

How to Use a Recipe

What is a recipe?

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

It has several parts, which may include:

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

Why use a recipe?

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

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

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




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

What does a recipe look like?

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

Whole Wheat Rhubarb Muffins

Fibre is good for your health. Health Canada recommends eating 25–30 g of fibre a day. One rhubarb muffin has 3 g of fibre. Baking with whole wheat flour instead of white flour increases the amount of fibre in each muffin.



Ingredients:

2 cups	Whole wheat flour	500 mL
3 tsp	Baking powder	15 mL
¼ tsp	Salt	1 mL
½ tsp	Cinnamon	2 mL
1 ½ cups	Rhubarb, cut into small pieces	375 mL
2 large	Eggs	2 large
½ cup	Brown sugar	125 mL
¼ cup	Canola oil	60 mL
¾ cup	1% milk	175 mL
½ tsp	Vanilla	2 mL

Directions:

1. Preheat oven to 425°F (220°C).
2. Put paper muffin cups into muffin tin (or spray muffin tin with nonstick cooking spray).
3. In a medium bowl, mix flour, baking powder, salt and cinnamon together. Stir in rhubarb.
4. In another bowl, beat eggs with a fork. Add brown sugar, oil, milk and vanilla and whisk together.
5. Add wet ingredients to dry ingredients.
6. Stir mixture only until all ingredients are combined (about 10 seconds). Do not over mix.
7. Use a tablespoon to drop mixture into each muffin tin. Continue until all batter has been used and each muffin tin is filled evenly.
8. Bake for 15 minutes or until firm and muffin bounces back when touched.

Makes 12 servings (63 g)

Recipe Title

Brief description of the recipe, food, or 'dish'. Sometimes it includes how long it will take to make the recipe from start of preparation to end of cooking.

Ingredients

Lists what and how much you need for the recipe.

Directions

Steps you need to follow in order. Look for any steps you need to do before you start cooking. When you are ready to start, set out all the ingredients and equipment you need. How long the recipe takes to cook is often included.

Total Servings or Yield

How much the recipe makes. It may also include suggested portion sizes.

Recipe Notes

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

Steps to following a recipe

You can follow these steps when reading a recipe:

1. Read the recipe.

- Read the whole recipe before you start.

It can tell you:

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

Look up words you don't know:

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

2. Collect the ingredients.

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

Shopping for ingredients:

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

3. Get your equipment ready before you start.

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



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

4. Review the order of steps.

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

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

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

Learn more



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

Support



- Call Health Link at 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811
- Visit ahs.ca/Nutrition