

# 1,001 COOKING PROMPTS

*AI Cookbook with a ChatGPT Chef, Recipes and Kitchen Hacks*

## Mammoth Club Official Guide PRO+

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**MAMMOTH CLUB**



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*I have completed many tutorials. This one is the most outstanding one that I have seen thus far.*

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*Exactly what I wanted!*

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*It asks you to extend your knowledge and refer to the right documentation.*

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# Welcome, Chef



## Your Journey to Cooking Greatness Begins Here

This is no ordinary cookbook. It's a launchpad for creativity, a problem-solver for busy nights, a training ground for mastering skills, and an ever-ready source of inspiration when the pantry looks bare and the clock is ticking.

Inside these pages, you won't just find recipes — you'll discover a new way of thinking about food. This book is built around the concept of *prompts* — dynamic, open-ended suggestions designed to spark your culinary imagination. These prompts work hand-in-hand with ChatGPT, your AI kitchen assistant, to help you craft meals that suit your tastes, your skills, your ingredients, and your mood.



Think of it as having a chef's brain on demand. Need a recipe for what's in your fridge? Want to learn how to perfect a béchamel? Looking to explore Moroccan spices or adapt your favorite dish to a gluten-free diet? ChatGPT can walk you through it — and this book tells you how to ask.

## What You'll Find in This Book

This guide is divided into three parts, each crafted to grow with you:

### **Part 1: 270+ Cooking Prompts – Beginner to Advanced**

Start with the basics, then stretch your skills. From fundamental techniques and baking essentials to global cuisines, advanced methods, and kitchen hacks — this section gives you the language and structure to unlock smart, detailed responses from your AI chef.

### **Part 2: 120+ Creative Cooking Prompts**

Cooking isn't always about following rules. It's about invention, adaptation, and play. These prompts explore substitutions, challenge you to think seasonally, and help you







cook with constraints like time, budget, or dietary needs. You'll even find fun challenges based on weather, mood, and surprise ingredients.

### Part 3: 1,000 Recipe Prompts



This is your recipe generator's dream index. Organized by category — breakfast, dinner, sides, desserts, international fare, and more — this section provides carefully designed prompts to generate entire meals from scratch or remix classics in ways you never imagined.



## How to Use This Book

Every section is designed to help you learn how to ask better questions, get smarter answers, and grow more confident in the kitchen. Each prompt can be used as-is or modified to suit your needs. Don't be afraid to experiment — the more curiosity you bring, the more personalized and powerful your AI assistant becomes.

You'll also find special focus on:

- Meal planning and prep strategies
- Smart kitchen skills that save time and waste
- Professional techniques adapted for home cooks
- Ways to cook for specific diets, goals, and events
- And a treasure trove of tips to make you faster, cleaner, and more creative



## Cooking in the Age of AI

We live in a moment where technology is no longer confined to screens. It's in our homes, our conversations, and now, our kitchens. This book doesn't just teach you how to cook — it shows you how to *think like a chef*, using tools that adapt to your life.



Whether you're stuck in a rut, looking to sharpen your skills, or ready to invent something completely new, this book gives you the foundation — and the freedom — to create, explore, and enjoy the art of cooking in a way that's never been possible before.

Let's get cooking. Your journey to culinary mastery starts here.

## PART 1

### 270+ Cooking Prompts - Beginner to Advanced

Let's dive into 270 cooking prompts organized into 15 major categories, each with beginner, intermediate, and advanced versions. The prompts cover:

1. **Basic Cooking Techniques** - Knife skills, eggs, sautéing, roasting, braising
2. **Baking Fundamentals** - Bread, pies, cookies, cakes, custards
3. **International Cuisines** - Italian, Asian, Mexican, French, Japanese
4. **Dietary Specializations** - Plant-based, gluten-free, keto, allergen-free, paleo
5. **Advanced Techniques** - Sous vide, fermentation, molecular gastronomy, smoking, chocolate
6. **Meal Planning & Prep** - Weekly prep, dinner parties, batch cooking, budget meals, quick dinners
7. **Kitchen Skills** - Mise en place, food safety, equipment, storage, recipe development
8. **Specific Dish Mastery** - Steaks, risotto, soups, pizza, salads
9. **Dessert Mastery** - Ice cream, macarons, cheesecake, tarts, cake decorating
10. **Beverage Crafting** - Coffee, tea, cocktails, smoothies, kombucha
11. **Preservation Techniques** - Canning, pickling, dehydrating, freezing, jam making







12. **Restaurant Techniques at Home** - Plating, stocks, sauces, protein cookery, prep
13. **Health-Focused Cooking** - Nutrient preservation, anti-inflammatory, gut health, blood sugar, sports nutrition
14. **Seasonal & Local Cooking** - Farmers markets, seasonal menus, foraging, garden-to-table, root cellars
15. **World Street Foods** - Tacos, dim sum, kebabs, ramen, banh mi

Each prompt includes customizable placeholders [IN BRACKETS] that YOU can fill in with specific information, making the prompts highly personalized and actionable.

The progression from beginner to advanced shows increasing complexity, with advanced prompts positioning the AI as an expert professional providing comprehensive systems and protocols.

## BASIC COOKING TECHNIQUES

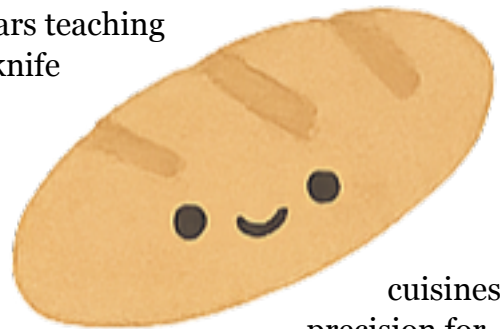
### Master Knife Skills

Beginner: How do I properly hold and use a chef's knife?

Intermediate: I want to master knife skills for [CUISINE TYPE: e.g., "French cooking"]. I currently have [SKILL LEVEL] experience and own [KNIFE TYPES]. Create a 30-day practice routine including specific cuts, vegetables to practice on, and safety guidelines.

Advanced: Act as a culinary instructor with 15+ years teaching professional knife skills. Design a comprehensive knife mastery program for someone preparing [DISH TYPES] in a [KITCHEN SETTING].

MY DETAILS: Current skill: [BEGINNER/INTERMEDIATE/ADVANCED] Available practice time: [MINUTES] daily Primary [LIST CUISINES] Specific goals: [e.g., "speed and restaurant service"] Include biomechanics,



cuisines:  
precision for  
sharpening techniques,



specialized cuts for different ingredients, and efficiency metrics.

## Perfect Eggs Every Way

Beginner: How do I cook eggs without breaking the yolk?

Intermediate: I want to master cooking eggs in [NUMBER] different styles. My kitchen has [EQUIPMENT LIST] and I prefer [TEXTURE PREFERENCE]. Create a guide covering temperature control, timing, and troubleshooting for each method.

Advanced: Act as a breakfast chef specializing in egg cookery. Develop a comprehensive egg mastery system covering [NUMBER] techniques from basic to molecular gastronomy. PARAMETERS: Equipment available: [LIST ALL EQUIPMENT] Dietary restrictions: [ANY RESTRICTIONS] Service needs: [HOME/RESTAURANT/CATERING] Include precise temperatures, humidity considerations, altitude adjustments, and presentation techniques for each method.



## Sautéing Fundamentals

Beginner: What's the difference between sautéing and frying?

Intermediate: I want to perfect my sautéing technique for [INGREDIENT TYPES]. I have [PAN TYPES] and cook on [HEAT SOURCE]. Explain heat management, oil selection, and timing for different ingredients.

Advanced: Act as a classical French chef teaching sauté station management. Create a comprehensive sautéing protocol for [KITCHEN TYPE] covering: Pan selection for different proteins/vegetables Oil smoke points and flavor profiles Heat zones and temperature control Deglazing and pan sauce creation Volume cooking strategies Include timing charts and troubleshooting guides.



## Roasting Mastery

Beginner: How do I roast vegetables without burning them?



Intermediate: I want to master roasting [PROTEIN/VEGETABLE TYPES] in my [OVEN TYPE]. My typical batch size is [SERVING SIZE] and I aim for [TEXTURE GOAL]. Create temperature guides and timing charts.

Advanced: Act as an executive chef designing roasting protocols for a busy kitchen. Develop systems for roasting [INGREDIENT CATEGORIES] with: Oven capacity: [SIZE/NUMBER] Service volume: [COVERS PER SERVICE] Quality standards: [SPECIFIC REQUIREMENTS] Include convection adjustments, rack positioning, moisture control, and holding techniques.

## Braising Techniques



Beginner: What is braising and when should I use it?

Intermediate: I want to master braising [MEAT TYPES] for [CUISINE STYLE]. I have [COOKWARE AVAILABLE] and typically cook for [NUMBER] people. Explain liquid ratios, temperature control, and timing.

