

Manual for a CH cookbook

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Manual for a Culinary Heritage Cookbook

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1. INTRODUCTION

“Young meets old with Culinary Heritage” (YMOCH) is the name of a European project which aims to improve the intergenerational contacts and bring different generations together towards a more inclusive society with Culinary Heritage. Through this intergenerational communication and digital skills, these contacts can gradually be improved while having a lot of fun together. Intergenerational communication and interaction between students and elderly people about "Culinary Heritage" in food have a positive impact for both.

As part of this project, it will be developed a cookbook of traditional (old) recipes (under the Culinary Heritage) with contributions from each of our 6 partner countries. Here, VET-students will engage with elderly people to find out about and record traditional recipes. These recipes will be tested, and discussion will take place about the importance of preserving these recipes, their nutritional value through a modern lens and indeed how some recipes may be adapted for specific use, e.g. for people with specific recommendations.

In engaging with this process, students not only create a bridge with elderly people but also have an opportunity to participate in creating a multinational cookbook and can show the benefits of working collaboratively with European partners.

See also the project website: www.culinary-heritage.eu

Objectives of the Culinary Heritage Cookbook

a. Main objective of the CH-Cookbook

To develop an attractive manual how to make a Culinary Heritage (online) Cookbook. with information about cookbooks, nutrition aspects, alternatives for traditional ingredients and instruction hot to us the template.

b. Specific objectives

- To give students a better knowledge of Culinary Heritage, how to make an online cookbook.
- To stimulate students to learn how to make interviews with elderly people and how to collect old recipes,
To stimulate informal intergenerational contacts between students and elderly people.

Target groups

Target groups in the YMOCH project are the VET-students and their teachers (EQF level 4) and the elderly generation.

In addition, staff and volunteers in home care and municipalities are reached as an additional target group. They attain new competences and experiences in dealing with Culinary Heritage.

Table 1: objectives for participation of the target groups	
Target group	Objectives for participation
VET-students and their teachers	<ul style="list-style-type: none"> - Learn about Culinary Heritage - Learn how to make an online Culinary Heritage Cookbook - Improve intergenerational interest and understanding to each other (students and elderly people) - Improve digital competences and skills - Create a connection between VET-students, newcomers and teachers/trainers - Activities in the classroom - Have fun
Elderly people	<ul style="list-style-type: none"> - Improvement of social skills and competences - Participate in intergenerational experiences dealing with students over the interviews and old recipes - Improve digital competences and skills with an online Culinary Heritage Cookbook
staff and volunteers in home care and municipalities	<ul style="list-style-type: none"> - Improve social and digital competences - Establish an intergenerational connection and activities between VET-students, their teachers and staffs / volunteers - Development and using a network between VET-schools, home care and municipalities



2. CULINARY HERITAGE IN FOOD

Food is such an important part of our heritage and ethnicity, traditional foods and recipes play a key role in our food culture.

Before starting work on their recipe book students should firstly consider why the collection of old recipes is important. Old recipes play a significant role in preserving and perpetuating cultural heritage for several reasons:

1. **Historical Perspective:** Old recipes offer valuable insights into the culinary traditions and practices of past generations. They provide a window into the daily lives, habits, and tastes of people from different time periods. By following these recipes, we can experience and understand the flavours, ingredients, and techniques that were cherished and passed down through generations.
2. **Cultural Identity:** Recipes are an integral part of a community's cultural identity. They reflect the unique customs, traditions, and values of a particular region or group of people. Old recipes often incorporate locally available ingredients and cooking methods that are deeply rooted in the cultural fabric. Preserving these recipes helps to maintain a sense of cultural continuity and pride.
3. **Intergenerational Bonding:** Recipes passed down from one generation to another foster a sense of familial and community connection. They become a means of preserving family traditions and memories. Preparing and sharing old recipes can be a way for younger generations to connect with their ancestors, creating a sense of belonging and continuity.
4. **Gastronomic Heritage:** Food is an essential part of our intangible cultural heritage. Old recipes provide a link to the gastronomic traditions of a specific region or country. They represent the unique flavors, spices, and cooking techniques that have evolved over time. Preserving these recipes helps to safeguard the diversity of culinary heritage and prevents the loss of traditional dishes that might otherwise be forgotten.
5. **Cultural Exchange and Understanding:** Old recipes often originate from different parts of the world, showcasing the diversity of global cuisine. They can be a medium for cultural exchange, allowing people from different backgrounds to appreciate and understand each other's traditions. By exploring and experimenting with old recipes, we can foster cultural appreciation and bridge gaps between different communities.

6. **Research and Documentation:** Old recipes serve as valuable historical documents. They provide researchers and historians with insights into the social, economic, and environmental aspects of the past. These recipes can shed light on topics such as agricultural practices, trade routes, cultural exchanges, and the impact of historical events on food and cooking.

Old recipes are an important part of cultural heritage as they preserve culinary traditions, promote cultural identity, foster intergenerational bonding, safeguard gastronomic diversity, facilitate cultural exchange, and serve as historical documents.

By maintaining and passing on these recipes, we want our rich culinary heritage to continue to be appreciated and passed on to future generations. To this aim, we want to consider a number of questions:

- How can old recipes be presented online and what format should a Culinary Heritage Cookbook examining old recipes take?
- How do old recipes transfer into modern nutritional standards?
- Can ingredients be substituted into old recipes to meet modern nutrition standards?
- If we change a recipe too much do we lose the authentic old recipe, should old recipes be presented exactly as they were originally used?
- How can we care for people with specific requirements (e.g. allergies)?
- Should the history of the recipe be recorded?

These are some of the issues that we will explain in this manual.



3. CREATING A CULINARY HERITAGE COOKBOOK

A cookbook is a kitchen guidebook containing recipes. Recipes in cookbooks are organized in various ways: by course (appetizer, first course, main course, dessert), by main ingredient, by cooking technique, alphabetically or by region or country. They include illustrations of finished dishes and preparation steps; discussions of cooking techniques, advice on kitchen equipment, ingredients, tips, and substitutions; historical and cultural notes; and so on.

The design of a cookbook plays a crucial role in captivating readers, enhancing the reading experience, and reflecting the essence of the culinary world.

3.1. Types of a cookbook

Classic Elegance

The classically elegant design is reminiscent of the timeless charm of old cookbooks. These books exude sophistication with their ornate illustrations, decorated borders and carefully selected fonts, and are often slightly yellowed. They stand out for their attention to detail and refined presentation; appealing to people who appreciate the heritage of cooking, the richness of old-fashioned recipes and the art of culinary traditions. The design transports readers to a bygone era when cooking was considered a venerable craft.

Modern Minimalism

In contrast to the squiggly style of classic elegance, modern minimalism focuses on simplicity and clean lines. These cookbooks feature a minimalist aesthetic, with lots of white space, simple typography and minimalist photography. These cookbooks focus on functionality and contemporary aesthetics, allowing the recipes and culinary creations to take centre stage. The minimalist design serves as a backdrop that highlights the essence of the dishes and invites the reader to immerse themselves in the art of cooking without distraction.

