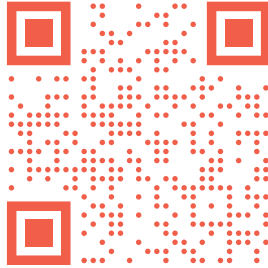




THE COOKING RECIPE HACKER'S TOOLKIT

A GUIDE TO REDESIGN OUR RECIPES
FOR A BETTER FUTURE

by José Antonio Sada



UPLOAD YOUR HACKED
RECIPES HERE

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O THE COOKING RECIPE CODES & NOTATIONS

INTRO

Welcome to the cooking recipe hacker's toolkit. This design system will guide through a series of steps to redesign any recipe to make it more sustainable.

Please read all the instructions, questions and diagrams, they will help you during the process to select the best way to “hack” your recipe.

Each section has an appendix with further information about each category; it sets the criteria for the new “codes” to be applied during the process.

NOTES ABOUT THE COOKING RECIPE

The cooking recipe is a representation that contains the required information to execute and reproduce any dish. This information can be also understood as **codes** and **notations** that are **grouped** and **ordered** according to a specific **structure**. Any change or adjustment on the codes and notations will impact on the final outcome and on its system. Sometimes the impact is directly related with the **dish** and sometimes it's related with the **production chains**, the **production practices** or **its footprint**.



THE RECIPE STRUCTURE

APPENDIX

TITLE OF THE RECIPE

.....

INTRODUCTION

.....
.....
.....
.....

YIELD

.....

INGREDIENTS

.....	}
.....	
.....	}
.....	
.....	}
.....	

PROCEDURE

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- It contains the name of the dish and sometimes gives us further information: origin, version, author, main ingredient...
- Short comments about the context of the recipe and practical information like possible ingredients substitutes, techniques and other versions of the recipe.
- It specifies the number of servings: number of portions, slices, pieces or units.
- On this part the ingredients, produce preparations and raw materials are listed with its quantitative instructions, preliminary instructions and specification instructions. This parte must be organized according to the different objectives or preparations that integrate the full recipes for example, sauces, broths, proteins, side dishes etc.
- The actions to transform the ingredients, produces, and raw materials into preparations are listed as instructions which can be divided in preparatory, cooking, and transformation. It is important to recognize the type of instruction in order to find opportunities of redesign. On the appendix of this section youc an find specific examples of each kind of action and possible "hacking" opportunitites.

1 DEFINING THE NEEDS TO SATISFY OR THE PROBLEM TO SOLVE

GOALS

Defining what is the purpose of the exercise is indispensable to start identifying the areas of possible improvement by changing its “codes”.

1.1 Answer the following questions, it will help you to define the purpose, objectives and goal of your redesign process. Use this section appendix as a guide to answer the questions and define the goal of your recipe hacking-intervention.

-WHAT IS THE NAME OF THE RECIPE YOU NEED TO HACK?

-WHAT DO YOU WANT TO ACHIEVE?

-WHICH CATEGORY DOES YOUR PROBLEM OR NEED FIT IN?

1.2 Based on your previous answers, write down you main goal question by using the following formula:

**HOW COULD I _____ MY RECIPE _____
BY _____ ?**

1.3 Write down the conditions of the goal. Try to be specific and include the words which are directly related with the problem, it will help you through the process.

1 CATEGORIES AND CRITERIA TO DEFINE GOALS & NEEDS

APPENDIX

CATEGORIES & CRITERIA

NUTRITION

caloric value / micronutrients / intakes / healthy diets / food properties / therapeutical purposes...

FOOD SOURCES

sustainable agriculture / local producers / small producers / traditional practices...

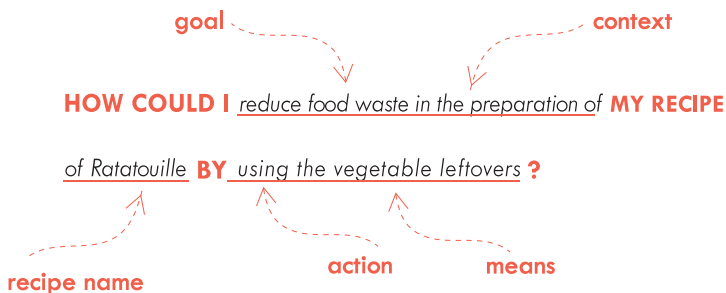
INGREDIENTS

Seasonality / traditional ingredients / new ingredients / plant-based proteins / animal protein reduction...

FOOD WASTE

utilization / reuse / efficiency / management...

HOW COULD I QUESTION FORMULA



2 IDENTIFYING THE INGREDIENTS

MEANS

Once the goal and purpose of the intervention have been defined, it is necessary to locate the fields, in the ingredients part of the recipe, that are directly linked to the goal and the conditions.

2.1 Please write down the original list of ingredients of your recipe using the following format:

	AMT.	INGREDIENT	SPECIFICS	PRELIMINARY
OBJ 1 {	500 gr	eggplants	very firm	finely shredded
	_____	_____	_____	_____
OBJ 2 {	_____	_____	_____	_____
	_____	_____	_____	_____

2.2 Based on the conditions of the goal written in the previous section, and applying this section appendix, select and mark the objectives, ingredients, quantities, specifications and preliminary actions that might be related to them. You may use different colors to identified categories, criteria or objectives or just a pencil. Feel free to add your own notes.

It is advisable to use a blank A4 paper sheet to combine this step with the following ones.

2 THE CODES OF THE MEANS

APPENDIX

INGREDIENTS are the core of the recipe, have impact on all categories and criteria of the redesign process. Substituting them can make the recipe richer in micronutrients, healthier, and with a less carbon footprint.