Advanced: Act as a chef de cuisine specializing in slow-cooked dishes. Design a comprehensive braising program covering: Protein selection and preparation Mirepoix ratios and aromatics Wine/stock selection principles Temperature curves for different cuts Sauce reduction and finishing Include make-ahead strategies and service protocols.

## BAKING FUNDAMENTALS

### Bread Making Basics



Beginner: How do I make basic bread from scratch?

Intermediate: I want to bake [BREAD TYPE] consistently. My kitchen temperature is [TEMP RANGE] and humidity is [LEVEL]. I have [EQUIPMENT LIST]. Create a recipe with troubleshooting guide.

Advanced: Act as an artisan baker developing a bread program. Design formulas for [BREAD VARIETIES] considering: Flour types: [AVAILABLE FLOURS] Hydration preferences: [PERCENTAGE RANGE] Production schedule: [TIMELINE] Equipment:



[MIXER TYPE, OVEN SPECS] Include fermentation schedules, shaping techniques, and scoring patterns.

## Perfect Pie Crusts

Beginner: How do I make pie crust that isn't tough?

Intermediate: I want to master [PIE CRUST STYLE] for [PIE TYPES]. I struggle with [SPECIFIC ISSUES] and have [EQUIPMENT]. Explain fat selection, hydration, and handling techniques.

Advanced: Act as a pastry chef teaching pie production. Develop crust formulas for [APPLICATION TYPES] including: Fat systems and ratios Flour selection criteria Lamination techniques Blind baking protocols Decorative finishes Include scaling for production and storage methods.

## Cookie Science



Beginner: Why do my cookies spread too much when baking?

Intermediate: I want to perfect [COOKIE TYPE] with [TEXTURE PREFERENCE]. My oven runs [TEMP VARIANCE] and I prefer [INGREDIENT PREFERENCES]. Create a formula with variation guidelines.

Advanced: Act as a food scientist specializing in cookie development. Design cookie formulas achieving [TEXTURE PROFILES] through: Flour protein manipulation Sugar crystallization control Fat melting point selection Leavening optimization Moisture retention strategies Include shelf-life data and scaling calculations.

## Cake Fundamentals



Beginner: How do I know when a cake is done baking?

Intermediate: I want to master [CAKE METHOD] for making [CAKE TYPES]. I have [MIXER TYPE] and [PAN SIZES]. Explain mixing methods, temperature control, and testing for doneness.

Advanced: Act as a pastry chef designing a cake production system. Develop formulas for [CAKE CATEGORIES] optimizing: Crumb structure: [DESIRED TEXTURE] Moisture retention: [SHELF LIFE NEEDS] Height/volume: [SPECIFICATIONS]



Production efficiency: [BATCH SIZES] Include mixing protocols, baking schedules, and quality metrics.

## Pastry Cream & Custards

Beginner: How do I make custard without scrambling the eggs?

Intermediate: I want to master [CUSTARD TYPES] for [APPLICATIONS]. I have concerns about [SPECIFIC ISSUES] and need to serve [NUMBER]. Explain temperature control and stabilization methods.

Advanced: Act as a pastry chef teaching custard production. Design formulas for [CUSTARD VARIETIES] covering: Egg-to-dairy ratios Starch selection and usage Flavor infusion techniques Texture modification Stabilization for service Include HACCP considerations and production timelines.

## INTERNATIONAL CUISINES



### Italian Pasta Mastery

Beginner: How do I cook pasta properly?

Intermediate: I want to make fresh [PASTA TYPES] for [DISH STYLES]. I have [EQUIPMENT] and typically serve [NUMBER]. Explain dough formulas, shaping, and sauce pairing.

Advanced: Act as an Italian chef teaching pasta production. Develop a program covering: Regional pasta traditions Flour selection (00, semolina, etc.) Hydration for different shapes Hand vs. machine techniques Sauce compatibility principles Include production scheduling and storage methods.

### Asian Stir-Fry Techniques

Beginner: What's the secret to restaurant-style stir-fry?

Intermediate: I want to master [CUISINE STYLE] stir-fry using my [WOK TYPE] on [HEAT SOURCE]. I cook for [NUMBER] and prefer [FLAVOR PROFILE]. Explain wok hei and ingredient sequencing.



Advanced: Act as a wok chef training for high-volume service. Design stir-fry systems for: Equipment specs: [WOK STATION DETAILS] Menu items: [DISH CATEGORIES] Service volume: [COVERS/HOUR] Prep requirements: [STORAGE CAPACITY] Include mise en place organization and timing protocols.

## Mexican Mole Making

Beginner: What is mole and how do I start making it?

Intermediate: I want to make authentic [MOLE TYPE] for [SERVING SIZE]. I have access to [INGREDIENT SOURCES] and own [EQUIPMENT]. Guide me through ingredient selection and preparation.

Advanced: Act as a Mexican cuisine expert teaching mole production. Develop recipes for [MOLE VARIETIES] including: Chili selection and preparation Toasting and grinding protocols Layering flavor development Consistency achievement Batch scaling methods Include regional variations and storage techniques.



## French Mother Sauces

Beginner: What are the five French mother sauces?

Intermediate: I want to master [SAUCE NAMES] for [APPLICATIONS]. My biggest challenges are [ISSUES] and I need to produce [VOLUME]. Explain techniques and troubleshooting.

Advanced: Act as a saucier teaching classical sauce work. Design production systems for: Sauce bases: [MOTHER SAUCES] Derivatives: [SMALL SAUCES] Service needs: [VOLUME/TIMING] Quality standards: [CONSISTENCY SPECS] Include stock production, reduction ratios, and holding methods.



## Japanese Sushi Basics

Beginner: How do I make sushi rice properly?

Intermediate: I want to make [SUSHI TYPES] at home. I have [EQUIPMENT] and access to [FISH SOURCES]. My skill level is [CURRENT ABILITY]. Guide me through rice preparation and fish selection.





Advanced: Act as a sushi chef teaching traditional techniques. Develop a training program covering: Rice cooking and seasoning Fish selection and breakdown Knife skills specific to sushi Nigiri forming techniques Presentation standards Include sourcing guidance and food safety protocols.

## DIETARY SPECIALIZATIONS

### Plant-Based Cooking

Beginner: How do I make vegetables the star of the meal?

Intermediate: I want to create satisfying plant-based versions of [DISH TYPES]. My pantry includes [STAPLES] and I cook for [DIETARY PREFERENCES]. Explain protein combining and umami building.

Advanced: Act as a plant-based chef developing a comprehensive menu. Design dishes for [MEAL CATEGORIES] incorporating: Protein completeness strategies Texture variety techniques Nutrient density optimization Flavor complexity building Presentation approaches Include nutritional analysis and scaling guides.

### Gluten-Free Baking

Beginner: How do I substitute for wheat flour in recipes?

Intermediate: I want to master gluten-free [BAKED GOODS] that rival traditional versions. I have [FLOUR TYPES] available and need to accommodate [OTHER RESTRICTIONS]. Explain binding and structure solutions.

Advanced: Act as a gluten-free baking specialist. Develop formulas for [PRODUCT CATEGORIES] addressing: Flour blend optimization Hydration adjustments Structural replacements Texture achievement Shelf-life extension Include scaling ratios and production modifications.

### Keto Adaptations

Beginner: How do I make keto-friendly versions of comfort foods?



Intermediate: I want to create keto versions of [DISH CATEGORIES] keeping carbs under [LIMIT]g per serving. My go-to ingredients are [LIST] and I meal prep for [DAYS]. Provide macro calculations.

Advanced: Act as a keto specialist chef designing a meal program. Develop recipes for [MEAL TYPES] optimizing: Macro ratios: [SPECIFIC TARGETS] Satiety factors Micronutrient density Batch cooking efficiency Variety maintenance Include shopping strategies and prep schedules.

## Allergen-Free Cooking

Beginner: How do I cook for someone with food allergies?

Intermediate: I need to cook [CUISINE TYPES] while avoiding [ALLERGEN LIST]. My kitchen setup is [DESCRIPTION] and I serve [NUMBER]. Explain cross-contamination prevention and substitutions.

Advanced: Act as an allergen-specialist chef designing safe production systems. Develop protocols for: Kitchen zones: [AVAILABLE SPACE] Allergens to avoid: [COMPLETE LIST] Service volume: [COVERS] Documentation needs: [REQUIREMENTS] Include HACCP plans and staff training materials.

## Paleo Principles

Beginner: What can I eat on a paleo diet?

Intermediate: I want to create paleo versions of [FAVORITE DISHES] using [PREFERRED INGREDIENTS]. My cooking style is [DESCRIPTION] and I prep for [TIMEFRAME]. Explain ingredient swaps and techniques.

Advanced: Act as a paleo chef developing a comprehensive menu system. Design recipes for [MEAL CATEGORIES] focusing on: Ingredient sourcing quality Nutrient density maximization Traditional preparation methods Batch cooking strategies Flavor development without restricted ingredients Include seasonal menu adaptations.



## ADVANCED TECHNIQUES

### Sous Vide Mastery

Beginner: What is sous vide cooking and do I need special equipment?

