐ Bowl / salad
 ☐ Sandwich / wrap
☐ One-pot / one-pan meal
 ☐ Plated meal
 ☐ Side / snack
☐ Other: _____

WHAT WILL GO IN IT?

3

Main ingredient: _____

Supporting ingredients: _____

Base / starch / broth: _____

Contrast (acidic, crunchy, etc.): _____

IMAGINE THE FINISHED MEAL

Describe what you're hoping to create.

4

HOW WILL YOU PREPARE IT?

Ingredient preparation: _____

Cooking method: _____

Pan, pot, or equipment: _____

BUILD THE FLAVOR

Before cooking • During cooking • Before serving

5

Flavor profile (e.g., spicy, rich, savory, smoky): _____

Herbs / spices / seasoning: _____

Sauce / acid / fat: _____

- Still needs: ☐ Salt ☐ Acid ☐ Sweetness ☐ Richness
- ☐ Bitter
 ☐ Freshness
 ☐ Heat
 ☐ Texture / crunch
☐ Other: _____

SERVE IT WITH

6

(side, drink, dessert, or accompaniment): _____

Garnish / finishing touch: _____

AFTER COOKING

7

What worked / keep: _____

What I'll change next time: _____

Biggest Surprise: _____

- ☐ Ready for Your Archive?
 ☐ Needs another try