Interactive Innovation

With the advancement of technology, cookbooks have transformed into interactive and innovative platforms. These books bridge the gap between printed and digital media, offering readers a multi-dimensional experience. Interactive innovation cookbooks can include QR codes, accompanying apps or augmented reality elements that provide additional content such as step-by-step videos, interactive recipe guides or virtual cooking demonstrations.



The design of these cookbooks combines traditional print media with digital interactivity, expanding opportunities for engagement and learning.

Culinary Narrative

Culinary narrative cookbooks combine storytelling with recipes, creating a rich and immersive experience. These books often showcase the personal journey of the author, highlighting their cultural background, travels, or culinary inspirations. The design may include photographs of the author's experiences, handwritten notes, or anecdotes that provide deeper context to the recipes. Culinary narrative cookbooks aim to engage readers on an emotional level, making them feel connected to the author's culinary adventures.

Artistic and Experimental

Artistic and experimental cookbooks blur the line between food and art. They showcase culinary creations as a form of artistic expression. These books often feature avant-garde recipes, unconventional ingredients, and breathtaking food photography. The design may include abstract illustrations, vibrant colours, and unconventional layouts. Artistic and experimental cookbooks cater to those with a creative and adventurous spirit, inspiring them to push the boundaries of traditional cooking and indulge in gastronomic innovation.

3.2. Creating a Culinary Heritage Cookbook

Creating a Culinary Heritage Cookbook allows the project participants to share the old recipes that have been collected. The cookbook can be used as a pedagogical tool for teachers working in the culinary field. The cookbook may be in traditional book format or may be online but in seeking to produce your cookbook, some general guidelines were considered:

Define Your Cookbook's Theme and Audience

- Choose a theme or focus for your cookbook, such as regional cuisine, healthy recipes, desserts, or family favourites. In this case we are dealing with old recipes, but it is still necessary to decide how these should be presented. For example, they may be ordered by country, by age or by meal type. Accordingly, it is necessary to identify your target audience to tailor the content and style of your recipes accordingly.



Recipe Selection and Organization

- Decide on the number of recipes you want to include and select a variety that represents your theme or showcases your expertise.
- Organize your recipes into logical categories, such as appetizers, mains, desserts, or by specific ingredients, cooking techniques or Country.

Recipe Testing and Development

- Ensure that each recipe is accurate, clear, and easy to follow by testing them thoroughly in your kitchen.
- Make necessary adjustments, provide precise measurements, and include helpful tips or variations to enhance the cooking experience.

Writing Recipe Instructions

- Write clear and concise instructions for each recipe, using a consistent format. Include ingredients, measurements, step-by-step directions, and cooking times.
- Incorporate personal anecdotes, stories, or tips to make the cookbook more engaging and relatable.

Photography and Visuals

- High-quality food photography is crucial to creating an appealing cookbook. Consider hiring a professional photographer or learn basic food photography skills.
- Capture enticing images of the prepared dishes, ingredients, and the cooking process to enhance the visual appeal of your cookbook.

Layout and Design

- Choose a layout and design that aligns with your cookbook's theme and suits your target audience's preferences.
- For traditional book format include a table of contents, an index, and page numbers to facilitate easy navigation.
- Utilize appealing fonts, colours, and graphics that complement your content and create an attractive visual presentation.
- These sample designs were created using a variety of tools including Microsoft Word, Microsoft Publisher, Microsoft Powerpoint and the free online version of Canva.



Writing Introductions and Additional Content

- Craft engaging introductions that provide background information, personal stories, or insights related to the recipes or your culinary journey.
- Consider adding additional content like cooking tips, nutritional information, or suggested wine pairings to enhance the value of your cookbook.

Editing and Proofreading

- Thoroughly review your cookbook for spelling errors, grammatical mistakes, and consistency in formatting.
- Seek feedback from friends, family, or trusted individuals to ensure clarity and accuracy.

3.3 Roadmap for making a CH Cookbook

The Roadmap contains background information and links to other sources. Students (and their teachers) can read it as preparation for the practical implementation of the project activities, as described in the YMOCH project. It includes preparation steps (about Culinary Heritage, the goal of collecting old recipes, duration of the interviews with elderly people, collecting old recipes, filling in into the template and evaluation of the whole process).

See also the project website www.culinary-heritage.eu



	NR.	interview	content	Remarks
Preparation step 1	1	Planning the appointment (date, time, location)	Plan your appointment with the elderly people with the staff in elderly home	Let help you by your teacher and the staff
	2	Read the guide „how to make interview“	In the guide you will find the possibilities about making interviews	
	3	Read the guide about the communication with elderly people	In the guide you will find essential basic knowledge, advice, tips how to communicate with elderly people	Talk with your group about this communication
	4	Read the guide about Culinary Heritage	In this guide you find information about the theme Culinary Heritage and what is for your interview important.	Plan with your group (and with your teacher) a common meeting to prepare the content of the interview
	5	Prepare your interview with a decision about the technique	Decide which interview you want to make (reordered with your phone or with video or a podcast) Plan your equipment you need for the interview (e.g. pen, notice paper, your phone is charged)	Talk with your group about your preparation Make notes about the goal of the project, the theme Culinary Heritage, questions you want to ask your interview partner



Duration step 2	6	Open the interview and ask your interview partner about his "feeling"		Create a nice and friendly atmosphere
	7	present yourself	name, age, your interests	
	8	let the elderly present her/himself	Collect information about his/her life, career, health, family, etc.	Make notes
	9	Try to find out the level of digital competences.	Do they have a mobile phone and/or a tablet? How she/he use it in their daily life?	If so, you can show the project website.
	10	Explain why do you make this interview	goal of the project, what you want to know if they are already informed about the project	collecting old recipes, the cookbook, the goose play and the cooking event.
Duration step 3	11	Culinary Heritage	Explain Culinary Heritage and the goal of the interview for this project	
	12	Old recipes	Ask she/him about old recipes	
	13	CH cookbook	Template of the cookbook / recipes	Explain the content of CH-recipes
	14	Checklist for the recipes	Make the checklist based on the format of the cookbook	See structure: ingredients, preparation and cooking time, instructions, etc. and the CH story.



Duration step 4	15	Collect old recipes using the checklist for the recipes	Ask if she/he have it on paper or only orally? Ask also for historical backgrounds from the recipe (Culinary Heritage)	Show the structure of the recipes in the cookbook
		Finishing the interview	Thank you, your interview partner for this interview, for the time	You will fill in all collected recipes into the format and you will show your interview partner the result You will evaluate the interview with your interview partner
Editing		Fill in the collected recipes into the template	Each collected recipes should be filled in into the template	You should collect 1-2 recipes
evaluation		Evaluation of the interview	Please follow and use the questionnaires	Your interview partner should answer online You will get the result
		Evaluation with your teacher and the staff in the elderly home	Check the answers from your interview partner and use these for your analyses	Organize a group meeting with your students to evaluate the interviews with your teacher and the staff



4. CULINARY HERITAGE COOKBOOK

After the previous chapters have explained Culinary Heritage and contents for a cookbook have been explained in the previous chapters, it is now a question of describing the structure and contents for the Culinary Heritage cookbook.

