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TAISTY Cookbook

Bridging the Gap with AI across Different Cuisines

Partners

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Introduction

Welcome to the TAISTY Cookbook, a comprehensive guide designed to help culinary educators integrate Artificial Intelligence (AI) into their teaching. This cookbook showcases traditional recipes from Cypriot and Italian cuisine, enhanced with AI tools, to provide a unique educational experience for both teachers and students.

The goal of this cookbook is to:

- Demonstrate how **AI can assist in culinary training** by providing feedback, helping students with recipe creation, and improving cooking techniques.
- Provide **step-by-step lesson plans** for integrating AI into each recipe, with easy-to-follow instructions.
- Offer **multimedia resources** like YouTube videos, accessible through QR codes and direct links, for visual demonstrations.

By combining traditional culinary techniques with AI, we aim to enhance digital skills while maintaining the authenticity of regional cuisines. Teachers and students alike will benefit from this AI-enriched culinary journey. For the development and refinement of recipes, tools like ChatGPT Version 3.5 were used to provide insights, optimize ingredient proportions, and generate innovative variations of traditional dishes.

AI Tools and Techniques in Culinary Education

This section will provide a detailed guide on how AI tools can be integrated into culinary education to enhance learning and teaching. Artificial Intelligence (AI) is revolutionizing various industries, including culinary. AI tools can assist culinary students and professionals in recipe creation, food waste reduction, personalized meal planning, and more. This guide provides a step-by-step instructional document to teach the use of AI in the culinary field, focusing on practical applications.

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AI Tools Relevant to Culinary Education

1. **Generative AI Tools**:
   - **ChatGPT**:
     - **Free Version**: Assists with creating recipes, answering culinary queries, and offering suggestions for ingredient substitutions.
     - **Plus Version** (Subscription): Provides faster responses and improved accuracy.
     - **Link**:https://chatgpt.com/
   - **Google Gemini**: Generates innovative ideas, solves culinary challenges, and supports creative recipe development.
   - **Link**: https://gemini.google.com/app
2. **Food Recognition AI**:
   - **Calorie Mama**: Apps like **Calorie Mama**: Identify ingredients and calculate nutritional values from food images.
   - **Link**: https://www.caloriemama.ai/
3. **Smart Kitchen Assistants**:
   - Devices such as **Amazon Echo (Alexa)** or **Google Nest** for step-by-step recipe guidance.
4. **AI-Powered Inventory Management**:
   - Tools like **Winnow Vision**: Reduce food waste by managing inventory effectively.
   - **Link**: https://www.winnowsolutions.com/product/food-waste-management-software

Benefits of AI Tools

1. **Recipe Innovation**: Create new and exciting dishes.
2. **Efficiency**: Save time in meal planning and recipe searching.
3. **Personalized Learning**: Adapt recipes to specific dietary needs.
4. **Waste Reduction**: Use AI suggestions to minimize food wastage.

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AI Tools for Recipe Development

AI can assist students in developing personalized recipes based on ingredient availability, dietary restrictions, and flavor preferences. For example:

- **ChatGPT** can be used to suggest recipe variations or generate entirely new dishes by analyzing inputted ingredients.
- **AI-powered virtual assistants** can guide students through cooking processes, providing feedback on techniques like chopping, frying, or marination.

AI for Cooking Simulations

AI tools can simulate cooking scenarios, allowing students to practice virtually before engaging in physical cooking. For instance, students can use AI to:

- Experiment with cooking ingredients, times and temperatures.
- Receive feedback on knife skills, sautéing techniques, or seasoning balance.
- Use AI to simulate ingredient substitutions

AI for Assessments and Feedback

AI tools provide feedback on student performance during practical sessions, helping teachers assess student progress more efficiently. Examples include:

- AI-generated quizzes to assess knowledge of cooking techniques.
- Instant feedback on the accuracy of tasks such as dough kneading or tempering chocolate.
- AI-assisted evaluations of presentation and plating skills.

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YouTube Video Links and Resources

Throughout this cookbook, we've included QR codes and direct links to YouTube videos that demonstrate each recipe and technique. These videos provide a visual guide to complement the AI-enhanced lesson plans.

Prompting and Best Practices for Using AI in the Culinary

In this section, we will provide guidelines what is prompting and how to effectively write prompts for AI tools to get the best results when integrating AI into culinary training. ChatGPT Version 3.5 was utilized extensively in this project to generate recipes, suggest cooking adjustments, and ensure clarity and accuracy in culinary instructions

What is a Prompt?

A prompt is the input or question you provide to an AI tool to generate responses. Well-crafted prompts lead to more accurate and relevant results.

Best Practices for Crafting Prompts

1. **Be Specific and Detailed**:
   - Provide clear instructions and constraints.
   - Example: *"Create a vegan dessert using bananas and coconut milk, excluding sugar."*
2. **Set the Context Clearly**:
   - Indicate the style or purpose of the response.
   - Example: *"Suggest a family dinner recipe inspired by Greek cuisine."*
3. **Incorporate Desired Outputs**:
   - Specify the format of the response.
   - Example: *"Provide a step-by-step recipe with a list of ingredients and preparation time."*
4. **Use Iterative Refinement**:
   - Refine prompts based on initial responses to improve accuracy.
   - Example:
     - Initial Prompt: *"Suggest a dinner recipe."*

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- Refined Prompt: *"Suggest a gluten-free Italian dinner recipe using chicken and fresh vegetables."*

5. **Encourage Creative Outputs**:
   - Inspire innovation by challenging AI to blend cuisines or experiment.
   - Example: *"Create a fusion dish combining Indian spices with classic French techniques."*
6. **Test Feasibility**:
   - Ensure prompts lead to practical, executable results.
   - Example: *"Suggest a budget-friendly meal plan using basic pantry staples."*

Advanced Prompting Techniques Examples

1. **Recipe Development**:
   - "Create a low-carb dinner recipe for two people that uses chicken thighs, broccoli, and a creamy sauce."
2. **Ingredient Substitution**:
   - "Provide a substitution for eggs in a pancake recipe that keeps it vegan and fluffy."
3. **Culinary Techniques**:
   - "Explain the steps to achieve a perfect soufflé with a golden top and soft interior."
4. **Cultural Insights**:
   a. "Suggest a traditional Korean dish that can be adapted for a gluten-free diet."