Intermediate: I want to perfect sous vide [PROTEIN TYPES] using my [EQUIPMENT MODEL]. I typically cook for [NUMBER] and prefer [DONENESS LEVELS]. Provide time/temperature charts and finishing methods.

Advanced: Act as a modernist chef implementing sous vide systems. Develop protocols for: Proteins: [FULL RANGE] Vegetables: [VARIETIES] Batch sizes: [PRODUCTION NEEDS] Service integration: [TIMING REQUIREMENTS] Include safety protocols, seasoning strategies, and texture optimization.

### Fermentation Projects

Beginner: How do I start fermenting vegetables at home?

Intermediate: I want to ferment [PRODUCT TYPES] in my [CLIMATE CONDITIONS]. I have [EQUIPMENT] and [SPACE LIMITATIONS]. Explain brine ratios, timing, and troubleshooting signs.

Advanced: Act as a fermentation specialist designing production systems. Develop protocols for [FERMENT CATEGORIES] addressing: Environmental controls: [TEMP/HUMIDITY RANGES] Salt/sugar concentrations: [SPECIFIC RATIOS] Microbial management: [CULTURE TYPES] Scaling considerations: [BATCH SIZES] Quality control: [TESTING METHODS] Include HACCP plans and shelf-life data.

### Molecular Gastronomy

Beginner: What is molecular gastronomy and what basic tools do I need?

Intermediate: I want to incorporate [TECHNIQUES] into my [COOKING STYLE]. I have [BUDGET] for equipment and ingredients. My goal is [SPECIFIC APPLICATIONS]. Guide me through starter projects.

Advanced: Act as a modernist chef designing molecular applications. Develop techniques for: Texture modifications: [DESIRED OUTCOMES] Flavor encapsulation:



[APPLICATIONS] Temperature stability: [SERVICE NEEDS] Visual impact:  
[PRESENTATION GOALS] Include formulation guides and scaling calculations.

## Smoking & Curing

Beginner: How do I smoke meat without a smoker?

Intermediate: I want to smoke [MEAT TYPES] using my [EQUIPMENT]. My climate is [CONDITIONS] and I prefer [WOOD TYPES]. Explain temperature control, timing, and safety.

Advanced: Act as a pitmaster designing smoking programs. Develop protocols for:  
Protein categories: [FULL RANGE] Cure formulations: [WET/DRY METHODS]  
Smoke profiles: [WOOD COMBINATIONS] Production volume: [CAPACITY] Include HACCP compliance and yield calculations.

## Chocolate Work

Beginner: How do I melt chocolate without seizing it?

Intermediate: I want to temper chocolate for [APPLICATIONS] using [EQUIPMENT]. My workspace temperature is [RANGE] and I need to produce [QUANTITY]. Explain tempering methods and troubleshooting.

Advanced: Act as a chocolatier designing production systems. Develop protocols for:  
Tempering methods: [SEED/TABLING/MACHINE] Applications: [BONBONS/BARS/DECORATIONS] Flavor development: [INCLUSION TYPES] Storage conditions: [REQUIREMENTS] Include crystallization science and production scheduling.

# MEAL PLANNING & PREP

## Weekly Meal Prep

Beginner: How do I start meal prepping for the week?

Intermediate: I want to prep [MEAL TYPES] for [DAYS] serving [NUMBER] people. My dietary goals are [OBJECTIVES] and I have [TIME AVAILABLE] on [PREP DAY]. Create a system with shopping lists.



Advanced: Act as a meal prep specialist designing efficient systems. Develop protocols for: Menu rotation: [WEEK CYCLES] Nutritional targets: [SPECIFIC GOALS] Budget constraints: [\$PER MEAL] Storage optimization: [SPACE/CONTAINERS] Include batch cooking schedules and reheating instructions.

## Dinner Party Planning

Beginner: How do I plan a dinner party menu?

Intermediate: I'm hosting [NUMBER] guests with [DIETARY RESTRICTIONS]. My skill level is [ASSESSMENT] and I have [TIME] to prepare. My kitchen has [EQUIPMENT]. Design a manageable menu with timeline.

Advanced: Act as a private chef planning elaborate dinner parties. Design menus for: Guest count: [NUMBER] Dietary needs: [FULL LIST] Service style: [PLATED/FAMILY/BUFFET] Kitchen limitations: [CONSTRAINTS] Budget parameters: [\$PER PERSON] Include prep schedules, plating diagrams, and service timing.

## Batch Cooking Systems

Beginner: What foods freeze well for batch cooking?

Intermediate: I want to batch cook [DISH CATEGORIES] for [HOUSEHOLD SIZE]. My freezer space is [DIMENSIONS] and I can dedicate [TIME] monthly. Create efficient cooking and storage systems.

Advanced: Act as a systems chef designing batch production. Develop protocols for: Recipe scaling: [BATCH MULTIPLES] Equipment utilization: [AVAILABLE TOOLS] Storage systems: [CONTAINER TYPES] Thawing/reheating: [METHODS] Quality maintenance: [STANDARDS] Include production schedules and inventory tracking.

## Budget Meal Strategies

Beginner: How do I eat well on a tight budget?

Intermediate: I need to feed [NUMBER] on \$[WEEKLY BUDGET]. Available stores are [LIST] and dietary needs include [RESTRICTIONS]. Create shopping strategies and versatile recipes.

Advanced: Act as a budget-conscious chef designing meal programs. Develop systems for: Cost per serving: \$[TARGET] Nutritional minimums: [REQUIREMENTS]



Ingredient versatility: [USAGE STRATEGIES] Waste reduction: [METHODS] Bulk buying: [STORAGE CAPACITY] Include price tracking and menu rotation plans.

## Quick Weeknight Dinners

Beginner: What can I cook in under 30 minutes?

Intermediate: I need [NUMBER] different 30-minute meals using [PROTEIN OPTIONS] and [STAPLE INGREDIENTS]. My family preferences are [LIKES/DISLIKES]. Create recipes with common prep elements.

Advanced: Act as a home cooking strategist designing weeknight systems. Develop meal plans featuring: Total time: [MAX MINUTES] Active time: [MAX MINUTES] Ingredient overlap: [EFFICIENCY GOALS] Nutritional balance: [REQUIREMENTS] Leftover utilization: [STRATEGIES] Include prep-ahead components and equipment strategies.

## KITCHEN SKILLS

### Mise en Place Mastery

Beginner: What does mise en place mean and why is it important?

Intermediate: I want to implement mise en place for [COOKING STYLE]. My kitchen has [STORAGE] and I typically cook [MEAL TYPES]. Design organization systems and prep strategies.

Advanced: Act as a chef trainer teaching kitchen organization. Develop mise en place systems for: Kitchen size: [DIMENSIONS] Menu complexity: [ITEM COUNT] Service style: [HOME/PROFESSIONAL] Storage solutions: [AVAILABLE OPTIONS] Include workflow diagrams and efficiency metrics.

### Food Safety Fundamentals

Beginner: What are the basic food safety rules for home cooking?

Intermediate: I need food safety protocols for [COOKING METHODS] dealing with [PROTEIN TYPES]. My kitchen temperature is [RANGE] and I store food in [EQUIPMENT]. Create comprehensive guidelines.





Advanced: Act as a food safety manager designing HACCP systems. Develop protocols for: Hazard types: [BIOLOGICAL/CHEMICAL/PHYSICAL] Critical control points: [IDENTIFIED CCPS] Monitoring systems: [METHODS] Documentation: [REQUIREMENTS] Include temperature logs and corrective actions.

## Kitchen Equipment Mastery

Beginner: What essential equipment do I need to start cooking?

Intermediate: I want to maximize my [EQUIPMENT LIST] for cooking [CUISINE TYPES]. My budget for upgrades is \$[AMOUNT] and space is [LIMITED/AMPLE]. Prioritize purchases and usage tips.

Advanced: Act as a kitchen consultant optimizing equipment systems. Design configurations for: Space available: [DIMENSIONS] Cooking volume: [DAILY OUTPUT] Menu requirements: [EQUIPMENT NEEDS] Budget constraints: \$[TOTAL BUDGET] Include maintenance schedules and efficiency layouts.

## Ingredient Storage Systems

Beginner: How do I properly store fresh ingredients?

Intermediate: I need storage solutions for [INGREDIENT CATEGORIES] in my [CLIMATE]. Available space includes [STORAGE AREAS] and I shop [FREQUENCY]. Design systems maximizing shelf life.

Advanced: Act as a kitchen manager designing storage systems. Develop protocols for: Ingredient categories: [FULL INVENTORY] Storage conditions: [TEMP/HUMIDITY] Rotation systems: [FIFO/FEFO] Space optimization: [LAYOUT PLANS] Include shelf-life charts and inventory management.

## Recipe Development Process

Beginner: How do I create my own recipes?

Intermediate: I want to develop original [DISH TYPES] inspired by [CUISINES/INGREDIENTS]. My target audience is [DESCRIPTION] with [DIETARY CONSIDERATIONS]. Guide the development process.