4.1 Template for a Culinary Heritage Cookbook

Recipe page designs and beautiful cookbook inspiration for sharing family recipes and creating beautiful binders.

The Culinary Heritage Cookbook will have the following structure:

- Title of the recipe
- Storytelling (with focus on Culinary Heritage)
- Table of Ingredients
- Preparation time
- Cooking time, cooking equipment, cooking methods
- Number of servings
- Instruction how to make it
- Specific information from the country
- Tips for Alternative
- Glossaries

Within the template there is scope for the following information:

Table 1: template for a Culinary Heritage Cookbook	
score	Section
Storytelling	why is this recipe culinary heritage – this should be briefly outlined in the “ History ” section
Preparation time	should be included in the “ Comments ” section
Cooking time	should be included in the “ Comments ” section
Number of servings	should be included in the “ Comments ” section
Ingredients	should be included in the “ Ingredients ” section



Instruction how to make it	should be included in the “ Method ” section
Special remarks	should be included in the “ Comments ” section

4.2. How to use the template?

After your interviews with elderly people, you collect old recipes.

Please choose 2 recipes from these to include in the template.

Please note the following information:

- Please use the template (Microsoft Word) (see point 4.1.).
- Each country will produce their own recipe book using the template file. Once complete these books will be combined to form one overall project Culinary Heritage Cookbook. For this reason, it is essential that all guidelines regarding the length of each section font sizes, styles are strictly adhered to.
- Recipes should be presented in their original form, without alteration for modern nutritional or other concerns.
- The picture page can have one large photograph of the finished meal but may also contain up to six photos provided that they are arranged so as to fill the available space with appropriate white space between each photo. Photo size / quality should be sufficient to allow the photo to be printed on an A4 page without loss of clarity or visibility of pixels.
- The text recipe page has been created using a two-column table. The size of the table should not be altered. There is no text autoflow between the columns so cut and paste should be used to fit the text into the columns as appropriate.
- The main heading on the page will be the recipe title. The title should include the first name of the person who gave you the recipe, so for example “Rudolf’s Pidgeon Pie”, “Pia’s Potato Stew” etc. The main heading is a heading 1 style.
- Headings “Ingredients”, “Method”, “History” and “Comments” are heading 2 style and may be moved as appropriate.



- The main font in the template is Verdana (Pro) size 11. This should not be altered.
- In some cases, it may be necessary to enlarge or reduce the size of the “History” or “Comments” section so that the recipe information fits neatly onto one page. Recipes should not run on to a second page.
- Students may add to the end of the various individual glossaries or conversion data given in the recipe book. These will be combined into one section in the finished book.
- The introduction section is for each country to complete and may include general background information on culinary heritage in your country. Work already completed in the earlier stages of this project on Culinary/Cultural Heritage can feed into this introduction. This section should not be longer than 2 pages and will be Calibri (Body) size 10
- A more general introduction to the complete cookbook will be added once the individual country cookbooks are submitted.
- The combined cookbook from each partner country will have the recipes listed by country with each country having its own introduction page and recipe pages. Each country should present a minimum of 5 recipes to the book.
- Students should complete the section on “Alternative Options” in discussion with their teachers. This section is to allow for students to choose healthier options for some ingredients that may be used in their recipes. These may be based on modern nutritional standards, options for Vegans and Vegetarians, alternative cooking instructions with more modern grills, ovens, air fryers etc. In some cases, alternative ingredients may be essential as older options may be hard to source. This section may run to a number of pages depending on the number of alternatives you wish to suggest. It will be in Calibri (Body) size 10



5. TRANSFERRING OLD RECIPE INTO MODERN ONES

5.1 Five Tips for adapting old recipes into modern ones

Michelle Peters Jones: <https://www.foodbloggersofcanada.com/5-tips-to-adapt-old-recipes-for-a-modern-kitchen/>

Old recipes bring out nostalgic memories from the elderly people and in everyone. It can, however, be a challenge to translate and update these recipes for a modern kitchen, especially in light of newer techniques and research around food and cooking.

We live in a fast paced world, and while slow cooking, old fashioned techniques sound terrific, real life doesn't always allow for spending hours in the kitchen.

General remark

Not all old recipes need their techniques updating. In transformation, we should be careful and use modern science wherever it is available.

1. step: Identifying the ingredients

One of the first steps in updating old recipes is to make sure that the ingredients used are the right ones. Finding these ingredients can be time-consuming, but there are specialist shops that sell them if you want to stay true to the recipe.

2. step: substituting ingredients

In the second step, the ingredients are to be checked; can I buy them, do they meet vegetarian requirements, for example? From which region and where do these ingredients come from?

At this point you should look for a substitute for the ingredients. For this matter we have compiled lists for alternative ingredients (see point 8).

Let's take butter; butter can be replaced by olive oil; Olive oil is a healthy source of monounsaturated fats and can be used in savoury recipes as a substitute for butter or lard



3. step: reworking quantities and temperatures

Substituting ingredients is all well and good, but how much? There are three parts to this tip.

The *first part* is researching whether we can directly substitute the quantity of ingredient to ingredients.

Going to hartshorn, a little more digging found that I could substitute 1 teaspoon of baking powder to 1/2 teaspoon of hartshorn. Finding the right quantities when it comes to substituting ingredients is crucial, as it can mean the difference between making a recipe work, and having a disaster on your hands.

The *second part* of this tip is more practical. Older recipes may use measurements that we are unfamiliar with, and there are several times when a recipe doesn't even specify a quantity.

Please look at the point 5.2. Volume and Weight conversion

The *part three*, is working with temperatures. Old recipes will be cooked in an old fashion oven; now the modern one don't need e.g. mentioned temperatures and cooking time. Ask the elderly people how they cooked the recipe.

4. step: understanding techniques

The other thing to keep an eye while adapting older recipes is techniques. You know the used technique for cooking the old recipe. Some techniques are unsafe, not more used and the recipe includes practice older methods of cooking. Understanding techniques means to get a feel for how the recipe will work and where you can use shortcuts. Again, research is key.

5. step: updating appliances

The old French technique for making the perfect meringue calls for whisking egg whites in a copper bowl. But now we use a nifty little electric whisk and a stainless-steel bowl that don't need to polish.

Modern appliances make it easier to adapt older recipes, and a little bit of research will help in making those choices a lot easier. And the end result of updating older recipes is that we now have the opportunity to pass them down to our own children and grandchildren. Now that is a legacy worth leaving.