Evaluating AI Outputs

1. **Accuracy**: Cross-check ingredient ratios and preparation steps for correctness.
2. **Feasibility**: Confirm that recipes align with available resources and time constraints.
3. **Taste Potential**: Assess flavor combinations based on culinary principles.

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How to Write Effective Prompts

- **Be Specific**: When asking AI to generate a recipe or provide cooking tips, it is essential to be as specific as possible. For example, "Create a fusion dish using Cypriot ingredients and Italian cooking techniques."
- **Incorporate Context**: When seeking AI feedback on cooking techniques, provide context about the dish, the number of servings, and dietary restrictions.
- **Experiment with Variations**: Encourage students to write multiple prompts for AI to test different cooking methods or ingredient combinations.

AI Tools and Techniques in Culinary Education

This section will explore the various AI tools available for culinary education and how they can enhance both teaching and learning. Here are the tools and techniques that can be integrated into the classroom:

- **ChatGPT**: https://chat.openai.com
- **DALL-E (Image Generation)**: https://openai.com/dall-e
- **Calorie Mama**: https://www.azumio.com

Frameworks for Educators

- **DigiCompEdu**: https://joint-research-centre.ec.europa.eu/digcompedu_en

Practical Examples of AI in Action

1. **ChatGPT for Recipe Adjustments**: Teachers can use ChatGPT to generate variations of traditional recipes by simply inputting student preferences or available ingredients.
2. **AI Simulations**: Students can practice complex culinary techniques, such as sous-vide or tempering chocolate, using AI simulations before attempting them in real life.

AI for Culinary Assessments

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AI tools can also support **feedback** during practical cooking sessions:

- **Feedback**: AI helps assess (by input data/describe the dish) whether a student's dish meets the required texture, taste, or presentation, providing actionable feedback.
- **Digital Learning Platforms**: AI-based platforms allow students to review their progress, receive suggestions for improvement, and track their skills over time.

Comparison of AI Tools

Tool	Function	Best Use in Culinary Education
ChatGPT	Recipe generation and modification	Creating personalized recipes and variations
AI Cooking Simulations	Practicing techniques	Perfecting delicate cooking processes like tempering eggs
Virtual Assistants	Real-time feedback	Monitoring cooking progress and offering suggestions
Data Analysis Tools	Tracking student performance	Assessing student progress and skill improvement

Interactive Learning Activities with AI

In this section, we include several hands-on, **interactive activities** where students can engage with AI tools in the kitchen:

AI-Powered Recipe Creation Challenge

Students are challenged to create their own recipes using AI. They input a list of available ingredients into an AI tool, which generates unique recipes based on flavor combinations and nutritional goals.

Prompting Examples for AI Tools

Provide examples of AI prompts that teachers can give students, such as:

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- “Generate a vegan version of Pizza.”
- “Create a low-calorie version of Afelia using alternative grains.”

Ethical Considerations for Using AI in Culinary Education

This section will dive deeper into the **ethical considerations** when using AI in education:

Ethical Use of AI in Culinary Education

- **Data Privacy**: Ensure that any personal or sensitive data collected through AI tools (such as dietary restrictions or preferences) is securely stored and only used for educational purposes.
- **Bias in AI**: AI tools may sometimes reflect biases present in their training data. It’s important to review AI-generated content critically to ensure that the recipes and suggestions are inclusive and culturally appropriate.

Data Privacy and Student Safety

When using AI tools that collect data, it is important to ensure that the data is protected and used responsibly. Teachers should ensure that:

- **Student information is kept private**.
- **AI tools are used in a way that promotes inclusivity**, avoiding bias in recipe suggestions or cooking feedback.

Bias in AI-Generated Content

AI tools can sometimes reflect the biases present in the data they were trained on. In culinary education, this may result in the AI favoring certain cuisines or ingredients. Teachers must:

- **Critically assess** AI-generated content to ensure that it reflects a wide range of culinary traditions and is culturally sensitive.

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- **Encourage students** to challenge AI suggestions and explore diverse culinary approaches.

Cypriot and Italian AI Recipes

For the development and refinement of recipes, tools like ChatGPT Version 3.5 were used to provide insights, optimize ingredient proportions, and generate innovative variations of traditional dishes.

Cypriot AI Recipes

Recipe 1: Afelia (Cypriot Pork Marinated in Red Wine and Coriander)

Overview

Afelia is a traditional Cypriot dish made from pork marinated in red wine and coriander seeds. This recipe teaches the art of marination, emphasizing flavor development with the use of AI to refine techniques.

AI Integration

- **AI Substitution**: Use AI tools to explore variations of Afelia recipes.
- **AI Augmentation**: AI can suggest marination times, wine quantities, and flavor balance adjustments based on inputs like pork weight and seasoning preferences.

