

Stretch Your Kitchen

Guide to Templating Recipes

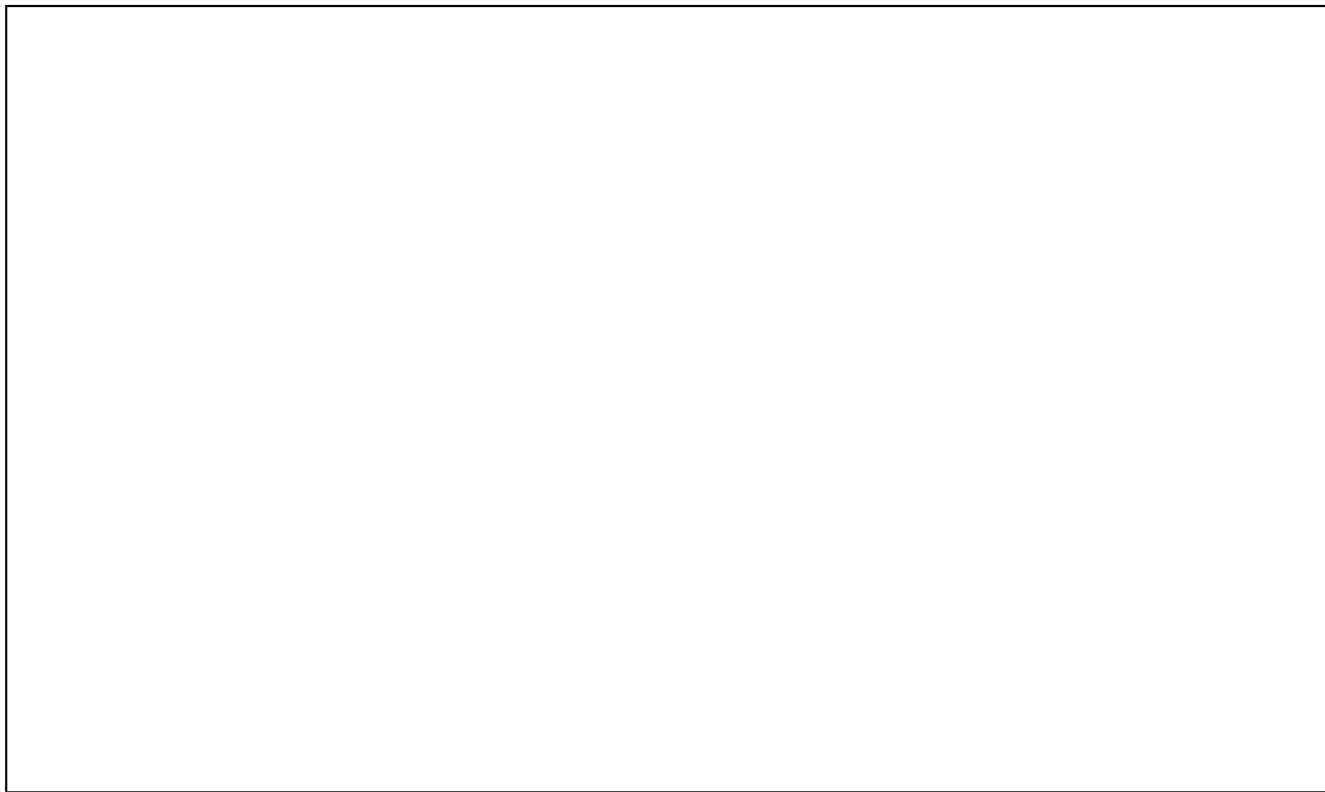
Question:	Answer:
What is the name of the recipe?	
What is the main protein in the recipe?	
How is the protein prepared (chopped, seared, baked, etc.)	
What is the starch component in the recipe?	
How is the main starch prepared (side, bed underneath, incorporated)?	
What is the main vegetable in the recipe?	
How is the main vegetable prepared (steamed, roasted, sauteed, incorporated?)	
What is the flavor profile of the dish? (Stretch Your Kitchen, episode 3)	
Does the recipe contain a sauce? If so, is it clear or creamy?	
How is the dish composed? (layered, individual components, wrapped, etc.)	

Next:

Question	Answer
What protein do you have on hand?	
What starch do you have on hand?	
What vegetable do you have on hand?	
What herbs or spices in the flavor profile do you have on hand?	

next page...

Now, create your plan here:

A large, empty rectangular box with a thin black border, intended for creating a plan. It occupies the majority of the page area below the instruction text.