5.2. Volume and Weight conversion

Converting measurements from old recipes to modern measuring units can be a bit tricky since units have evolved over time. However, I'll provide you with some common conversions and examples to help you out. Please note that these are approximate conversions and may vary depending on the recipe and region.


Table 6: measurements from old recipes to modern measuring units	
measurements from old recipes	measurements to modern units
Volume Conversions	
Teaspoon (tsp)	1 tsp = 5 millilitres (ml)
Tablespoon (tbsp)	1 tbsp = 15 ml
Fluid Ounce (fl oz)	1 fl oz ≈ 30 ml
Cup	1 cup = 240 ml
Weight Conversions	
Ounce (oz)	1 oz ≈ 28 grams (g)
Pound (lb)	1 lb ≈ 454 g
Miscellaneous Conversions	
Pinch	A pinch is a very small amount, approximately 1/16th of a teaspoon
Dash	A dash is slightly more than a pinch, around 1/8th of a teaspoon

Overview: Volume and Weight Conversion

Volume and Weight Conversion

GALLON	QUART	PINT	CUP	OUNCE	GRAM	TBLSP	TSP	ML	DROP
1	4	8	16	128	3584	256	768	3840	79800
	1	2	4	32	896	64	192	960	19200
		1	2	16	448	32	96	480	9600
			1	8	224	16	48	240	4800
				1	28	2	6	30	600
						1	3	15	300
							1	5	100
								1	20

Scan me



To view

Use your phone camera to scan this QR code and use the digital calculator link to help with converting your recipes

Theodor Gundert



Examples:

Recipe calls for 1/4 cup of milk:

Convert 1/4 cup to millilitres: $1/4 \text{ cup} * 240 \text{ ml/cup} = 60 \text{ ml}$

Recipe calls for 8 ounces of flour:

Convert 8 ounces to grams: $8 \text{ oz} * 28 \text{ g/oz} = 224 \text{ g}$

Recipe calls for a pinch of salt:

No conversion necessary, use a small amount, about 1/16th of a teaspoon.

Recipe calls for a dash of pepper:

No conversion necessary, use a slightly larger amount than a pinch, about 1/8th of a teaspoon.

Remark: These conversions are approximate and may vary depending on the recipe and the specific ingredient being measured. It's always a good idea to adjust measurements according to your taste and preferences. Students may add additional conversion examples to their cookbook.

Conversion factor:

Conversion factor = new yield / old yield

e.g. $10 \text{ g salt (new yield)} / 4 \text{ g salt (old yield)} = 2,5$

That means:

Original amount = 4 g x conversion factor: $2,5 = \text{New amount} = 10 \text{ g}$
($4 \times 2,5 = 10$)

e.g. $4 \text{ g salt (new yield)} / 10 \text{ g salt (old yield)}$

That means:

Original amount = $10 \text{ g} / \text{conversion factor: } 2,5 = \text{New amount} = 4 \text{ g}$
($10 / 2,5 = 4$)



6. NUTRITION ASPECTS

Nutrition plays a crucial role in maintaining good health and well-being. To ensure the promotion of healthy eating habits, many countries and regions have established nutritional standards and guidelines. In Europe, the European Union (EU) and individual member states have made significant efforts to develop comprehensive and science-based guidelines to guide the population towards healthier food choices. Here we will examine the European food nutritional standards and guidelines, their objectives, and the impact they have on public health.

6.1. European Union Guidelines

The European Food Safety Authority (EFSA):

The EFSA is the leading EU agency responsible for providing scientific advice on food safety and nutrition. It conducts research and assesses health claims, dietary reference values, and nutrient profiles. EFSA's opinions contribute to the development of EU guidelines.

European Food Safety Authority: <https://www.efsa.europa.eu/en>

The EU Framework for National Initiatives on Selected Nutrients:

This framework aims to harmonize the approaches of EU member states in addressing nutrient deficiencies.

It focuses on key nutrients such as iodine, vitamin D, and folate, which are important for public health.

https://health.ec.europa.eu/publications/eu-framework-national-initiatives-selected-nutrients_en

European Nutrition and Health Claims Regulation

This regulation establishes criteria for the use of nutrition and health claims on food products. It ensures that claims made on food labels are scientifically substantiated and accurate, protecting consumers from misleading information.

https://food.ec.europa.eu/safety/labelling-and-nutrition/nutrition-and-health-claims_en

National Institute for Public Health and the Environment, Ministry of Health, Welfare and Sport Netherlands –

The National Institute for Public Health and the Environment published a new edition of the Dutch food composition database (NEVO). This 2019 edition contains nutrient data for over 2150 food items. Values for 133 components (proteins, fats, fatty acids, vitamins and minerals) are available.

Food Table: <https://nevo-online.rivm.nl/Home/En>



European Dietary Guidelines

The EU publishes general dietary guidelines to promote healthy eating habits and prevent diet-related diseases. These guidelines emphasize the importance of consuming a balanced diet, reducing salt, sugar, and saturated fat intake, and increasing fruit, vegetable, and fibre consumption. They provide practical advice on portion sizes, cooking methods, and maintaining an active lifestyle.

<https://www.efsa.europa.eu/en/topics/topic/dietary-reference-values>

National Dietary Guidelines

EU member states develop their own national dietary guidelines based on the EU recommendations.

These guidelines consider specific dietary patterns, cultural preferences, and local food availability. They aim to educate the population about healthy eating and help individuals make informed food choices.

There are certain common principles and recommendations that can be found in many European countries' dietary guidelines. Here are some general guidelines often recommended:

- **Balanced Diet:** A balanced diet is encouraged, which includes a variety of foods from all food groups in appropriate proportions.
- **Fruit and Vegetables:** Consumption of fruits and vegetables is emphasized, aiming for at least five servings per day. These provide essential vitamins, minerals, and dietary fibre.
- **Whole Grains:** Consumption of whole grains, such as whole wheat, oats, and brown rice, is recommended over refined grains.
- **Protein:** Adequate intake of protein is essential for growth, development, and maintenance of body tissues. Protein sources can include lean meats, poultry, fish, legumes, nuts, and dairy products.
- **Healthy Fats:** Choosing healthy fats, such as those found in nuts, seeds, avocados, and fatty fish, is recommended over saturated and trans fats. Moderation in fat intake is advised.
- **Sugar and Salt:** Reducing the consumption of added sugars and high-sodium foods is encouraged. Limiting the intake of sugary beverages, sweets, processed foods, and high-salt condiments can help achieve this.
- **Hydration:** Drinking an adequate amount of water daily is important for maintaining hydration and overall health.
- **Moderate Alcohol Consumption:** For individuals who choose to drink alcohol, moderate consumption is advised. Guidelines may vary between countries, but moderation typically means limiting intake to a certain number of standard drinks per day or week.
- **Physical Activity:** European dietary guidelines often highlight the importance of regular physical activity alongside a healthy diet for overall well-being. Recommendations for physical activity can vary depending on age, fitness level, and health conditions.