SPECIFICATIONS provide info. on the origin, processes, producers, practices and the state of the ingredients. They can be used to require the use of local and / or traditional ingredients, seasonal and from Sustainable agriculture.

	AMT.	INGREDIENT	SPECIFICS	PRELIMINARY
OBJ 1 {	<i>1 cup</i>	<i>of spinach leaves</i>	<i>fresh</i>	<i>finely shredded</i>
	_____	_____	_____	_____
	_____	_____	_____	_____
OBJ 2 {	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

QUANTITIES in the recipe, expressed in units of measure, such as gr, kg, lts, ml, dl, cup, tsp, Tsp, pinch, fist, half, full, ¾ cup, glass... have influence in nutritional criteria such as caloric value, healthy diets and intakes per person. Also directly linked to the yield of the recipe. On the other hand, the quantities influence the final volume and mass of the recipe so they are linked to the food waste category and the efficient use of ingredients.

PRELIMINARY instructions indicate previous preparatory actions in the ingredients, such as peeled, sliced, chopped, ground, boiled, cooked, roasted, poached, etc. They can be used to adjust recipes for determined contexts, to reduce processes in the ingredients or to include positive practices such as "fermented", "sun dried" "hand-grinded" etc.

A recipe is compound by different preparations that can be understood as **OBJECTIVES** to achieve the final goal. Sometimes a full recipe could be an objective listed as an ingredient like sauces, broths or coatings; or a group of ingredients that together will constitute one. Recognizing the preparations on the ingredients list and group them as objectives is helpful to redesign certain parts of the recipe, like sauces or the protein.

3 IDENTIFYING THE PROCEDURE

ACTIONS

The procedure or the main instructions, explain the transformation and the preparation processes of the ingredients. They are organized in groups of tasks. They could be mechanical, chemical or both. As the previous section, it is necessary to identify and to link which actions are related with the goal and the condition of the process.

3.1 Please write down the original instructions of the procedure part of your recipe using the following format:

OBJECTIVE NAME

<u>01</u>	<i>Broil the vegetables on a lined pan</i>	}	TYPES OF INSTRUCTIONS AND TASKS
_____	_____		
_____	_____	}	
_____	_____		

3.2 Based on the conditions of the goal and on the ingredients, written in the previous section, select and mark the different types of instructions, based on the appendix information. You may use different colors to identify the categories, criteria and types of instructions.

It is advisable to use a blank A4 paper sheet to combine this step with the previous and following ones.

3

THE CODES OF THE ACTIONS

APPENDIX

INSTRUCTIONS

PREPARATORY

Instructions that involve the transformation of the ingredients into preparations using actions such as:

peeling, chopping, cutting, grinding, shredding, slicing, fileting, blending, beating, mixing, combining, stirring, bridging, straining, degreasing, filtering, cleaning, separate, marinate, etc.

Its substitution in the design process helps to make the use of ingredients more efficient, avoid waste and, in very particular cases, increase the nutritional value of food and promote satiety.

COOKING

instructions involve the transformation of the ingredients and produce using techniques such as cooking:

to roast, to bake, to boil, to grill, to blanche, to steam, to poche, to broil, to fry, sous vide, slow cook, etc.

The changes among the cooking techniques can reduce the caloric intake, increase the quality of the micronutrients, and save resources and energy. The substitution of cooking techniques by alternative transformation techniques such as fermenting, drying, nixtamalize and acidification could also bring other benefits like micronutrients contribution, benefic bacteria, and healthy dishes.

4 CONNECTING AND CHANGING THE CODES

HACKING

Once all the ingredients and instructions are selected and marked, according to the needs of the goal, and the information of each appendix you can start connecting them to establish cause-effect relationships. Some codes may not be related but could have an impact on the final outcome.

4.1 Connect with circles, arrows, and lines the conditions of the goal statement with the selected ingredients and actions codes. (sections 1, 2, and 3)

4.2 Replace the marked codes of the original recipe by new ones using the criteria of each section. Now you are “hacking” the recipe.

4.3 Are the substitutions working? If not, there is always a chance to go back to the conditions of the goal and start linking again. Take into account that you can have several options to replace each code or field.

4

HOW TO CONNECT, TO REPLACE AND TO HACK

APPENDIX

HOW COULD I make more sustainable **MY RECIPE** of broiled vegetables **BY** reducing the fats and its carbon foot print?

GOAL CONDITIONS

seasonal *local* *reduce fats*

4 PEOPLE

	AMT.	INGREDIENT	SPECIFICS	PRELIMINARY
OBJ 1	<i>500 gr</i>	<i>eggplants</i>	<i>very firm</i>	<i>thinly sliced</i>
	<i>1tbs</i>	<i>olive oil</i>		
OBJ 2	<i>1tbs</i>	<i>butter</i>		<i>melted</i>
OBJ 1				

01 *Broil the vegetables on a lined pan...*

5 STRUCTURING THE HACKED RECIPE

REWRITING

When you're done substituting the codes and hacking the recipe, it's time to rewrite it!

5.1 Use the format of this section. Try to leave a trace in the recipe of the intervention, either through the title or underlining the replaced codes.

It's time to execute the recipe. Were you able to find ingredients according to the conditions? Did you ask in your local market where the ingredients and products came from?

Did you notice any changes when reducing or exchanging ingredients or when substituting cooking methods?

5.2 Write in the introduction of the recipe your findings, notes and feedback to keep track of the process and share it, this will help create a network of hacked recipes for a more sustainable present and future.

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RECIPES HERE

