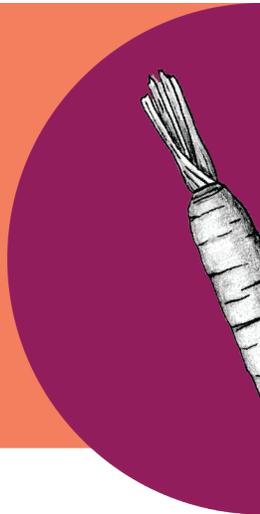


THE **EDIBLE**  
**SCHOOLYARD**  
PROJECT



## FIVE-INGREDIENT RECIPE

**Student Name:**

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**Summary:** Sometimes the best recipes begin with the ingredients you happen to have in your house. Along with some essential tips, and, if you need it, help from a friend, you can create and discover new recipes all on your own! This lesson will show you how to take five ingredients and build a list of flexible recipes you could make with them.

**Time:** 30 minutes

**Materials:**

- 5 ingredients from your kitchen.

**Vocabulary:**

- **Flexible recipe:** a recipe that can easily be adapted by substituting ingredients.



## FIVE-INGREDIENT RECIPE

**BRAINSTORM:** Today, we are going to talk about starting with five ingredients to make a flexible recipe. A flexible recipe is a recipe that can easily be adapted by substituting ingredients. For the first part of this lesson, brainstorm flavors that go with each ingredient individually.

1) strawberries:

2) vanilla extract:

3) lemon:

4) brown sugar:

5) thyme:

Then, see if any flavors or recipe ideas consistently appear across many of the ingredients. If so, that might indicate it is a good direction to pursue.



## FIVE-INGREDIENT RECIPE

**SEARCH:** Next, you will find a flexible recipe for these five ingredients. To find or develop a flexible recipe, **choose** one of the following **recipe search strategies**:

- **Search the internet:** Internet search engines can be beneficial to find recipes from ingredients—type in the ingredients you want to use. When I typed in vanilla, thyme, and strawberries, over 460,000 results came up, including a recipe for [Strawberry-Thyme lemonade](#) and fruit crumble.
- **Look at the index of your cookbooks:** The index of cookbooks can be beneficial for looking up recipes by ingredients. Identify the “main” ingredient of the five you chose. For example, in this lesson, I identify strawberries as the main ingredient.
- **Phone a friend/family member:** Each of us has different levels of comfort in the kitchen. Some of us have friends who are more comfortable with using flexible recipes or who can create recipes themselves. We recommend you phone a friend who you know is good in the kitchen.
- **Make a recipe up!** This strategy is best when you are comfortable in the kitchen. You can also experiment with adding to other recipes. Try it out!

**ANSWER:** Which strategy did you use to find your recipe? Was it easy to find a recipe using the five ingredients?

Write your answers here:

**FIND AND ANSWER:** Now find five ingredients of your own. Go into your kitchen and look at what you have. When choosing five ingredients, the following questions will help you determine if you are choosing ingredients that taste good together.

- Are my five ingredients savory or sweet? (make sure they are mostly either one or the other)
- If I imagine eating all of these ingredients together, does that sound good?
- Do I have one ingredient that can be the central part of the dish?

List your five ingredients here:

**DO:** Taking your five ingredients, find a recipe using the *recipe search strategies* (search the Internet, look at the index of cookbooks, etc.)

Write down or link to your recipe here:

### **Student Notes:**

Now that you know how to find a recipe that uses your five ingredients, go and make your recipe!

### **Teachers and Parents Notes:**

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 4.1, the first lesson of Unit 4.
- This activity supports students in practicing *creating*: undertaking projects that have tangible results in the kitchen.
- This activity encourages students to feel that cooking is more accessible.
- This lesson emphasizes using flexible recipes. It will be helpful for students to understand how to read a recipe to find recipes. See our [How to Read a Recipe](#) lesson as a pre-lesson or lesson extension.

### **References:**

Madlovefood (2015, April 5). *Vanilla-Thyme Lemonade*. Food52. Retrieved from <https://food52.com/recipes/35040-vanilla-thyme-lemonade>

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