Advanced: Act as a culinary R&D chef designing new dishes. Develop systems for: Inspiration sources: [CATEGORIES] Testing protocols: [ITERATIONS]

Documentation standards: [FORMATS] Scaling procedures: [RATIOS] Cost analysis: [TARGETS] Include sensory evaluation and standardization methods.

## SPECIFIC DISH MASTERY

### Perfect Steaks

Beginner: How do I cook a steak without overcooking it?

Intermediate: I want to cook [STEAK CUTS] to [DONENESS LEVELS] using [COOKING METHOD]. My equipment includes [LIST] and I prefer [SEASONING STYLE]. Explain temperature monitoring and resting.

Advanced: Act as a steakhouse chef designing cooking protocols. Develop systems for: Cut specifications: [THICKNESS/GRADE] Cooking methods: [FULL RANGE] Temperature accuracy: [PRECISION LEVELS] Service timing: [WINDOW] Include dry-aging notes and compound butter pairings.

### Risotto Perfection

Beginner: What makes risotto creamy without cream?

Intermediate: I want to master [RISOTTO STYLES] using [RICE TYPES]. I cook on [STOVE TYPE] and typically serve [NUMBER]. Explain stock preparation, stirring technique, and timing.

Advanced: Act as an Italian chef teaching risotto mastery. Develop recipes for: Base preparations: [STOCK TYPES] Rice selections: [ARBORIO/CARNAROLI/VIALONE] Mantecatura techniques: [FINISHING METHODS] Service considerations: [TIMING/HOLDING] Include wine pairings and seasonal variations.

### Soup Foundations

Beginner: How do I make soup from scratch?

Intermediate: I want to create [SOUP CATEGORIES] using [BASE METHODS]. My typical batch size is [VOLUME] and I have [EQUIPMENT]. Explain building flavors and achieving textures.



Advanced: Act as a soup specialist designing production systems. Develop recipes for: Categories: [CLEAR/CREAM/PUREE/SPECIALTY] Base preparations: [STOCKS/BROTHS] Thickening methods: [TECHNIQUES] Service requirements: [VOLUME/HOLDING] Include garnish systems and freezing protocols.

## Perfect Pizza Dough

Beginner: How do I make pizza dough at home?

Intermediate: I want to perfect [PIZZA STYLE] dough using [FLOUR TYPE]. My oven reaches [MAX TEMP] and I have [EQUIPMENT]. Create formulas with fermentation schedules.

Advanced: Act as a pizzaiolo designing dough systems. Develop formulas for: Styles: [NEAPOLITAN/NY/SICILIAN/ETC] Hydration levels: [PERCENTAGES] Fermentation methods: [SCHEDULES] Production volume: [DAILY NEEDS] Include temperature curves and extensibility testing.

## Salad Composition

Beginner: How do I make salads more interesting?

Intermediate: I want to create [SALAD STYLES] featuring [INGREDIENT PREFERENCES]. I'm serving [NUMBER] and need [MAKE-AHEAD OPTIONS]. Design balanced compositions with dressing pairings.

Advanced: Act as a garde manger chef designing salad programs. Develop compositions for: Seasonal menus: [QUARTERLY ROTATION] Texture variety: [COMPONENTS] Dressing systems: [HOUSE-MADE OPTIONS] Presentation styles: [PLATING APPROACHES] Include component prep systems and holding methods.

# DESSERT MASTERY

## Ice Cream & Gelato

Beginner: Can I make ice cream without a machine?



Intermediate: I want to make [FROZEN DESSERT TYPES] using my [EQUIPMENT]. Preferred flavors are [LIST] and I need [DIETARY ACCOMMODATIONS]. Explain base formulas and churning techniques.

Advanced: Act as a gelato chef designing frozen dessert programs. Develop formulas for: Base types: [CREAM/SORBET/GELATO] Stabilizer systems: [NATURAL/COMMERCIAL] Overrun targets: [PERCENTAGES] Service temperatures: [OPTIMAL RANGES] Include pasteurization protocols and storage systems.

## Macaron Mastery

Beginner: Why do macarons have feet and how do I achieve them?

Intermediate: I want to consistently produce [BATCH SIZE] macarons in [FLAVOR VARIETIES]. My kitchen humidity is [LEVEL] and oven type is [DESCRIPTION]. Troubleshoot common issues.

Advanced: Act as a pastry chef designing macaron production. Develop systems for: Shell formulas: [FRENCH/ITALIAN/SWISS] Filling options: [GANACHE/BUTTERCREAM/CURD] Maturation protocols: [TIMING] Production efficiency: [UNITS/HOUR] Include humidity adjustments and quality metrics.

## Cheesecake Perfection

Beginner: How do I prevent cracks in cheesecake?

Intermediate: I want to master [CHEESECAKE STYLES] using [CREAM CHEESE BRAND]. My springform is [SIZE] and I need to serve [NUMBER]. Explain mixing, baking, and cooling techniques.

Advanced: Act as a pastry chef specializing in cheesecakes. Develop formulas for: Styles: [NY/JAPANESE/NO-BAKE] Crust variations: [TYPES] Texture modifications: [DENSITY TARGETS] Flavor systems: [INCORPORATION METHODS] Include water bath techniques and storage protocols.

## Tart & Pie Mastery

Beginner: What's the difference between a tart and a pie?



Intermediate: I want to perfect [TART/PIE TYPES] using [DOUGH PREFERENCES]. My tart pans are [SIZES] and I struggle with [SPECIFIC ISSUES]. Guide assembly and baking techniques.

Advanced: Act as a pastry chef designing tart production. Develop systems for: Dough types: [PATE SUCREE/BRISÉE/SABLEE] Filling categories: [CUSTARD/FRUIT/CREAM] Decoration techniques: [STYLES] Production scheduling: [BATCH PLANNING] Include blind baking mastery and glaze applications.

## Cake Decorating

Beginner: How do I frost a cake smoothly?

Intermediate: I want to master [DECORATING STYLES] for [CAKE SIZES]. I have [TOOLS AVAILABLE] and my skill level is [ASSESSMENT]. Teach techniques for achieving professional results.

Advanced: Act as a cake designer developing decoration systems. Create protocols for: Buttercream types: [SWISS/ITALIAN/AMERICAN] Fondant work: [COVERING/MODELING] Piping techniques: [FULL RANGE] Structural considerations: [TIERED CAKES] Include temperature management and transport solutions.

## BEVERAGE CRAFTING

### Coffee Mastery

Beginner: How do I make better coffee at home?

Intermediate: I want to perfect [BREWING METHODS] using [COFFEE TYPES]. My water quality is [DESCRIPTION] and I grind with [EQUIPMENT]. Optimize extraction and temperature.

Advanced: Act as a coffee specialist designing brewing protocols. Develop systems for: Extraction methods: [FULL RANGE] Grind optimization: [PARTICLE ANALYSIS] Water chemistry: [MINERAL TARGETS] Temperature curves: [PRECISE CONTROL] Include cupping protocols and seasonal adjustments.



## Tea Ceremonies

Beginner: How do I properly brew different types of tea?

Intermediate: I want to master [TEA CATEGORIES] using [EQUIPMENT]. My water type is [DESCRIPTION] and I prefer [STRENGTH LEVELS]. Create brewing guides with timing and temperature.

Advanced: Act as a tea sommelier designing service protocols. Develop systems for:  
Tea categories: [FULL CLASSIFICATION] Water specifications: [MINERAL/TEMP]  
Vessel selection: [MATERIAL IMPACT] Service styles: [CULTURAL TRADITIONS]  
Include sourcing guidance and aging techniques.

## Cocktail Crafting

Beginner: What basic tools do I need for making cocktails?

Intermediate: I want to create [COCKTAIL STYLES] using [SPIRIT PREFERENCES]. My bar setup includes [EQUIPMENT] and I host [FREQUENCY]. Design recipes with technique explanations.

Advanced: Act as a mixologist designing cocktail programs. Develop systems for:  
Classic foundations: [RECIPE RATIOS] Modern techniques: [MOLECULAR/CLARIFIED] Batch production: [VOLUME NEEDS] Ice programs: [SHAPES/CLARITY] Include garnish prep and cost management.

## Smoothie Science

Beginner: How do I make smoothies that aren't watery?

Intermediate: I want to create [SMOOTHIE TYPES] targeting [NUTRITIONAL GOALS]. My blender is [MODEL] and I prep for [TIMEFRAME]. Balance flavors, textures, and nutrients.

Advanced: Act as a nutrition specialist designing smoothie systems. Develop formulas for:  
Macro targets: [PROTEIN/CARB/FAT] Ingredient synergies: [ABSORPTION OPTIMIZATION] Texture achievement: [THICKNESS/SMOOTHNESS] Prep systems: [FREEZER PACKS] Include supplement integration and cost analysis.

## Kombucha Brewing

Beginner: Is it safe to make kombucha at home?