It is important to note that specific recommendations and guidelines may vary among European countries, so it's advisable to refer to the guidelines provided by the health authorities or organizations in your respective country for the most accurate and up-to-date information.

Food Labelling

The EU has implemented regulations that require food products to display standardized nutrition information. This information includes energy value, fat, saturated fat, carbohydrates, sugars, protein, and salt content per 100 grams or millilitres. Clear labelling helps consumers understand the nutritional composition of food products and make informed choices.

https://food.ec.europa.eu/safety/labelling-and-nutrition/food-labelling-information-system-flis_en

Impact on Public Health

European nutritional standards and guidelines contribute to improving public health outcomes. They raise awareness about the importance of a balanced diet and encourage healthier food choices. By promoting reduced intake of unhealthy nutrients, such as saturated fats and added sugars, they help prevent chronic diseases like obesity, cardiovascular diseases, and type 2 diabetes.

European food nutritional standards and guidelines play a vital role in shaping dietary habits and promoting public health. Through the efforts of the European Union, member states, and organizations like the EFSA, these guidelines are based on scientific evidence and aim to improve the overall nutritional status of the population. By providing clear information, promoting balanced diets, and reducing the consumption of unhealthy nutrients, these guidelines empower individuals to make informed choices for their well-being. Continued efforts in this area will contribute to healthier lifestyles and a reduction in diet-related diseases across Europe.

Safe Foods

SAFE FOODS is a European project established in 2004 that deals with food safety. It aims to contribute to the restoration of consumer confidence in the safety of the European food chain, to refine risk analysis practices for food safety via an interdisciplinary approach. The full title of the project is "SAFE FOODS - Promoting a new, Integrated Risk Analysis Approach for Foods"

<https://www.safefoods.nl/en/safefoods.htm>

National Food Safety Authorities within the EU:

https://food.ec.europa.eu/safety/biological-safety/food-hygiene/approved-eu-food-establishments/national-websites_en



7. ALTERNATIVES FOR TRADITIONAL INGREDIENTS

Applying modern nutritional guidelines to old recipes is a great way to make traditional dishes healthier without compromising their taste and cultural significance. Here are some steps you can take to modify old recipes using modern nutritional guidelines:

7.1. Understand the Nutritional Guidelines

Familiarize yourself with the modern nutritional guidelines or recommendations in your region. These guidelines typically emphasize consuming a balanced diet that includes whole grains, lean proteins, fruits, vegetables, and healthy fats, while limiting the intake of added sugars, sodium, and saturated fats.

Assess the Original Recipe

Carefully review the original recipe to identify the ingredients and cooking methods used. Take note of any ingredients or techniques that may need modification to align with modern nutritional guidelines.

7.2. Tips to modify Ingredients

- Reduce unhealthy fats: Substitute saturated fats, such as butter or lard, with healthier options like olive oil, avocado oil, or coconut oil in moderation.
- Increase whole grains: Replace refined grains, such as white flour or white rice, with whole grain alternatives like whole wheat flour, brown rice, or quinoa.
- Enhance protein choices: opt for lean sources of protein, such as skinless poultry, fish, legumes, or tofu, instead of higher-fat cuts of meat.
- Boost vegetable and fruit content: Incorporate more vegetables and fruits into the recipe to increase fibre, vitamins, and minerals. You can add vegetables to stews, casseroles, or stir-fries, and include fruits in desserts or salads.
- Reduce added sugars: Decrease the number of added sugars by using natural sweeteners like fruits, honey, or maple syrup, or reduce the overall sweetness in the recipe.
- Limit salt: Use herbs, spices, and other flavour-enhancing ingredients to reduce the reliance on salt for flavour.



7.3. Tips to modify Cooking Methods

- Baking and grilling: Instead of frying foods, consider baking, grilling, or roasting them. This method reduces the need for additional fats and promotes a healthier cooking technique.
- Steaming or sautéing: Opt for steaming or sautéing vegetables instead of boiling them to retain more nutrients.
- Portion control: Pay attention to portion sizes to ensure moderation in calorie intake.

7.4. Maintain the Essence of the Dish

While making modifications, aim to preserve the essential flavours and textures of the original recipe. Experiment with different ingredient substitutions and cooking techniques to achieve the desired balance between taste and healthfulness.

Test and Adjust

Once you've made the modifications, prepare the dish and taste-test it. Assess whether the flavours and textures meet your expectations. If necessary, make further adjustments to the ingredients or cooking methods until you are satisfied with the result. Remember, modifying old recipes to align with modern nutritional guidelines is an iterative process. It may take some experimentation to find the right balance between taste, tradition, and healthfulness.

7.5. Tips for sample General Substitutions

Here are some sample alternative ingredients that you can use to improve the nutritional value of old recipes:

Table 2: General Substitution	
ingrediencies	alternative
Quinoa instead of white rice	Quinoa is a complete protein and a good source of fibre
Greek yogurt instead of sour cream	Greek yogurt is lower in fat and higher in protein
Whole wheat flour instead of all-purpose flour	Whole wheat flour is higher in fibre and nutrients
Coconut sugar instead of white sugar	Coconut sugar has a lower glycaemic index and contains small amounts of minerals



Avocado instead of butter	Avocado is a healthier fat alternative that adds creaminess to recipes
Chia seeds instead of eggs	Chia seeds can be used as an egg substitute and are rich in omega-3 fatty acids
Nutritional yeast instead of cheese	Nutritional yeast adds a cheesy flavor and is a good source of B vitamins
Almond milk instead of cow's milk	Almond milk is lower in calories and saturated fat
Lentils instead of ground meat	Lentils are high in protein and fibre, and can be used as a meat substitute
Sweet potatoes instead of regular potatoes	sweet potatoes are rich in vitamins and fibre
Spinach instead of iceberg lettuce	Spinach is more nutrient-dense and provides iron and other minerals
Whole grain pasta instead of regular pasta	Whole grain pasta contains more fibre and nutrients
Turmeric instead of salt	Turmeric adds flavour and has anti-inflammatory properties
Almond flour instead of breadcrumbs	Almond flour is gluten-free and adds a nutty flavour
Cacao nibs instead of chocolate chips	Cacao nibs are less processed and contain antioxidants
Ground flaxseed instead of breadcrumbs	Ground flaxseed is high in fibre and can be used as a binder
Pureed cauliflower instead of cream	Pureed cauliflower adds creaminess and is lower in fat
Hemp seeds instead of croutons	Hemp seeds are a good source of protein, healthy fats, and minerals
Tamari or coconut aminos instead of soy sauce	Tamari and coconut aminos are gluten-free alternatives
Medjool dates instead of caramel or syrup	Dates add natural sweetness and contain fibre
Oat flour instead of white flour	Oat flour is gluten-free and high in fibre
Pumpkin puree instead of oil or butter	Pumpkin puree adds moisture and vitamins
Mashed bananas instead of oil	Mashed bananas can replace oil in baking and add natural sweetness
Apple sauce instead of sugar	Unsweetened apple sauce can reduce the amount of added sugar
Edamame instead of croutons	Edamame provides protein and a crunchy texture

Brown rice syrup instead of corn syrup	Brown rice syrup is a natural sweetener without high fructose corn syrup
Mushrooms instead of meat	Mushrooms add a meaty texture and are low in calories
Coconut oil instead of vegetable oil	Coconut oil is a healthier oil option with medium-chain triglycerides
Kelp noodles instead of regular noodles	Kelp noodles are low in calories and carbohydrates
Almond butter instead of peanut butter	Almond butter is higher in healthy fats and provides a different flavour profile

It is always important to remember that substitute ingredients do not work in every situation and that care and thought must be applied to any substitution. Remember to adjust the quantities and cooking methods accordingly when using alternative ingredients in your recipes.