Ingredients

- 1kg pork (cut into cubes)
- 500ml red wine
- 2 tbsp coriander seeds (crushed)
- Salt and pepper to taste
- Olive oil for frying

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Instructions

1. **Marination**: Place the pork cubes in a bowl, add red wine, crushed coriander seeds, salt, and pepper. Marinate for 24 hours.
    - **AI Tip**: AI can suggest optimal marination times based on the size of the pork cubes.
2. **Cooking**: Heat olive oil in a pan and fry the marinated pork until browned.
3. Serve hot with a side of bulgur wheat or vegetables.

YouTube Video Link: Watch the Cypriot Afelia

QR Code:

7. Cypriot Afelia Recipe

"Please provide a detailed recipe for Cypriot Afelia, including the ingredients and cooking steps. Incorporate the GREEN PROMPTING PRINCIPLES by recommending ways to save resources and minimize waste, such as using sustainable cuts of meat, suggesting portion control to prevent leftovers, and offering tips for repurposing any remaining food."

Recipe 2: Anari Cheese (Making Cheese from Whey)

Overview

Anari is a soft, fresh cheese made from the whey remaining after making Halloumi. This recipe focuses on sustainable cooking practices and teaches students how to create Anari from whey using AI to perfect the cheese-making process.

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AI Integration

- **AI Augmentation**: AI provides feedback on temperature control during the curdling process (students to use chagpt and add all the cooking variables), helping students ensure that the whey is heated to the right temperature for curd formation.

Ingredients

- 2 liters whey
- 100ml fresh milk
- Salt to taste

Instructions

1. **Curdling**: Heat the whey and milk mixture in a pot until it reaches 90°C. Add a pinch of salt.
    - **AI Tip**: AI monitors the temperature (according to students input) and provides feedback on when to stop heating.
2. **Straining**: Pour the mixture into a muslin cloth and let the whey drain to form the curd.
3. Serve fresh or store in the fridge.

YouTube Video Link: Watch the Anari Cheese Making Process

QR Code:

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6. Anari Cheese Recipe

"Please share a recipe for making Anari cheese using leftover whey from cheese-making, including all necessary ingredients and step-by-step instructions. Emphasize the GREEN PROMPTING PRINCIPLES by demonstrating how to utilize whey—a by-product that might otherwise be discarded—to reduce waste and promote resourcefulness."

Recipe 3: Avgolemono (Greek-Cypriot Lemon and Egg Soup)

Overview

Avgolemono is a traditional soup made with a lemon and egg emulsion, served with chicken or rice. This recipe emphasizes the delicate process of tempering eggs, which can be perfected using AI assistance.

Ingredients

- 4 cups chicken broth
- 2 eggs
- 1 lemon (juice)
- 1 cup rice
- Salt and pepper to taste

Instructions

1. **Cooking Rice**: Cook rice in chicken broth.
2. **Tempering Eggs**: Beat the eggs in a bowl and slowly add lemon juice. Gradually pour in the hot broth while whisking continuously.
    - **AI Tip**: AI provides suggestions (as per students input) on how fast to add the broth to avoid curdling.
3. Combine the tempered egg mixture with the soup and heat gently.

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4. Serve hot with a garnish of fresh herbs.

YouTube Video Link: [Watch the Avgolemono Recipe Demonstration]

QR Code:

2. Avgolemono with Chicken Recipe

"Please give me a comprehensive recipe for Avgolemono with Chicken, listing all ingredients and detailed cooking instructions. In line with the GREEN PROMPTING PRINCIPLES, include tips on minimizing waste and saving resources, such as using leftover chicken or incorporating vegetable scraps to make broth."

Recipe 4: Halloumi (Traditional Cypriot Cheese)

Overview

Halloumi is a firm, white cheese with a high melting point, making it perfect for grilling. This recipe teaches the traditional method of making Halloumi, with AI assisting in cutting and pressing the curd.

AI Integration

- **AI Augmentation**: AI assists (as per student input) with cutting the curd and timing the pressing process, ensuring consistent texture and firmness.

Ingredients

- 2 litres goats or sheep's milk
- Rennet (as per package instructions)
- Salt to taste

Instructions

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1. **Curdling**: Heat the milk to 32°C and add rennet. Let it sit for an hour until curd forms.
2. **Cutting the Curd**: Slice the curd into small cubes.
    - **AI Tip**: AI provides guidance on the optimal curd size for consistent texture.
3. **Pressing**: Press the curds to remove whey, then salt and store.

YouTube Video Link: [Watch the Halloumi Cheese Making Process]

QR Code:

1. Halloumi Cheese Recipe

"Please provide a detailed recipe for making Halloumi cheese, including all necessary ingredients and step-by-step instructions. Incorporate the GREEN PROMPTING PRINCIPLES by emphasizing resource efficiency and waste reduction—for example, suggest ways to reuse whey or other by-products, and recommend sustainable practices during the cheese-making process."

Recipe 5: Koupepia (Cypriot Stuffed Grape Leaves)

Overview

Koupepia are traditional Cypriot grape leaves stuffed with a mixture of rice, minced meat, and herbs. This recipe teaches the art of stuffing and rolling grape leaves, while AI assists in analyzing the consistency of the filling and rolling technique.