Intermediate: I want to brew [BATCH SIZE] kombucha with [FLAVOR PROFILES]. My environment is [TEMP/HUMIDITY] and I have [EQUIPMENT]. Guide primary and secondary fermentation.

Advanced: Act as a fermentation specialist designing kombucha production. Develop protocols for: SCOBY management: [HEALTH/STORAGE] Fermentation control: [PH/BRIX TARGETS] Flavor development: [BOTANICAL ADDITIONS] Carbonation levels: [PRESSURE TARGETS] Include safety protocols and consistency measures.

## PRESERVATION TECHNIQUES

### Canning & Preserving

Beginner: What's the difference between water bath and pressure canning?

Intermediate: I want to can [PRODUCT TYPES] safely. I have [EQUIPMENT] and access to [PRODUCE SOURCES]. My altitude is [ELEVATION]. Create processing guides with safety protocols.

Advanced: Act as a preservation specialist designing canning programs. Develop protocols for: Product categories: [HIGH/LOW ACID] Processing methods: [WATER BATH/PRESSURE] Altitude adjustments: [CALCULATIONS] Recipe development: [SAFETY TESTING] Include USDA compliance and shelf-life testing.

### Pickling Projects

Beginner: How do I make quick pickles?

Intermediate: I want to pickle [VEGETABLE TYPES] using [VINEGAR PREFERENCES]. My goal is [QUICK/FERMENTED] pickles for [USES]. Design brines and processing methods.

Advanced: Act as a pickling specialist designing production systems. Develop formulas for: Brine types: [VINEGAR/SALT/HYBRID] Fermentation control: [LACTO/ACETIC] Texture maintenance: [CRISPNESS FACTORS] Flavor development: [SPICE SYSTEMS] Include pH monitoring and commercial scaling.



## Dehydrating & Drying

Beginner: Can I dehydrate food without a dehydrator?

Intermediate: I want to dehydrate [FOOD TYPES] using [EQUIPMENT]. My climate is [HUMIDITY LEVEL] and storage space is [DESCRIPTION]. Optimize timing and storage methods.

Advanced: Act as a dehydration specialist designing preservation systems. Develop protocols for: Pre-treatments: [BLANCHING/ACIDS/SUGARS] Temperature curves: [PRODUCT SPECIFIC] Moisture targets: [WATER ACTIVITY] Rehydration methods: [OPTIMIZED TECHNIQUES] Include quality metrics and packaging systems.

## Freezing Strategies

Beginner: What foods don't freeze well?

Intermediate: I want to freeze [MEAL TYPES] maintaining quality. My freezer is [TYPE/SIZE] and typical storage time is [DURATION]. Design prep, packaging, and thawing protocols.

Advanced: Act as a frozen food specialist designing systems. Develop protocols for: Blanching specifications: [TIME/TEMP] IQF techniques: [HOME METHODS] Packaging optimization: [BARRIER PROPERTIES] Thaw protocols: [QUALITY MAINTENANCE] Include texture preservation and labeling systems.

## Jam & Jelly Making

Beginner: Why didn't my jam set properly?

Intermediate: I want to make [PRESERVE TYPES] using [FRUIT AVAILABLE]. My altitude is [ELEVATION] and I prefer [SUGAR LEVELS]. Explain pectin chemistry and achieving set.

Advanced: Act as a preserve specialist designing production systems. Develop formulas for: Pectin systems: [NATURAL/ADDED/LOW SUGAR] Gel targets: [TEXTURE SPECIFICATIONS] Processing protocols: [TIME/TEMP] Yield optimization: [FRUIT UTILIZATION] Include quality testing and troubleshooting guides.



# RESTAURANT TECHNIQUES AT HOME

## Plating Like a Pro

Beginner: How do restaurants make food look so good?

Intermediate: I want to plate [DISH TYPES] in [STYLE PREFERENCE]. My plates are [SIZES/COLORS] and I'm serving [OCCASION]. Teach composition, height, and garnishing.

Advanced: Act as a chef designing plating systems. Develop presentations for: Cuisine styles: [CLASSICAL/MODERN/FUSION] Plate selections: [SHAPES/SIZES/COLORS] Component organization: [MISE EN PLACE] Service temperatures: [HOT/COLD MANAGEMENT] Include sauce work and microgreen usage.

## Stock & Broth Mastery

Beginner: What's the difference between stock and broth?

Intermediate: I want to make [STOCK TYPES] for [USES]. My pot size is [VOLUME] and I have [TIME AVAILABLE]. Explain ingredient ratios and extraction techniques.

Advanced: Act as a chef teaching stock production. Develop systems for: Stock categories: [WHITE/BROWN/FISH/VEGETABLE] Extraction methods: [TRADITIONAL/PRESSURE] Clarification techniques: [CONSOMME/FILTRATION] Concentration levels: [REDUCTION TARGETS] Include remouillage and storage systems.

## Sauce Emulsification

Beginner: Why does my hollandaise sauce break?

Intermediate: I want to master [EMULSION SAUCES] for [APPLICATIONS]. I struggle with [SPECIFIC ISSUES] and use [EQUIPMENT]. Explain science and troubleshooting.

Advanced: Act as a saucier teaching emulsion mastery. Develop protocols for: Emulsion types: [HOT/COLD/FOAM] Stabilization methods: [LECITHIN/PROTEINS] Service holding: [TEMPERATURE MANAGEMENT] Recovery



techniques: [BREAKING/FIXING] Include modernist approaches and scaling formulas.

## **Protein Cookery Precision**

Beginner: How do I know when meat is cooked properly?

Intermediate: I want to perfectly cook [PROTEIN TYPES] using [METHODS]. My thermometer is [TYPE] and I aim for [DONENESS TARGETS]. Create temperature guides and resting protocols.

Advanced: Act as a protein specialist designing cooking systems. Develop protocols for: Species/cuts: [FULL RANGE] Cooking methods: [WET/DRY/COMBINATION] Temperature precision: [GRADIENT CONTROL] Yield optimization: [MOISTURE RETENTION] Include carryover calculations and service timing.

## **Professional Prep Techniques**

Beginner: How do restaurants prep so efficiently?

Intermediate: I want to prep like a pro for [COOKING STYLE]. I cook [FREQUENCY] for [NUMBER] people. My storage is [DESCRIPTION]. Design prep lists and storage systems.

Advanced: Act as a sous chef designing prep systems. Develop protocols for: Prep categories: [PROTEINS/VEGETABLES/SAUCES] Batch sizing: [PAR LEVELS] Storage systems: [CONTAINERS/LABELING] Quality maintenance: [TEMPERATURE/TIME] Include production sheets and waste tracking.

# **HEALTH-FOCUSED COOKING**

## **Nutrient Preservation**

Beginner: How do I cook vegetables without losing nutrients?

Intermediate: I want to maximize nutrition in [COOKING METHODS] for [INGREDIENT TYPES]. My health goals are [SPECIFIC TARGETS]. Explain temperature, timing, and water usage.



Advanced: Act as a culinary nutritionist designing cooking protocols. Develop methods for: Vitamin preservation: [HEAT/WATER SENSITIVE] Mineral retention: [COOKING WATER USAGE] Antioxidant optimization: [PREPARATION METHODS] Bioavailability enhancement: [COMBINATIONS] Include nutrient density calculations and meal planning.

## Anti-Inflammatory Cooking

Beginner: What foods help reduce inflammation?

Intermediate: I want to create [MEAL TYPES] focusing on anti-inflammatory ingredients. My preferences are [FLAVORS] and restrictions are [LIST]. Design balanced, flavorful meals.

Advanced: Act as a therapeutic chef designing anti-inflammatory menus. Develop protocols for: Ingredient selection: [ORAC SCORES] Cooking methods: [PRESERVATION TECHNIQUES] Spice protocols: [THERAPEUTIC DOSING] Menu rotation: [VARIETY MAINTENANCE] Include biomarker tracking and symptom correlation.

## Gut Health Focus

Beginner: How do I cook for better digestive health?

Intermediate: I want to incorporate [FERMENTED/PREBIOTIC/PROBIOTIC] foods into [MEAL FREQUENCY]. My digestive issues include [SYMPTOMS]. Create gentle, healing recipes.

Advanced: Act as a gut health chef designing therapeutic protocols. Develop systems for: Fermentation categories: [CULTURE TYPES] Prebiotic sources: [FIBER VARIETIES] Cooking modifications: [DIGESTIBILITY] Elimination protocols: [FODMAP/OTHERS] Include symptom tracking and reintroduction guides.

## Blood Sugar Balance

Beginner: How do I cook to avoid blood sugar spikes?

Intermediate: I need to manage blood sugar through [MEAL TYPES]. My targets are [GLUCOSE RANGES] and I eat [FREQUENCY]. Design balanced meals with glycemic considerations.



Advanced: Act as a metabolic health chef designing meal systems. Develop protocols for: Glycemic management: [LOAD CALCULATIONS] Macro distribution: [TIMING/RATIOS] Fiber optimization: [SOURCES/AMOUNTS] Cooking methods: [STARCH MODIFICATION] Include continuous monitoring integration and meal timing.

