How to Use a Recipe

What is a recipe?

A recipe provides instructions about how to make the food or 'dish'.

It has several parts, which may include:

- Types of ingredients and amounts needed.
- Step-by-step directions.
- The amount of food it makes. This can be stated as 'servings' or 'yield'.
- Cooking tools.
- Time it takes to make the recipe.

Why use a recipe?

A recipe can help you make foods and meals that are new to you. Try recipes to make foods with different flavours, textures, or that use different ingredients.

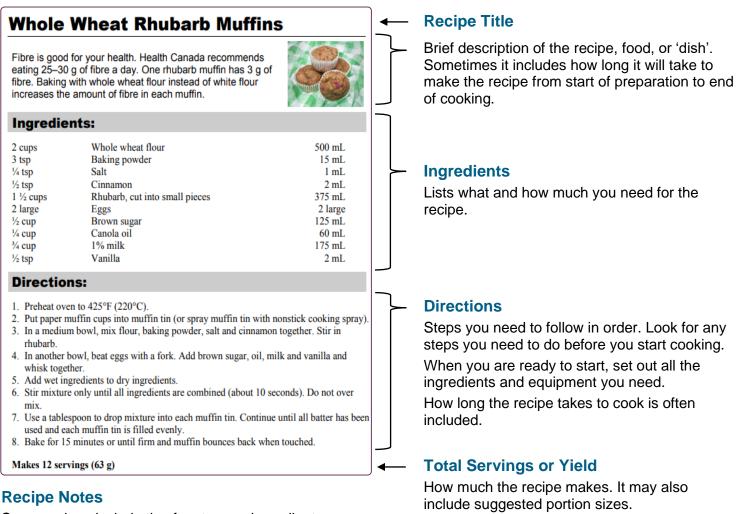
Following a recipe can help you practice new skills and make tasty foods.

Sometimes recipes don't work out. Not all recipes are tested or easy to read. Start with recipes from people or organizations you know.

Check out <u>ahs.ca/Recipes</u> for reliable, easy to follow recipes.

What does a recipe look like?

Recipes may look different, but most have the same information.



Some recipes include tips for storage, ingredient substitutions or changes, or nutrition information.



Steps to following a recipe

You can follow these steps when reading a recipe:

1. Read the recipe.

• Read the whole recipe before you start.

It can tell you:

- How much of each ingredient you need.
- If 1 ingredient is used more than once.
 - For example, cheese melted into a sauce or cheese added as a topping.
- Steps you need to do before making the recipe, including:
 - **Peeled**: you need to peel the vegetable before measuring, like carrots.
 - **Sliced**: you need to slice the food before measuring, like strawberries.
 - **Cooked**: the ingredient needs to be cooked instead of raw, such as meat, potatoes, or rice.
 - Rinsed: rinse the food until the water runs clear, such as with canned beans or lentils.

Look up words you don't know:

- There are terms for different cooking methods and ingredients. If you see a term, food, or cooking method you don't know, look it up or check out:
 - o Blue Flame Kitchen: How-To Guides

2. Collect the ingredients.

• Look in your cupboard and fridge for ingredients you have.

Shopping for ingredients:

- Start a shopping list for the ingredients you don't have or need more of.
- It may be helpful to also write down how much you need, such as 3 medium apples or 2 cups of milk. This helps you to buy enough of the ingredient.
 - You may need to buy more of an ingredient. For example, to make 1 cup carrots peeled and shredded, you'll need about 3 medium carrots.

3. Get your equipment ready before you start.

- Gather the cooking tools or equipment you need to make the recipe before you start. This can help you follow the steps more easily.
- This may include pans, bowls, measuring spoons or cups, mixing spoons, or a timer.

 Before you start: Line up your ingredients in the order that they will be used. This can help you to stay organized.

4. Review the order of steps.

- See what you need to do before starting, such as preheating the oven, cutting vegetables, or rinsing canned beans.
- Find steps that include smaller steps, like adding peeled garlic or chopped onion.

5. Note how to tell when it's done.

- Recipes include cook time. Different ovens, pans, and how thick foods are cut or chopped can all change the time it takes to fully cook.
- Often recipes will say how you can tell when the food is cooked. Check your food often. This can help make sure it is not undercooked or overcooked.
- Use a food thermometer when cooking meat. Check out <u>Health Canada Safe Cooking</u> <u>Temperatures</u> for details.

Learn more



Check out the Program Guide at <u>ahs.ca/SHCWellness</u> for hands-on and demonstration Wellness Kitchen classes.

Support



- Call Health Link at 811 and ask to talk to a dietitian or complete a <u>self-</u> <u>referral form</u> on ahs.ca/811
- Visit <u>ahs.ca/Nutrition</u>

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404306-NFS (May 2023)

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