Ingredients

- 30 grape leaves (fresh or canned)
- 250g minced beef or pork
- 1 cup rice (washed)
- 1 onion (finely chopped)

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- 2 tomatoes (grated)
- 1/2 cup olive oil
- Fresh parsley, mint (chopped)
- Salt, pepper, and cinnamon to taste

Instructions

1. **Preparing the Filling**: In a bowl, combine minced meat, rice, grated tomatoes, chopped onions, herbs, and seasoning.
    - **AI Tip**: AI helps analyze the ingredient proportions (as per student input) and suggests adjustments for optimal filling consistency.
2. **Stuffing and Rolling**: Place a tablespoon of filling onto each grape leaf and roll tightly.
    - **AI Tip**: AI can provide techniques rolling to ensure consistency and tightness.
3. **Cooking**: Arrange the rolled grape leaves in a pot, cover with water, and simmer for 40 minutes.
4. Serve with a drizzle of olive oil and lemon juice.

YouTube Video Link: Watch the Koupepia Recipe Demonstration

QR Code:

3. Koupepia (Cypriot Stuffed Grape Leaves) Recipe

"Please share a detailed recipe for making Koupepia (Cypriot stuffed grape leaves), including a full list of ingredients and step-by-step instructions. Ensure the recipe aligns with the GREEN PROMPTING PRINCIPLES by suggesting ways to save resources and reduce waste—for instance, using all edible parts of ingredients and providing storage tips for leftovers."

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Recipe 6: Pourgouri Pilaf (Bulgur Wheat and Pasta Pilaf)

Overview

Pourgouri Pilaf is a traditional Cypriot dish made with bulgur wheat and vermicelli pasta. This recipe focuses on cooking techniques, using AI to help with flavor balancing and timing adjustments during the cooking process.

AI Integration

- **AI Augmentation**: AI offers suggestions for adjusting seasoning and cooking times, ensuring that the bulgur and pasta are cooked evenly and to perfection.

Ingredients

- 1 cup bulgur wheat
- 1/2 cup vermicelli pasta
- 2 tbsp olive oil
- 2 cups chicken or vegetable stock
- 1 onion (finely chopped)
- Salt and pepper to taste

Instructions

1. **Sautéing**: Heat olive oil in a pot and sauté the chopped onions until soft. Add the vermicelli pasta and toast until golden.
2. **Cooking the Bulgur**: Add the bulgur wheat and stir to coat. Pour in the stock, cover, and simmer until the bulgur is cooked and fluffy.
    - **AI Tip**: AI suggests adjustments to the stock quantity and cooking time based on the type of bulgur used.
3. Serve hot, garnished with fresh herbs.

YouTube Video Link: Watch the Pourgouri Pilaf Recipe Demonstration

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QR Code:

5. Pourgouri Pilaf with Durum Wheat Semolina Pasta Recipe

"Please give me a detailed recipe for Pourgouri Pilaf with Durum Wheat Semolina Pasta, listing all ingredients and step-by-step cooking instructions. Align the recipe with the GREEN PROMPTING PRINCIPLES by including advice on saving resources and reducing waste—for example, suggest efficient use of ingredients, ways to repurpose leftovers, and tips for storing excess food."

Recipe 7: Fusion Pizza (Cypriot-Italian Style with Halloumi)

Overview

This fusion pizza offers an exciting exploration of fusion cuisine, blending the rich culinary traditions of Cyprus and Italy. Participants will learn to create a unique style of pizza that incorporates classic Italian techniques with the distinct flavors of Cypriot cuisine, featuring halloumi cheese as a centerpiece.

AI Integration

- **AI Augmentation**: AI offers suggestions into the culinary process that can revolutionize the creation of fusion dishes. Chefs and food enthusiasts can innovate with ingredient combinations, optimize recipes, ensuring a perfect balance of flavors and techniques.

Ingredients

- 500g all-purpose flour
- 1 tsp salt
- 1 tsp sugar
- 1 tbsp olive oil
- 1 packet (7g) dry yeast

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- 300ml warm water
- 200g Halloumi (sliced)
- 1 medium red onion (sliced thin)
- 100g olives (pitted and sliced)
- 200g cherry tomatoes (halved)
- 1 small bunch of fresh coriander (chopped)
- Optional: chili flakes, garlic, or lemon zest for extra flavor.

Instructions

1. **Preparing the Filling**: Prepare the tomato sauce by sautéing garlic and onions in olive oil, adding crushed tomatoes, and seasoning with salt, pepper, and oregano. Slice halloumi into thin slices or grate for even distribution and toppings like olives, tomatoes, and herbs by slicing and setting aside.
2. **Baking**: Preheat your oven to its maximum setting (usually around 230–260°C). Spread an even layer of tomato sauce over the base, add grated or sliced halloumi cheese, layer on the sliced tomatoes, olives, and other toppings. Sprinkle fresh oregano and drizzle with olive oil. Bake for 12–15 minutes.
3. Serve hot, garnished with fresh basil leaves.

YouTube Video Link: Watch the Fusion Pizza (Cypriot-Italian Style with Halloumi) Recipe Demonstration

QR Code:

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4. Fusion Pizza Recipe Prompt (Cypriot Italian Style with Halloumi)

"Please share a recipe for a Cypriot Italian fusion pizza featuring halloumi cheese as the centrepiece. Combine the rich flavours of Cyprus with traditional Italian pizza elements, such as a thin crust, tomato sauce, and fresh herbs. Emphasize GREEN PROMPTING PRINCIPLES by suggesting sustainable ingredient options, minimizing food waste, and offering tips for efficient use of resources, like repurposing leftover dough or vegetables for toppings. Include step-by-step instructions and tips for perfecting the pizza in an oven."