7.6. Tips for sample alternatives to fat or dripping

If you're looking for alternatives to fat, lard or dripping in old recipes, here are some possible options:

Table 3: Alternatives to fat or dripping	
Ingredients	Alternatives
Olive oil	Olive oil is a healthy source of monounsaturated fats and can be used in savoury recipes as a substitute for butter or lard
Coconut oil	Coconut oil adds a rich flavour and can be used in both sweet and Savory recipes. It is solid at room temperature, like butter
Avocado	Mashed or pureed avocado can be used as a replacement for fat in baking recipes, providing a creamy texture and healthy fats
Unsweetened applesauce	Applesauce can be used to replace fat in recipes like muffins, cakes, and quick breads. It adds moisture and a subtle sweetness
Greek yogurt	Greek yogurt can be used as a substitute for fat in recipes like dressings, sauces, and baked goods. It adds creaminess and protein
Nut butters	Natural nut butters like almond butter or cashew butter can be used as a substitute for fat in recipes like cookies and energy bars



Mashed bananas	Mashed ripe bananas work well as a fat substitute in baking recipes, especially in items like pancakes, muffins, and breads
Silken tofu	Silken tofu can be blended and used as a fat replacement in creamy sauces, soups, and desserts
Prune puree	Prune puree or baby food prunes can be used as a fat substitute in baked goods, providing moisture and natural sweetness
Pumpkin puree	Pumpkin puree can replace fat in recipes like brownies, cakes, and muffins, adding moisture and a subtle flavour
Buttermilk	Buttermilk can be used in recipes that call for fat, adding moisture and tanginess. It works well in pancakes, biscuits, and marinades
Vegetable or chicken broth	In Savory recipes like sautéing or roasting, you can use vegetable or chicken broth to replace some or all of the fat
Wine or vinegar	In recipes that require deglazing or adding acidity, you can use wine or vinegar to replace some or all the fat
Nutritional yeast	Nutritional yeast can add a rich, cheesy flavour to recipes, allowing you to reduce or eliminate the amount of fat needed
Aquafaba	Aquafaba, the liquid from canned chickpeas, can be used as a substitute for fat in recipes like meringues, mousses, and vegan baked goods

These alternatives can vary in their effects on taste and texture, so it's important to consider the specific recipe and adjust the quantities accordingly. Experimenting with different options can help you find the best alternative for your desired outcome.



7.7. Tips for sample alternatives to meat

If you're looking for alternatives to meat in old recipes, here are some sample options:

Table 4: Alternatives for meat	
ingrediencies	alternatives
Legumes	Beans, lentils, and chickpeas are excellent sources of plant-based protein and can be used in place of meat in various dishes like stews, soups, and chili
Tofu	Tofu is a versatile meat substitute that can be used in stir-fries, curries, or even grilled as a meat alternative
Tempeh	Tempeh is a fermented soy product that has a nutty Flavors and firm texture. It can be sliced, marinated, and used in place of meat in sandwiches, tacos, or stir-fries
Seitan	Seitan, also known as wheat gluten, is a high-protein meat substitute that has a meaty texture. It can be used in recipes like stir-fries, stews, or sandwiches
Mushrooms	Portobello mushrooms or other meaty mushrooms can be grilled or sautéed and used as a substitute for meat in burgers, sandwiches, or pasta dishes
Jackfruit	Young jackfruit has a stringy texture that resembles pulled pork or shredded chicken. It can be seasoned and used in dishes like tacos, sandwiches, or BBQ-style recipes
Textured vegetable protein (TVP)	TVP is a dehydrated soy product that can be rehydrated and used as a ground meat substitute in recipes like tacos, chili, or pasta sauces
Plant-based meat alternatives	There are various plant-based meat substitutes available on the market, such as Beyond Meat or Impossible Foods products. These can be used in place of meat in recipes like burgers, meatballs, or sausages
Eggplant	Eggplant has a hearty texture and can be used as a substitute for meat in dishes like eggplant parmesan, moussaka, or stuffed vegetables
Cauliflower	Finely chopped or riced cauliflower can be used as a replacement for ground meat in dishes like cauliflower tacos or cauliflower Bolognese sauce

When substituting meat with plant-based alternatives, it's essential to consider the flavours and textures of the original recipe and adjust seasoning and cooking methods as needed.

7.8. Tips for sample Alternatives to Sugar

If you're looking for alternatives to sugar in old recipes, here are some sample options:

Table 5: Alternatives to sugar	
Ingredients	Alternatives
Honey	Honey is a natural sweetener that can be used as a substitute for sugar in many recipes. It provides a unique flavour and may require adjustments to the other liquid ingredients in the recipe
Maple syrup	Maple syrup is another natural sweetener that can replace sugar in a variety of recipes, such as baked goods, dressings, and marinades. It adds a rich, distinctive flavour
Agave nectar	Agave nectar is a sweet syrup derived from the agave plant. It can be used as a sugar substitute in recipes and works well in beverages, sauces, and baked goods
Stevia	Stevia is a plant-based sweetener that comes from the stevia plant. It is much sweeter than sugar, so only a small amount is needed. It is available in powdered or liquid form and can be used in a wide range of recipes
Coconut sugar	Coconut sugar is derived from the sap of coconut palm trees. It has a similar taste to brown sugar and can be used as a 1:1 replacement in most recipes
Date paste	Date paste is made by blending soaked dates with water until smooth. It can be used as a natural sweetener in baking recipes, smoothies, and energy balls
Fruit puree	Unsweetened applesauce, mashed bananas, or other fruit purees can be used to replace sugar in recipes like muffins, cakes, and cookies. They add natural sweetness and moisture
Monk fruit sweetener	Monk fruit sweetener is a natural sweetener extracted from monk fruit. It is low in calories and has a taste like sugar, making it a suitable replacement in many recipes
Xylitol	Xylitol is a sugar alcohol that has a similar sweetness to sugar. It can be used as a substitute in recipes but



	be aware that it can have a cooling effect and may not work well in all baked goods
Erythritol	Erythritol is another sugar alcohol that provides sweetness without the calories. It can be used in recipes, but keep in mind that it may have a cooling effect and can be less sweet than sugar

When substituting sugar with alternative sweeteners, it's important to note that they may have different characteristics and sweetness levels. Adjustments to the quantities and other ingredients in the recipe may be necessary for the best results.