## **Sports Nutrition Cooking**

Beginner: What should I eat before and after workouts?

Intermediate: I train [SPORT/FREQUENCY] and need [MEAL TYPES] supporting [PERFORMANCE GOALS]. My caloric needs are [RANGE]. Design pre/post workout nutrition.

Advanced: Act as a sports nutritionist chef designing fueling systems. Develop protocols for: Training phases: [PERIODIZATION] Macro timing: [WORKOUT WINDOWS] Hydration strategies: [ELECTROLYTE BALANCE] Recovery optimization: [NUTRIENT TIMING] Include performance tracking and adaptation protocols.

## **SEASONAL & LOCAL COOKING**

### **Farmers Market Navigation**

Beginner: How do I shop at farmers markets effectively?

Intermediate: I want to cook seasonally from [LOCAL MARKETS] for [HOUSEHOLD SIZE]. My weekly budget is \$[AMOUNT]. Create shopping strategies and storage plans.

Advanced: Act as a local food chef designing seasonal systems. Develop protocols for: Vendor relationships: [SOURCING STRATEGIES] Seasonal planning: [MENU DEVELOPMENT] Preservation timing: [PEAK SEASON CAPTURE] Cost management: [BUDGET OPTIMIZATION] Include crop calendars and relationship building.

### **Seasonal Menu Planning**

Beginner: How do I plan meals around seasons?





Intermediate: I want to create [MEAL FREQUENCY] seasonal menus for [CLIMATE ZONE]. My cooking style is [DESCRIPTION] and storage is [CAPACITY]. Design quarterly menu rotations.

Advanced: Act as a seasonal chef designing annual menu cycles. Develop systems for: Seasonal transitions: [MENU BRIDGING] Preservation integration: [EXTENDED SEASONS] Local sourcing: [SUPPLIER NETWORK] Special occasions: [HOLIDAY INTEGRATION] Include production calendars and cost projections.

## Foraging Safely

Beginner: Is foraging safe and legal where I live?

Intermediate: I want to forage [PLANT TYPES] in [REGION]. My experience level is [DESCRIPTION] and I have [RESOURCES]. Guide identification, harvesting, and preparation.

Advanced: Act as a foraging chef designing wild food programs. Develop protocols for: Species identification: [REGIONAL GUIDES] Sustainable harvesting: [IMPACT MINIMIZATION] Safety protocols: [TESTING/VERIFICATION] Culinary applications: [PREPARATION METHODS] Include legal considerations and ecosystem impact.

## Garden-to-Table Cooking

Beginner: How do I plan meals around my garden harvest?

Intermediate: I grow [CROP LIST] and need to use [QUANTITY] weekly. My preservation capacity is [DESCRIPTION]. Design harvest utilization and succession strategies.

Advanced: Act as a garden chef designing integrated systems. Develop protocols for: Crop planning: [KITCHEN NEEDS BASED] Harvest scheduling: [SUCCESSION TIMING] Immediate use: [PEAK FLAVOR CAPTURE] Preservation timing: [METHOD SELECTION] Include planting guides and yield optimization.

## Root Cellar Cooking

Beginner: How do I store vegetables without refrigeration?



Intermediate: I want to establish root storage for [PRODUCE TYPES]. My space options are [DESCRIPTION] with [CLIMATE CONDITIONS]. Design storage systems and usage rotation.

Advanced: Act as a traditional foods specialist designing storage systems. Develop protocols for: Storage categories: [CONDITION REQUIREMENTS] Environment control: [TEMP/HUMIDITY] Rotation systems: [QUALITY MONITORING] Menu integration: [STORAGE COOKING] Include construction guides and troubleshooting.

## WORLD STREET FOODS

### Taco Mastery

Beginner: How do I make authentic Mexican tacos at home?

Intermediate: I want to master [TACO STYLES] using [PROTEIN OPTIONS]. I have access to [INGREDIENT SOURCES] and equipment including [LIST]. Guide tortilla selection and assembly.

Advanced: Act as a taquero designing taco systems. Develop protocols for: Protein preparations: [MARINADES/COOKING] Tortilla mastery: [CORN/FLOUR MAKING] Salsa systems: [HEAT LEVELS/STYLES] Service setup: [STATION ORGANIZATION] Include regional variations and guest scaling.

### Dim Sum at Home

Beginner: Can I make dim sum without special equipment?

Intermediate: I want to make [DIM SUM TYPES] for [NUMBER] people. My steamer setup is [DESCRIPTION] and skill level is [ASSESSMENT]. Teach wrapper techniques and fillings.

Advanced: Act as a dim sum chef designing production systems. Develop protocols for: Wrapper varieties: [DOUGH FORMULAS] Filling categories: [PROTEIN/VEGETABLE] Pleating techniques: [TRADITIONAL FORMS] Service timing: [STEAMING SCHEDULES] Include tea pairings and banquet planning.



## Kebab & Skewer Mastery

Beginner: How do I prevent kebabs from drying out?

Intermediate: I want to perfect [KEBAB STYLES] using [MEAT TYPES] on my [GRILL TYPE]. Typical serving size is [NUMBER]. Explain marination, threading, and heat management.

Advanced: Act as a kebab master designing grilling systems. Develop protocols for: Meat preparations: [CUTS/MARINADES] Skewer techniques: [MATERIALS/LOADING] Heat management: [ZONE GRILLING] Accompaniments: [BREADS/SAUCES] Include spice blends and service systems.

## Ramen Construction

Beginner: Can I make real ramen at home?

Intermediate: I want to create [RAMEN STYLES] from scratch. I can dedicate [TIME] and have [EQUIPMENT]. My goal is [AUTHENTICITY LEVEL]. Break down all components.

Advanced: Act as a ramen chef designing complete systems. Develop protocols for: Broth types: [TONKOTSU/SHOYU/MISO/SHIO] Noodle making: [HYDRATION/ALKALINITY] Tare formulation: [SEASONING BASES] Topping preparations: [TRADITIONAL/MODERN] Include timing orchestration and scaling formulas.

## Banh Mi Perfection

Beginner: What makes a good banh mi sandwich?

Intermediate: I want to make authentic banh mi with [PROTEIN OPTIONS]. I have access to [BAKERY TYPE] for bread and can source [INGREDIENTS]. Guide assembly and balance.

Advanced: Act as a Vietnamese sandwich specialist. Develop systems for: Bread specifications: [CRUST/CRUMB REQUIREMENTS] Protein preparations: [TRADITIONAL METHODS] Pickle formulas: [VEGETABLE PREPARATIONS] Sauce systems: [MAYO/PATE VARIATIONS] Include volume production and customization options.



# COOKING WITH CONSTRAINTS

## One-Pot Wonders

Beginner: What are the best one-pot meals for beginners?

Intermediate: I need [NUMBER] different one-pot meals using [COOKWARE TYPE]. Dietary needs include [RESTRICTIONS] and I cook for [PEOPLE]. Balance nutrition and flavors.

Advanced: Act as an efficiency expert designing one-pot systems. Develop protocols for: Layering techniques: [INGREDIENT TIMING] Liquid management: [ABSORPTION RATIOS] Flavor development: [SINGLE VESSEL LIMITS] Nutritional completeness: [MACRO BALANCE] Include batch cooking and reheating strategies.

## Small Kitchen Solutions

Beginner: How do I cook effectively in a tiny kitchen?

Intermediate: My kitchen has [DIMENSIONS] with [APPLIANCES]. I cook [FREQUENCY] for [NUMBER] and need to prepare [MEAL TYPES]. Design space-efficient systems.

Advanced: Act as a small-space specialist designing kitchen systems. Develop protocols for: Equipment selection: [MULTI-USE PRIORITIES] Prep strategies: [SPACE OPTIMIZATION] Storage solutions: [VERTICAL/HIDDEN] Workflow design: [MOVEMENT EFFICIENCY] Include apartment-friendly techniques and noise management.

## Dorm Room Cooking

Beginner: What can I cook with just a microwave?

Intermediate: I have [APPLIANCES: microwave/hot plate/etc] in my dorm. Budget is \$[WEEKLY] and I need [MEALS PER DAY]. Create nutritious, satisfying options.

Advanced: Act as a limited-resource chef designing dorm systems. Develop protocols for: Appliance maximization: [CREATIVE USES] Ingredient storage: [NO REFRIGERATION OPTIONS] Nutrition optimization: [LIMITED COOKING] Social cooking: [SHAREABLE OPTIONS] Include shopping lists and meal prep strategies.



## Camping Cuisine

Beginner: What food should I bring camping?

Intermediate: I'm camping for [DAYS] with [GROUP SIZE]. Available cooking equipment is [LIST] and storage is [COOLER/NONE]. Plan meals considering weight and spoilage.

Advanced: Act as an outdoor chef designing camping systems. Develop protocols for: Meal categories: [BREAKFAST/LUNCH/DINNER/SNACKS] Cooking methods: [FIRE/STOVE/NO-COOK] Weight optimization: [CALORIES PER OUNCE] Safety protocols: [WILDLIFE/SPOILAGE] Include packing lists and leave-no-trace practices.