Italian AI Recipes

Recipe 1: Lemon Sorbet

Overview

Lemon sorbet is a light, refreshing dessert originating in Italy, often served as a palate cleanser between courses or as a cooling treat in warm weather. This recipe emphasizes precise temperature control for a smooth texture and optimal flavor. AI can assist by monitoring temperature, ingredient ratios, and mixing techniques, ensuring a consistent result with minimal ice crystallization.

AI Integration

AI can provide real-time feedback on the ideal proportions of lemon juice and sugar based on the acidity and sweetness levels of the mixture. It can also suggest the optimal churning and freezing times, ensuring the sorbet achieves a smooth, creamy consistency without over-processing.

Ingredients (for 1 kg)

- 200 g fresh lemon juice (about 4 lemons)
- 300 g sugar
- 480 g water
- 10 g rice starch
- 10 g inulin
- Lemon zest, to taste (optional)

Instructions

Step 1 - Preparing the Syrup

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In a saucepan, combine the sugar and water. Heat the mixture to 85°C, stirring until the sugar is dissolved. Add the rice starch and inulin, mixing thoroughly. Remove from heat and allow the syrup to cool completely.

Step 2 - Mixing Ingredients

Once the syrup has cooled, add the fresh lemon juice and lemon zest, stirring to combine. Ensure the mixture is well-blended for an even flavor distribution.

AI Tip: AI can suggest adjustments to the sugar or lemon amount based on the acidity of the lemon juice, helping to balance the sorbet's flavor profile.

Step 3 – Churning

Pour the mixture into an ice cream maker. Churn for approximately 8 minutes or until it reaches a smooth, creamy texture.

AI Tip: AI can help to monitor churning time to stop the machine when the optimal texture is reached, avoiding ice crystallization and ensuring a silky finish.

Final Steps

Transfer the sorbet to a freezer-safe container if not serving immediately. Allow to rest in the freezer for an additional hour if a firmer texture is desired.

Serving Suggestion

Serve the lemon sorbet in chilled cups or waffle cones, garnished with lemon slices or fresh mint leaves for an elegant presentation.

YouTube Video Link: [tAIsty Project: Lemon Sorbet]

QR Code:

Prompt:

Create a recipe to prepare lemon sorbet. In line with the Green Prompt Principles, include suggestions for minimizing waste and optimizing resources.

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Recipe 2: Sardine and Potato Cake with Poppy Seed Velouté

Overview

This dish combines the earthy flavors of potatoes with the bold taste of sardines, enhanced by a creamy poppy seed velouté. Originating from Mediterranean cuisine, it's ideal for a refined appetizer or a light main course. The preparation involves both baking and stovetop cooking techniques. AI can assist in managing cooking times, adjusting the velouté's thickness, and balancing the flavor profile of the dish.

AI Integration

AI can monitor the cooking times for both the cakes and velouté, suggesting adjustments to prevent the velouté from over-thickening. Additionally, AI can guide portioning for balanced servings and suggest flavor adjustments based on ingredient freshness.

Ingredients (Serves 4)

- **For the Sardine and Potato Cakes:**
  - 300 g fresh sardines (sardines)
  - 400 g potatoes
  - 50 g breadcrumbs
  - 1 egg
  - 1 tbsp chopped parsley
  - 1 garlic clove
  - 1 tbsp extra virgin olive oil
  - Salt and pepper to taste
- **For the Poppy Seed Velouté:**
  - 200 ml milk
  - 20 g flour
  - 30 g butter
  - 1 tbsp poppy seeds
  - Salt and pepper to taste

Instructions

Step 1 - Preparing the Potato and Sardine Mixture

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1. Boil the potatoes with the skin on in salted water until soft. Peel and mash them using a potato masher.
2. Clean the sardines, removing the head and bones, and cut into small pieces.
3. In a skillet, heat the olive oil and brown the garlic. Add the sardines and cook for a few minutes.
   AI Tip: AI can suggest the optimal cooking time for sardines to avoid overcooking, which can affect their texture in the cake.
4. In a mixing bowl, combine the mashed potatoes, cooked sardines, parsley, egg, breadcrumbs, salt, and pepper. Mix well until homogeneous.

Step 2 - Forming and Baking the Cakes

1. Form the mixture into small cakes and place them on a baking sheet lined with parchment paper.
2. Bake in a preheated oven at 180°C for about 20 minutes or until golden brown.

Step 3 - Preparing the Poppy Seed Velouté

1. In a saucepan, melt the butter over low heat. Add the flour and stir quickly to form a roux.
2. Gradually pour in the warm milk, stirring constantly to prevent lumps. Cook over low heat until the sauce thickens.
3. Add the poppy seeds, salt, and pepper, and continue cooking for a few more minutes.
   AI Tip: AI can suggest the right cooking time for the sauce's consistency, ensuring it thickens properly without forming lumps and provide timing adjustments to maintain a smooth texture.

Final Steps

Serve the sardine and potato cakes warm, accompanied by a drizzle of poppy seed velouté.

Serving Suggestion

Plate the cakes with a generous drizzle of velouté, garnishing with fresh parsley or a sprinkle of additional poppy seeds for color and texture.

YouTubeVideoLink: tAIsty Project: Sardine and Potato Pie with Poppy Seed Velouté

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QR Code:

Prompt:

Create a recipe to prepare a sardine and potato tart with poppy seed cream. In line with the Green Prompt Principles, include suggestions for minimizing waste and optimizing resources.

Recipe 3: Risotto with Mackerel Bites and Wild Fennel

Overview

This Mediterranean-inspired risotto brings together the rich, savory flavor of mackerel and the aromatic touch of wild fennel. Slow-cooked for a creamy texture, this risotto is perfect for seafood lovers and is often enjoyed as a main course. AI can assist in controlling the cooking time and temperature, ensuring the rice reaches the ideal consistency and that the delicate flavors of fish and fennel are balanced.