7.9. Tips Allergies

It is also important for students to be aware that many people have allergies to certain ingredients. The most common food allergies are:

Table 6: Allergies	
Ingredients	Alternatives
Cow's milk	An allergy to cow's milk is most often seen in babies and young children. It's one of the most common childhood allergies, affecting 2–3% of babies and toddlers. However, around 90% of children will outgrow the condition by the time they're 3 years old, making it much less common in adults. If a diagnosis of a cow's milk allergy is made, the only treatment is to avoid cow's milk and foods that contain it. This includes any foods or drinks that contain milk, milk powder, cheese, butter, margarine, yogurt, cream, ice cream
Eggs	An egg allergy is the second most common cause of food allergy in children. However, 68% of children who are allergic to eggs will outgrow their allergy by the time they're 16 years old. It's possible to be allergic to egg whites but not the yolks, and vice versa. This is because the proteins in egg whites and egg yolks differ slightly. Yet, most of the proteins that trigger an allergy are found in egg whites, so an egg white allergy is more common
Tree nuts	A tree nut allergy is an allergy to some of the nuts and seeds that come from trees. It's a very common food allergy. Some examples of tree nuts include Brazil nuts, almonds, cashews, macadamia nuts, pistachios, pine nuts, walnuts. People with a tree nut allergy will also be allergic to food products made with these nuts, such as nut butters and oils



Peanuts	Like a tree nut allergy, peanut allergies are very common and can cause severe and potentially fatal allergic reactions
Shellfish	A shellfish allergy is caused by your body attacking proteins from the crustacean and mollusc families of fish, which are known as shellfish. Examples of shellfish include shrimp, prawns, crayfish, lobster, squid, and scallops. Interestingly, even the vapours from cooking shellfish can trigger a shellfish allergy in those who are allergic. This means that many people are also advised to avoid being around seafood when it's being cooked
Wheat	A wheat allergy is an allergic response to one of the proteins found in wheat. It's often confused with celiac disease and non-celiac gluten sensitivity, which can have similar digestive symptoms. Celiac disease and non-celiac gluten sensitivity are caused by an abnormal immune reaction to one specific protein — gluten — that also happens to be found in wheat
Soy	Soy allergies affect up to 0.5% of children and are most seen in infants and children under 3 years old. They're triggered by a protein in soybeans or soybean-containing products. However, around 70% of children who are allergic to soy outgrow the allergy
Fish	Fish allergies are common, affecting up to around 7% of adults. Since shellfish and fish with fins don't carry the same proteins, people who are allergic to shellfish may not be allergic to fish. However, many people with a fish allergy are allergic to one or more types of fish

Some less common food allergies include linseed, sesame seed, peach, banana, avocado, kiwi fruit, passion fruit, celery, garlic, mustard seeds, chilli, aniseed, and chamomile.

In all cases when dealing with people suffering from allergies awareness of the ingredients within your recipe is key.



APPENDIX 1: GLOSSARIES

To help students and users understand some of the terms and ingredients being used in old recipes we will include several glossaries into the finished cookbook. While we can start this process here it is important to allow students to add to these glossaries as they collect the recipes. So, we have provided various glossaries of common terms here but will expect these to expand as work on the cookbook progresses.

Some Common Herbs in Old Recipes

Traditional recipes often incorporated a variety of herbs to enhance flavour, aroma, and even provide medicinal benefits. The specific herbs used varied depending on the region, cultural practices, and availability. Here are some commonly used herbs in old recipes:

Basil: A popular herb used in Mediterranean cuisine, particularly in Italian dishes like pesto and tomato sauces.

Parsley: Widely used as a garnish and also added to soups, stews, and sauces for added flavour.

Thyme: A fragrant herb used in both fresh and dried forms in savoury dishes, such as roasted meats, stews, and marinades.

Rosemary: Often used with roasted meats and potatoes, as well as in bread and marinades for its distinct aroma and flavour.

Sage: Known for its earthy flavour, sage is used in stuffing, sausages, and as a seasoning for poultry.

Oregano: Commonly found in Italian, Greek, and Mediterranean cuisines, oregano is used in pasta sauces, pizzas, and meat dishes.

Dill: Used for pickling, flavouring sauces, and adding a fresh taste to fish, salads, and soups.

Mint: Frequently used in both sweet and savoury dishes, including teas, desserts, lamb dishes, and Middle Eastern cuisine.

Cilantro (Coriander leaves): Often found in Mexican, Indian, and Southeast Asian recipes, it adds a fresh and citrusy flavour to salsas, curries, and salads.

Bay leaves: Typically used in soups, stews, and braised dishes for their aromatic qualities. They are removed before serving.

Marjoram: Similar to oregano, marjoram has a milder flavour and is often used in sausages, stews, and herb blends.

Tarragon: Known for its distinct anise-like flavour, tarragon is used in French cuisine, particularly in sauces like béarnaise and tartare.



Angelica: This herb was used as a remedy for various ailments such as colds, rheumatism, and indigestion. It has a sweet and musky flavour that can be candied, added to jams and cakes, or brewed as a tea.

Glossary of Terms from old recipes

Scald: To heat a liquid (usually milk) to just below boiling point, where small bubbles form around the edges.

Blanch: To briefly immerse food (usually vegetables or fruits) in boiling water, then transfer it to cold water, to remove the skin or to set the color. Alternatively to quickly boil food (usually vegetables) for a short period, then plunge it into ice water to halt the cooking process. Or to immerse food (such as almonds or tomatoes) in boiling water briefly, then transfer it to cold water to facilitate peeling.

Cream: To beat ingredients (usually butter and sugar) together until soft and smooth.

Dredge: To lightly coat food with flour or breadcrumbs before cooking.

Sift: To pass dry ingredients (such as flour) through a fine-mesh sieve to remove lumps and incorporate air.

Baste: To spoon or brush liquid (usually pan drippings) over food while it's cooking to add flavor and prevent drying.

Beat: To mix ingredients vigorously using a whisk, fork, or electric mixer to incorporate air and create a smooth and creamy texture.

Zest: To finely grate or peel the outer colored part of citrus fruits (lemons, oranges) without including the bitter white pith.

Fold: To gently combine ingredients by using a spatula or spoon to cut vertically through the mixture, lifting and turning it over.

Knead: To work dough with your hands by pressing, stretching, and folding it to develop gluten and create a smooth and elastic texture.

Simmer: To cook food gently in liquid that is barely bubbling and just below boiling point.

Deglaze: To add liquid (such as wine, stock, or water) to a hot pan to dissolve and scrape up the flavorful browned bits stuck to the bottom.

Lard: To add small pieces of fat (usually pork fat) to meat or pastries to enhance flavor and add moisture.

Marinate: To soak food (usually meat or vegetables) in a seasoned liquid (marinade) to tenderize and enhance flavor.