## Power Outage Cooking

Beginner: How do I cook during a power outage?

Intermediate: I need backup cooking methods for [DURATION] outages. Available resources include [EQUIPMENT/FUEL]. My household is [SIZE] with [DIETARY NEEDS]. Create emergency meal plans.

Advanced: Act as an emergency preparedness chef. Develop protocols for: Fuel types: [SAFE INDOOR OPTIONS] Shelf-stable menus: [NUTRITIONAL BALANCE] Water conservation: [MINIMAL USE COOKING] Food safety: [NO REFRIGERATION PROTOCOLS] Include emergency kit lists and rotation schedules.

## COOKING FOR SPECIFIC NEEDS

### Baby & Toddler Food

Beginner: How do I make safe baby food at home?

Intermediate: I'm making food for [AGE] baby transitioning to [STAGE]. Allergies to consider are [LIST] and I want to introduce [FOODS]. Create introduction schedules and recipes.

Advanced: Act as a pediatric nutrition chef designing feeding programs. Develop protocols for: Age progressions: [TEXTURE DEVELOPMENT] Allergen introduction: [CURRENT GUIDELINES] Nutrient density: [GROWTH REQUIREMENTS] Batch



systems: [FREEZING PORTIONS] Include safety protocols and development milestones.

## Senior-Friendly Meals

Beginner: How do I cook for elderly family members?

Intermediate: I'm cooking for seniors with [DIETARY RESTRICTIONS] and [PHYSICAL LIMITATIONS]. Texture needs are [SPECIFICATIONS] and portion sizes are [DESCRIPTION]. Adapt favorite recipes.

Advanced: Act as a senior nutrition specialist designing meal programs. Develop protocols for: Texture modifications: [DYSPHAGIA LEVELS] Nutrient density: [SMALLER PORTIONS] Flavor enhancement: [REDUCED TASTE/SMELL] Presentation appeals: [VISUAL/PRACTICAL] Include medication interactions and hydration strategies.

## Hospital Recovery Meals

Beginner: What should I cook for someone recovering from surgery?

Intermediate: I'm cooking for someone recovering from [CONDITION/SURGERY]. Restrictions include [LIST] and goals are [HEALING PRIORITIES]. Design gentle, nourishing meals.

Advanced: Act as a therapeutic chef designing recovery protocols. Develop meal plans for: Healing phases: [IMMEDIATE/INTERMEDIATE/LONG-TERM] Nutrient priorities: [PROTEIN/VITAMINS/MINERALS] Digestive comfort: [GENTLE PROGRESSIONS] Appetite stimulation: [APPEALING OPTIONS] Include supplement integration and progress tracking.

## Autism-Friendly Cooking

Beginner: How do I cook for someone with food sensitivities related to autism?

Intermediate: I'm cooking for someone who prefers [TEXTURES/COLORS/FOODS] and avoids [DISLIKES]. Nutrition concerns include [GAPS]. Create appealing, nutritious options.

Advanced: Act as a sensory-aware chef designing accommodation systems. Develop protocols for: Texture preferences: [SMOOTH/CRUNCHY/SEPARATED] Visual



presentation: [COLOR/ARRANGEMENT] Routine integration: [PREDICTABILITY]  
Nutrition strategies: [HIDDEN/GRADUAL] Include communication tools and progress tracking.

## **ADHD Meal Support**

Beginner: How can cooking help manage ADHD symptoms?

Intermediate: I need meal strategies for someone with ADHD who [SPECIFIC CHALLENGES]. Energy patterns are [DESCRIPTION] and medication timing is [SCHEDULE]. Design supportive meal systems.

Advanced: Act as a neurodivergent-supportive chef designing meal programs. Develop protocols for: Blood sugar stability: [TIMING/COMPOSITION] Executive function support: [SIMPLE SYSTEMS] Dopamine-supportive foods: [INGREDIENT FOCUS] Meal prep simplification: [ADHD-FRIENDLY METHODS] Include visual guides and reminder systems.

## **ADVANCED MEAL SYSTEMS**

### **Meal Service Planning**

Beginner: How do I cook for a large group efficiently?

Intermediate: I'm feeding [NUMBER] people for [EVENT TYPE]. Kitchen facilities include [EQUIPMENT] and budget is \$[PER PERSON]. Design scalable menus with prep timelines.

Advanced: Act as a catering chef designing service systems. Develop protocols for: Menu engineering: [COST/LABOR/APPEAL] Production scheduling: [PREP TIMELINES] Service logistics: [PLATING/BUFFET/STATIONS] Quality maintenance: [HOLDING METHODS] Include staffing calculations and equipment lists.

### **Recipe Scaling Mathematics**

Beginner: How do I double or halve a recipe accurately?





Intermediate: I need to scale recipes from [ORIGINAL YIELD] to [NEEDED YIELD]. Common issues I face are [PROBLEMS]. Explain scaling factors and adjustment strategies.

Advanced: Act as a production chef teaching scaling systems. Develop protocols for: Linear scaling: [WHEN APPLICABLE] Non-linear adjustments: [SEASONINGS/LEAVENINGS] Equipment limitations: [BATCH MAXIMUMS] Quality maintenance: [SCALED TECHNIQUES] Include conversion charts and testing protocols.

## Multi-Cultural Fusion

Beginner: How do I combine different cuisines respectfully?

Intermediate: I want to fuse [CUISINE 1] with [CUISINE 2] for [PURPOSE]. My skill level in each is [ASSESSMENTS]. Guide flavor bridging and technique combinations.

Advanced: Act as a fusion chef designing hybrid cuisines. Develop protocols for: Flavor mapping: [COMPLEMENTARY PROFILES] Technique marriage: [COMPATIBLE METHODS] Cultural respect: [AUTHENTIC ELEMENTS] Innovation balance: [TRADITION/CREATIVITY] Include ingredient substitutions and presentation styles.

## Zero-Waste Cooking

Beginner: How do I reduce food waste in my kitchen?

Intermediate: I want to eliminate waste from [INGREDIENT CATEGORIES]. My household size is [NUMBER] and shopping frequency is [SCHEDULE]. Design whole-use strategies and storage.

Advanced: Act as a sustainability chef designing zero-waste systems. Develop protocols for: Ingredient utilization: [ROOT-TO-LEAF/NOSE-TO-TAIL] Scrap transformation: [STOCKS/POWDERS/FERMENTS] Menu integration: [BYPRODUCT USAGE] Composting systems: [KITCHEN INTEGRATION] Include tracking metrics and cost analysis.

## Teaching Cooking Skills

Beginner: How do I teach someone else to cook?



Intermediate: I'm teaching [AGE GROUP] to cook [CUISINE TYPE]. Their current skill level is [ASSESSMENT] and learning style is [DESCRIPTION]. Design lesson plans and progressions.

Advanced: Act as a culinary educator designing teaching systems. Develop protocols for: Skill progressions: [SCAFFOLDED LEARNING] Safety protocols: [AGE-APPROPRIATE] Engagement strategies: [LEARNING STYLES] Assessment methods: [SKILL VERIFICATION] Include curriculum design and resource lists.

## PART 2

### 120+ Creative Cooking Prompts

Let's explore a comprehensive list of creative cooking prompts organized into 12 categories! These prompts are designed to spark creativity and help you think outside the box when cooking.

The categories range from using what you already have ("What's In My Kitchen Challenges") to exploring new techniques, creating fusion dishes, working with dietary restrictions, and even turning cooking into a social activity. Each prompt encourages experimentation and creative problem-solving rather than following specific recipes.

You can use these prompts to:

- Challenge yourself when you're in a cooking rut
- Make meal planning more exciting
- Use up ingredients before they go bad
- Learn new techniques and expand your cooking skills
- Make cooking more fun and interactive with family or friends

Feel free to mix and match prompts from different categories, or use them as inspiration to create your own cooking challenges!