AI Integration

AI can suggest the correct temperature and timing for both the fish and rice, to maintain a creamy consistency without overcooking. It can also help with portioning and balancing ingredients, particularly to optimize the use of wine and broth for a perfectly flavored risotto.

Ingredients (Serves 2)

- 160 g Arborio rice
- 200 g fresh mackerel fillet
- 1 small bunch wild fennel (for pesto)
- 1 small onion
- 200 ml dry white wine
- 500 ml fish broth
- 25 g butter
- 30 g grated Parmesan cheese
- Salt and pepper, to taste
- Fresh wild fennel for garnish

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- 100 ml extra virgin olive oil (for fennel pesto)

Instructions

Step 1 - Preparing the Fish Broth

Prepare the fish broth by simmering the mackerel bones and trimmings in water with aromatic vegetables if desired. Strain and keep warm.

AI Tip: AI can assist by monitoring the broth's simmering time, suggesting when to strain for optimal flavor without over-extraction.

Step 2 - Preparing the Mackerel and Fennel Pesto

1. Filet the mackerel and cut into small cubes. Sauté briefly in a pan with salt and pepper until lightly cooked.
2. Wash and dry the wild fennel thoroughly, then blend with extra virgin olive oil to create a pesto.

AI Tip: AI can suggest cooking time for the mackerel bites, ensuring they remain tender and do not dry out. AI can also suggest the ideal oil quantity for a smooth, well-balanced pesto.

Step 3 - Cooking the Risotto

1. In a saucepan, toast the Arborio rice over medium heat. Add finely chopped onion and cook until translucent.
2. Deglaze with white wine, allowing it to evaporate before adding a ladleful of hot fish broth. Stir frequently, adding more broth as it’s absorbed, until the rice is al dente.

Step 4 - Final Additions and Serving

1. At the end of cooking, stir in the mackerel bites and the fennel pesto.
2. Remove from heat and add butter and Parmesan for a final creamy touch. Season with salt and pepper to taste.

AI Tip: AI can provide guidance on when to add the butter and Parmesan for an ideal finish, ensuring the risotto achieves the desired creaminess without becoming too heavy.

Final Steps

Serve the risotto hot, garnished with fresh wild fennel.

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Serving Suggestion

Serve in shallow bowls with a drizzle of extra virgin olive oil and fresh fennel sprigs for a beautiful, aromatic presentation.

YouTube Video Link[tAIsty Project: Risotto with Sautéed Mackerel Bites and Wild Fennel]

QR Code:

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Prompt:

Create a recipe to prepare a risotto with mackerel and wild fennel. In line with the Green Prompt Principles, include suggestions for minimizing waste and optimizing resources.

Recipe 4: Olive Oil Gelato with Confit Cherry Tomatoes

Overview

This unique dessert combines the creamy texture of olive oil gelato with the sweet-savory notes of confit cherry tomatoes. Inspired by Italian flavors, this dish pairs well with modern and innovative menus. The preparation involves cold processing for the gelato and slow roasting for the tomatoes, resulting in a sophisticated and balanced treat. AI can assist by managing precise measurements, monitoring resting times, and ensuring ideal caramelization of the tomatoes.

AI Integration

AI can help control the timing for both gelato and tomato preparation, ensuring a smooth, stable emulsion for the gelato base and preventing over-roasting of the tomatoes. AI can also suggest ideal flavor ratios, especially for balancing sweetness and savoriness.

Ingredients (Serves 2)

- **For the Gelato Base:**
  - 150 g whole milk
  - 60 g sugar
  - 30 g fresh cream
  - 30 g extra virgin olive oil (Monti Iblei or similar quality)
  - 2.5 g thickening agent
- **For the Confit Cherry Tomatoes:**
  - 2 cherry tomatoes (Pachino or similar)
  - Salt, to taste
  - Optional: a drizzle of extra virgin olive oil

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Instructions

Step 1 - Preparing the Gelato Base

1. In a large bowl, combine the cold milk, sugar, and thickening agent. Whisk until the sugar dissolves completely.
2. Add the fresh cream and mix gently to incorporate.
3. Slowly add the extra virgin olive oil, continuing to whisk to achieve a smooth and emulsified base.

Step 2 - Resting and Churning the Gelato

1. Cover the bowl and let the mixture rest in the refrigerator for 2-4 hours. This allows the ingredients to meld and improves the texture.
2. After resting, pour the mixture into an ice cream maker and churn until it reaches a creamy consistency.

AI Tip: AI can propose resting and churning times to ensure optimal texture and flavor development in the gelato.

Step 3 - Preparing the Confit Cherry Tomatoes

1. Preheat the oven to 100°C.
2. Wash and halve the cherry tomatoes. Place them cut-side up on a baking sheet lined with parchment paper. Sprinkle with a pinch of salt and a drizzle of extra virgin olive oil if desired.
3. Roast the tomatoes for 1-2 hours, until they are slightly wilted and caramelized.

AI Tip: AI can recommend oven timing based on tomato moisture content to achieve the perfect caramelization without over-drying.

Final Steps

Serve the olive oil gelato in chilled bowls, garnished with the confit cherry tomatoes and an optional drizzle of extra virgin olive oil for added aroma.

Serving Suggestion

Serve in chilled cups with a sprinkle of coarse sea salt or a few basil leaves for added color and flavor contrast.