Proof: To allow yeast dough to rise before baking, typically in a warm and draft-free environment.

Render: To slowly cook fat (such as bacon fat or lard) over low heat until it melts and separates from any solids.



Sweat: To cook vegetables slowly over low heat in a covered pan with a small amount of fat until they become tender and release moisture.

Scorch: To accidentally burn food, usually resulting in an undesirable taste and smell.

Mince: To finely chop ingredients, usually meat or vegetables, into small and uniform pieces.

Dust: To lightly sprinkle a thin layer of a dry ingredient, such as flour or powdered sugar, over food.

Whip: To beat ingredients rapidly to incorporate air and increase volume, often used with cream or egg whites.

Scorch: To burn or char food, usually unintentionally, resulting in a darkened or unpleasant flavor.

Season: To add salt, herbs, spices, or other flavorings to enhance the taste of a dish.

Lard: To insert small strips or pieces of fat, typically from pork, into meat or pastry to add flavor and moisture.

Slurry: A mixture of a liquid (such as water or broth) and a thickening agent (such as flour or cornstarch) used to thicken sauces or gravies.

Clarify: To remove impurities from a liquid, typically by heating it and skimming off any foam or solids that rise to the surface.

Crimp: To press the edges of pastry dough together to seal it or create a decorative pattern.

Muddle: To crush or mash ingredients, often herbs or fruit, to release their flavors and aromas.

Parboil: To partially cook food, usually vegetables or pasta, by boiling it briefly before finishing the cooking process in another way.

Infuse: To steep ingredients, such as herbs or tea leaves, in a liquid to extract their flavors.

Score: To make shallow cuts or slashes on the surface of food, often meat or fish, to help it cook evenly and allow marinades or seasonings to penetrate.

Caramelize: To heat sugar until it melts and turns into a golden or amber-colored syrup with a rich, sweet flavor.

Fillet: To remove bones from meat or fish and cut it into boneless, flat pieces.

Macerate: To soak fruit, usually berries, in sugar or a flavored liquid to soften it and develop juices.

Proof: To allow yeast dough to rise before baking, typically in a warm and draft-free environment.

Deglaze: To add liquid, such as wine, stock, or water, to a hot pan to dissolve and scrape up the flavorful browned bits stuck to the bottom.

Stuff: To fill the cavity of poultry, meat, or vegetables with a mixture of seasoned ingredients, often bread crumbs, herbs, and spices.

Pit: To remove the seeds or pits from fruits, such as cherries or peaches.



Toast: To brown bread or other ingredients by exposing them to dry heat, often using a toaster, oven, or stovetop.

Glossary of Utensils used in old recipes

Mortar and Pestle: A pair of tools used for grinding and crushing ingredients, typically made of stone or ceramic. It was used to grind herbs, spices, and other ingredients into a fine powder or paste.

Grater: A tool with a rough or serrated surface used for grating or shredding ingredients such as cheese, vegetables, or citrus zest.

Sifter: A utensil with a mesh screen or sieve used for separating and aerating dry ingredients like flour, sugar, or cocoa powder. It helps remove lumps and adds air to the mixture.

Rolling Pin: A cylindrical tool made of wood or marble used for rolling out dough to achieve a desired thickness. It is commonly used in pastry-making.

Pastry Brush: A small brush with soft bristles, usually made of natural fibers, used for applying glazes, egg wash, or melted butter to pastries or bread.

Whisk: A utensil consisting of wire loops attached to a handle, used for blending, beating, or whisking ingredients together. It incorporates air and helps create a smooth and uniform texture.

Colander: A bowl-shaped utensil with small holes or perforations used for draining liquids from solid ingredients like pasta, rice, or vegetables.

Strainer: A fine-meshed utensil used for separating liquids from solids or removing impurities from liquids. It is commonly used for straining broth, sauces, or tea leaves.

Ladle: A long-handled spoon with a deep, round bowl, used for serving soups, stews, sauces, or other liquids.

Basting Spoon: A large spoon with a long handle, used for basting roasts, poultry, or other meats while cooking. It is used to scoop up drippings and pour them over the food.

Slotted Spoon: A spoon with slots or holes in the bowl, used for retrieving solid ingredients while leaving behind liquids. It is useful for serving foods like boiled eggs, vegetables, or fried items.

Meat Tenderizer: A tool with a flat or textured surface used for pounding or tenderizing meat, breaking down the fibers and making it more tender.

Zester: A tool used to remove the zest (outermost layer) of citrus fruits, typically in fine strips. It is used to add flavor and aroma to dishes.

Can Opener: A device used to open cans by puncturing and cutting through the metal lid. Early versions were manual, while later designs introduced electric models.



Masher: A utensil with a flat plate or wires used for mashing cooked vegetables or fruits into a smooth or chunky consistency.

Egg Beater: A hand-operated tool used for beating eggs or mixing ingredients together.

Lemon Squeezer: A tool used to extract juice from lemons or other citrus fruits.

Bread Knife: A serrated knife used for slicing bread and other baked goods.

Pastry Wheel: A small, serrated wheel used to cut dough or create decorative edges on pastries.

Pastry Blender: A tool with curved metal blades used to cut solid fats into flour when making pastry dough.

Cake Tester: A thin metal or wooden skewer used to check the doneness of cakes by inserting it into the center.

Butter Mold: A decorative mold used to shape and mold butter into attractive designs.

Fish Slice: A wide, flat spatula-like utensil used for lifting and turning delicate fish fillets.

Apple Corer: A tool used to remove the core and seeds from apples or other fruits.

Jelly Strainer: A fine mesh cloth or bag used to strain juices for making jellies or jams.

Herb Scissors: Specialized scissors with multiple blades used to chop fresh herbs quickly.

Nutcracker: A tool used to crack open the shells of nuts to extract the edible kernel inside.

Butter Curler: A utensil used to create decorative curls or ribbons of butter for garnishing.

Cherry Pitter: A tool used to remove the pits from cherries while keeping the fruit intact.

Egg Separator: A device or utensil used to separate egg yolks from whites.

Sugar Nippers: Small tongs or clippers used to break apart blocks or cones of sugar.

Cherry Stoner: A utensil used to remove the stones from cherries for cooking or preserving.

Vegetable Peeler: A tool used to remove the skin or peel from fruits and vegetables.

Fish Scaler: A tool used to remove the scales from fish before cooking.

Butter Pat Mold: A mold used to shape butter into individual portions or decorative shapes.

Sausage Stuffer: A device used to fill sausage casings with ground meat or sausage mixture.

Lemon Zester: A tool used to remove the zest from citrus fruits in fine strips.



Melon Baller: A spoon-like utensil with a round, scoop-shaped end used to create small, uniform balls of melon or other fruits.

Apple Peeler: A device used to quickly peel and core apples, often with a hand crank mechanism.

Nutmeg Grater: A small, handheld grater specifically designed for grating whole nutmeg seeds.