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YouTube Video Link: [tAIsty Project: Olive oil ice cream]

QR Code:

Prompt:

Create a recipe to prepare gelato with extra virgin olive oil, confit tomatoes, and basil. In line with the Green Prompt Principles, include suggestions for minimizing waste and optimizing resources.

Recipe 5: Rabbit with Modica dark Chocolate

Overview

This dish combines the tender flavor of rabbit with the richness of Modica dark chocolate, creating a unique balance of savory and sweet flavors. Originating in Sicily, this slow-cooked dish is perfect for special occasions. AI can assist by managing cooking times and temperature, ensuring the chocolate melds perfectly into the sauce without overpowering it.

AI Integration

AI can indicate the cooking time of the rabbit to prevent overcooking and maintain tenderness. It can also suggest when to integrate chocolate without clumping or becoming too intense.

Ingredients (Serves 2)

- **For the Rabbit:**
  - 500 g rabbit (half rabbit, cut into pieces)
  - 10 g extra virgin olive oil
  - 1 garlic clove (5 g)
  - 10 g green olives in brine, pitted
  - 5 g capers
  - 10 g tomato paste
  - 5 g vinegar
  - 5 g salt
  - 2 g parsley, chopped

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    - 10 g Modica dark chocolate, grated or finely chopped
- **For the Potatoes:**
    - 100 g potatoes, cubed

Instructions

Step 1 - Preparing the Rabbit

1. Cut the rabbit into even pieces and rinse under cold water to remove impurities. Pat dry with paper towels.
2. In a large pan, heat the olive oil over medium heat. Add the crushed garlic and sauté until golden, then remove the garlic from the pan.

Step 2 - Browning the Rabbit and Adding Flavors

1. Add the rabbit pieces to the pan and brown on all sides.
2. Stir in the olives, capers, and tomato paste, mixing well to coat the rabbit with flavors.
3. Deglaze with vinegar, allowing it to evaporate before covering the pan with a lid. Reduce the heat and let the rabbit cook slowly for 40-50 minutes. Add small amounts of water or broth if needed to prevent drying out.

AI Tip: AI can suggest the ideal times to add liquid based on evaporation rate, maintaining a moist cooking environment for the rabbit.

Step 3 - Incorporating the Chocolate

1. In the last 10 minutes of cooking, add the grated or chopped Modica chocolate. Stir until the chocolate melts completely, creating a rich and aromatic sauce.

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Step 4 - Preparing the Potatoes

1. Peel and cube the potatoes. Boil in salted water until soft. Drain and add to the rabbit in the last few minutes of cooking to absorb the flavors.

Final Steps

Adjust salt if necessary, and garnish with chopped parsley before serving.

Serving Suggestion

Serve the rabbit in a deep dish with a spoonful of the rich sauce. Garnish with additional parsley and accompany with rustic bread to soak up the flavorful sauce.

YouTube Video Link: [tAIsty Project: Rabbit a "stimpirata" with dark chocolate from Modica]

QR Code:

Prompt:

Create a recipe to prepare rabbit with chocolate. In line with the Green Prompt Principles, include suggestions for minimizing waste and optimizing resources.

Recipe 6: Pizza Margherita with Semi-Whole Wheat Flour

Overview

Pizza Margherita is a classic Italian dish known for its simplicity and balanced flavors, featuring tomatoes, mozzarella, and basil. Traditionally baked at high temperatures, it's a quick dish best enjoyed fresh from the oven. AI can assist in managing ingredient proportions, monitoring proofing times, and adjusting cooking temperatures for optimal results.

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AI Integration

AI can suggest ideal oven settings for a consistent bake and indicate ingredient ratios for a balanced dough.

Ingredients (Serves 4)

- **For the Dough:**
  - 500 g semi-whole wheat flour (type 1)
  - 100 g durum wheat flour
  - 400 g water
  - 5 g fresh yeast
  - 12 g salt
  - 12 g sugar
  - 30 g olive oil
- **For the Topping:**
  - 400 g peeled tomatoes
  - 600 g buffalo mozzarella
  - Fresh basil, to taste
  - 5 g olive oil
  - 4 g salt

Instructions

Step 1 - Preparing the Dough

1. In a mixing bowl or stand mixer, combine the semi-whole wheat flour, durum wheat flour, fresh yeast, and 80% of the water.
2. Knead for approximately 10 minutes until a smooth dough forms. Add the sugar and salt, mixing until fully incorporated.
3. Let the dough rest for 10 minutes, then add the olive oil and the remaining water, kneading until absorbed.

Step 2 - Resting and Portioning the Dough

1. Allow the dough to rest for an additional 15 minutes, then divide into approximately 250 g portions. Shape each portion into a smooth ball and place them in proofing containers.

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2. Let the dough rise for around 4 hours, adjusting proofing time as needed based on room temperature.

Step 3 - Shaping and Topping the Pizza

1. Preheat the oven to 300°C (or as high as it goes if using a home oven).
2. Roll out each dough ball into a 30 cm disc, keeping the center thin and forming a thicker border for the crust.
3. Spoon the peeled tomatoes over the dough, add buffalo mozzarella, and garnish with fresh basil. Drizzle with a bit of olive oil and sprinkle with salt.

AI Tip: AI can suggest proportions for toppings based on dough size, ensuring a balanced flavor and avoiding excess moisture.

Step 4 - Baking the Pizza

1. Place the pizza in the preheated oven and bake at 300°C for about 3 minutes if using an electric oven, or 2 minutes at 400°C if using a wood-fired oven.

AI Tip: AI can indicate baking time based on oven temperature

Final Steps

Remove the pizza from the oven, garnish with additional basil if desired, and serve immediately.

Serving Suggestion

Serve the pizza hot, garnished with fresh basil leaves and a drizzle of extra virgin olive oil for a classic Margherita experience.

YouTube Video Link: Pizza Margherita

QR Code:

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Prompt:

Create a recipe to prepare Margherita pizza using semi-whole wheat flour for the dough. In line with the Green Prompt Principles, include suggestions for minimizing waste and optimizing resources.

Recipe 7: Potato and Artichoke Ravioli with Lamb Ragù, Rosemary, and Artichoke Chips

Overview

This dish combines delicate homemade potato and artichoke-filled ravioli with a savory lamb ragù and crispy artichoke chips. A true representation of Italian comfort food, the dish balances tender pasta, rich meat sauce, and crispy vegetable garnish. It's perfect for special occasions where slow-cooked flavors shine. AI can assist by monitoring the ragù's cooking time and temperature, as well as the dough's hydration and rest times.

AI Integration

AI can suggest when to add liquid to the ragù to prevent drying and indicate frying temperature to ensure perfectly crispy artichoke chips.

Ingredients (Serves 4)

For the Ravioli Dough:

- 300 g all-purpose flour (type 00)
- 3 eggs
- Pinch of salt

For the Filling:

- 400 g potatoes
- 200 g artichoke hearts (fresh or frozen)
- 50 g grated Parmesan cheese
- Salt and pepper, to taste

For the Lamb Ragù:

- 300 g minced lamb
- 1 small onion, finely chopped

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- 1 carrot, finely chopped
- 1 celery stalk, finely chopped
- 200 ml red wine
- 400 g peeled tomatoes
- 2 sprigs rosemary
- Extra virgin olive oil, as needed
- Salt and pepper, to taste

For the Artichoke Chips:

- 2 artichokes
- Frying oil
- Salt, to taste

Instructions

Step 1 - Making the Ravioli Dough

1. In a mixing bowl, combine the flour, eggs, and a pinch of salt. Knead until smooth, then wrap in plastic wrap and rest for 30 minutes.

Step 2 - Preparing the Filling

1. Boil the potatoes until tender, then mash and let cool. Cook the artichoke hearts in salted water, chop finely, and mix with the potatoes, Parmesan, salt, and pepper.

AI Tip: AI can indicate temperature for boiling potatoes, ensuring they are cooked but not overly soft.

Step 3 - Preparing the Lamb Ragù

1. In a saucepan, heat the olive oil and sauté the onion, carrot, and celery until softened. Add the minced lamb and cook until browned.
2. Deglaze with red wine, letting it reduce, then add the peeled tomatoes and rosemary. Simmer on low heat for 45 minutes, seasoning with salt and pepper as needed.

AI Tip: AI can suggest the right time to add liquid if the ragù becomes too thick.

Step 4 - Making the Artichoke Chips

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1. Thinly slice the artichokes and fry in hot oil until golden and crisp. Drain on paper towels and season with salt.

AI Tip: AI can indicate frying temperature to avoid burning and achieve a uniform crispiness.

Step 5 - Assembling the Ravioli

1. Roll the dough into thin sheets and cut into circles. Place a spoonful of filling in the center, fold over, and seal the edges.

Step 6 - Cooking and Plating the Ravioli

1. Cook the ravioli in salted boiling water for 3-4 minutes. Serve with the lamb ragù and top with artichoke chips.

Serving Suggestion

Serve hot, garnished with fresh rosemary or additional Parmesan cheese if desired.

YouTube Video Link: tAIsty Project: Potato and artichoke Ravioli with lamb ragù, rosemary and artichoke chips

QR Code:

Prompt:

Create a recipe to prepare potato and artichoke ravioli with lamb and rosemary ragù and artichoke chips. In line with the Green Prompt Principles, include suggestions for minimizing waste and optimizing resources.

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Analysis of TAISTY AI recipes scenario

Evaluation Questionnaire for the local cooking workshops conducted for the pedagogical use of AI in culinary activities, with 10 participants attending the workshop held in Modica, Italy, on the 20th of November 2024, and 16 participants attending the workshop held in Limassol, Cyprus, on the 27th of November 2024.

1. How easy was it to follow the recipe?

- Very easy
- Somewhat easy
- Neutral
- Somewhat difficult
- Very difficult

2. Did the recipe instructions feel clear and organized?

- Very clear
- Somewhat clear
- Neutral
- Difficult

3. Did you had the appropriate incredients?

- True
- False

4. How was the final taste?

- Excellent
- Neutral
- Bad

5. How visually appealing was the final dish?

- Exceptional
- Very appealing
- Good
- Average

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Conclusion and Future Directions

The **TAISTY Cookbook** not only bridges traditional culinary methods with cutting-edge technology but also opens the door to a future where AI plays a pivotal role in enhancing vocational education. By integrating AI into lesson plans, teachers are able to:

- Personalize learning experiences for students.
- Provide real-time feedback on culinary techniques.
- Encourage experimentation and creativity in the kitchen.

Looking Ahead

As AI technology continues to evolve, we foresee even more opportunities to integrate it into culinary education. Future developments could include:

- **AI-powered kitchen assistants** that can collaborate with students on recipe creation and execution.
- **Immersive AI-based cooking simulations** that allow students to practice techniques in a virtual environment.
- **AI-driven personalized nutrition plans**, helping students design meals that cater to specific health goals or dietary restrictions.

We encourage educators to continue exploring the possibilities that AI brings to the culinary classroom, promoting innovation, creativity, and a passion for food.

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