## What's In My Kitchen Challenges

1. Create a meal using only ingredients that are one color (all green, all white, etc.)
2. Make something delicious with only 5 ingredients or less
3. Cook a complete dinner using only what's in your pantry (no fresh ingredients)
4. Transform leftovers from three different meals into one cohesive dish
5. Use only ingredients that start with the same letter of the alphabet
6. Cook with only what's been in your fridge the longest (rescue mission)
7. Make a meal using only ingredients you can see from where you're standing
8. Create something using only condiments and sauces as flavor bases
9. Cook with only ingredients that cost less than \$1 each
10. Use everything in your vegetable drawer before it goes bad

## Cultural Fusion & Travel

11. Combine two cuisines that have never been mixed before
12. Cook a dish inspired by the last place you traveled
13. Create fusion tacos with unexpected cultural fillings
14. Make a traditional dish from one country using ingredients from another
15. Cook your way through the alphabet of countries (Afghanistan to Zimbabwe)
16. Transform a classic American dish into an Asian-inspired version
17. Create a Mediterranean version of your favorite comfort food
18. Design a menu representing all continents in one meal
19. Reimagine street food from three different countries as one dish
20. Cook a historical meal from a specific decade or era



## Substitution Challenges

21. Make a classic dessert without any sugar or sweeteners
22. Create a pasta dish without using any pasta
23. Cook a "meaty" meal using only plants
24. Bake without eggs - find creative binding alternatives
25. Make dairy-free versions of cream-based dishes
26. Create gluten-free versions of traditionally wheat-heavy foods
27. Replace all cooking oils with alternative fats (avocado, nut butters, etc.)
28. Make a pizza without traditional pizza dough
29. Create cheese-like flavors without any dairy
30. Substitute all white ingredients with whole grain/brown alternatives

## Time-Based Challenges

31. Create a gourmet meal in under 15 minutes
32. Make something that takes exactly 1 hour from start to finish
33. Prepare a week's worth of meals in 2 hours
34. Cook a "slow" dish using only quick-cooking methods
35. Transform instant foods into restaurant-quality dishes
36. Create a meal where every component takes the same time to cook
37. Make breakfast for dinner but in breakfast cooking time
38. Prepare tomorrow's dinner using only overnight/passive cooking methods
39. Speed-cook traditionally slow recipes (like quick "braised" dishes)
40. Create a meal with staggered cooking times for perfect simultaneous completion

## Aesthetic & Presentation

41. Create a monochromatic meal (everything the same color)
42. Design a rainbow meal with every color represented
43. Make ordinary ingredients look like expensive restaurant food
44. Create optical illusion foods (things that look like other things)
45. Design a meal that tells a story on the plate
46. Make kid-friendly versions of adult sophisticated dishes
47. Transform comfort food into fine dining presentation
48. Create edible art using only natural food colors
49. Design a meal inspired by a famous painting
50. Make "ugly" ingredients beautiful through preparation and plating

## Technique Experiments

51. Cook an entire meal using only one cooking method
52. Use a kitchen appliance for something it wasn't designed for
53. Make traditionally baked items without an oven
54. Create crispy textures without any frying
55. Cook everything at the same temperature
56. Make hot dishes served cold and cold dishes served hot
57. Use only raw cooking techniques (no heat)
58. Transform liquid ingredients into solid forms
59. Create umami bombs without meat or mushrooms
60. Make creamy textures without cream or butter



## Seasonal & Weather-Based

61. Create cooling dishes without using any cold ingredients
62. Make warming winter food in summer (but refreshing)
63. Cook with only ingredients that are currently in season
64. Create holiday flavors in the wrong season
65. Design weather-appropriate meals (rainy day, snow day, heat wave)
66. Transform summer dishes for winter enjoyment
67. Use only preserved/canned goods to make "fresh" tasting food
68. Create tropical flavors using only local ingredients
69. Make comfort food that's actually healthy and light
70. Design meals based on today's weather forecast

## Dietary & Health Challenges

71. Create indulgent-tasting food that's secretly healthy
72. Make a high-protein meal without meat, eggs, or dairy
73. Cook a complete meal under 500 calories that's still satisfying
74. Transform junk food favorites into nutritious versions
75. Create a meal with hidden vegetables for picky eaters
76. Make desserts using only naturally sweet ingredients
77. Design a meal that meets specific macro requirements
78. Cook anti-inflammatory meals using regular ingredients
79. Create energizing breakfasts without caffeine or sugar
80. Make comfort food for specific dietary restrictions

## Random & Wildcard

81. Let a dice decide your ingredients (assign numbers to pantry items)
82. Cook with only ingredients bought from a gas station
83. Create a meal inspired by your favorite song or movie
84. Make something using only "breakfast foods" for dinner
85. Cook with only round ingredients
86. Use only ingredients you've never cooked with before
87. Create a meal where everything is wrapped in something else
88. Make savory versions of traditionally sweet dishes
89. Cook using only ingredients from the discount/clearance section
90. Create a meal inspired by your favorite childhood memory

## Social & Interactive

91. Cook a meal where each person contributes one ingredient
92. Create a "chopped basket" challenge with random ingredients
93. Make a progressive dinner (each course in a different style)
94. Design a meal that can be customized by each diner
95. Cook something that requires audience participation
96. Create a "build your own" meal bar
97. Make dishes that encourage sharing and interaction
98. Design a meal where everyone cooks one component
99. Create conversation-starting unusual food combinations
100. Cook a meal that tells your family history





## Texture Challenges

- 101. Create five different textures from one ingredient
- 102. Make crunchy versions of traditionally soft foods
- 103. Transform solid foods into creamy spreads
- 104. Create layers of contrasting textures in one dish
- 105. Make traditionally chewy foods tender
- 106. Design a meal with only smooth/pureed textures
- 107. Create unexpected textural contrasts
- 108. Make crispy foods stay crispy in liquid
- 109. Transform boring textures into exciting ones
- 110. Create a meal focusing on temperature contrasts

## Shopping Challenges

- 111. Create a meal using only ingredients from the international aisle
- 112. Cook with only what you can buy for \$10
- 113. Make a gourmet meal from only convenience store ingredients
- 114. Use only ingredients from the farmer's market
- 115. Create a meal from only the sale items at the grocery store
- 116. Cook with only shelf-stable ingredients
- 117. Make fresh-tasting food from all frozen ingredients
- 118. Use only ingredients you can buy at a pharmacy
- 119. Create a meal from only bulk bin ingredients
- 120. Cook with ingredients from only one grocery store aisle



# PART 3

## 1,000 Recipe Prompts

Let's dive into a comprehensive list of 1,000 cooking prompts organized into 12 major categories:

1. **Quick Weeknight Dinners** (50 prompts) - Fast, practical meals for busy evenings
2. **Breakfast & Brunch** (75 prompts) - Morning meals from simple to elaborate
3. **Appetizers & Small Plates** (100 prompts) - Starters, finger foods, and party snacks
4. **Soups & Stews** (75 prompts) - Comforting bowls from around the world
5. **Salads & Sides** (100 prompts) - Fresh salads and accompaniment dishes
6. **Main Courses - Meat** (100 prompts) - Beef, pork, lamb, and poultry dishes
7. **Main Courses - Seafood** (75 prompts) - Fish and shellfish preparations
8. **Main Courses - Vegetarian/Vegan** (75 prompts) - Plant-based main dishes
9. **Desserts - Cakes & Pies** (100 prompts) - Baked sweet treats
10. **Desserts - Other Sweets** (100 prompts) - Puddings, frozen treats, candies, and more
11. **Baking - Breads & Pastries** (75 prompts) - Yeast breads, quick breads, and pastries
12. **International Cuisines** (75 prompts) - Complete meals from various cultures

Each prompt is designed to inspire creativity while being specific enough to provide clear direction. The prompts range from classic preparations to modern innovations, covering techniques, flavor profiles, and presentation styles from around the globe.



## Quick Weeknight Dinners (50 prompts)

1. Create a 15-minute pasta dish using only pantry staples
2. Design a one-pan chicken dinner with seasonal vegetables
3. Make a hearty soup using leftover rotisserie chicken
4. Develop a vegetarian stir-fry with five ingredients or less
5. Transform instant ramen into a gourmet meal
6. Create a sheet pan dinner for a family of four
7. Make a no-cook summer dinner for hot nights
8. Design a 20-minute taco Tuesday spread
9. Create a rice bowl using whatever's in the fridge
10. Make a quick curry using store-bought sauce
11. Design a Mediterranean-inspired flatbread pizza
12. Create a deconstructed sushi bowl
13. Make a one-pot pasta primavera
14. Design a quick and healthy grain bowl
15. Create a 10-minute breakfast-for-dinner menu
16. Make a speedy Thai-inspired noodle dish
17. Design a Mexican-style loaded sweet potato
18. Create a French-inspired omelet dinner
19. Make a quick Korean bibimbap bowl
20. Design a Middle Eastern mezze plate dinner
21. Create a fast fish dinner with lemon butter sauce
22. Make a vegetarian chili in under 30 minutes



23. Design a quick Indian-inspired dal
24. Create a speedy Greek salad with protein
25. Make a one-skillet lasagna
26. Design a quick Vietnamese pho-inspired soup
27. Create a 15-minute shrimp scampi
28. Make a fast veggie burger from scratch
29. Design a quick Moroccan-spiced chicken
30. Create a speedy Japanese teriyaki bowl
31. Make a one-pot jambalaya express
32. Design a quick Italian wedding soup
33. Create a fast Cuban black beans and rice
34. Make a speedy Spanish tortilla
35. Design a quick Chinese fried rice
36. Create a 20-minute beef stroganoff
37. Make a fast Ethiopian-inspired lentil stew
38. Design a quick Brazilian rice and beans
39. Create a speedy German schnitzel
40. Make a fast Russian borscht
41. Design a quick Turkish kebab plate
42. Create a speedy Polish pierogi dinner
43. Make a fast Peruvian-inspired quinoa bowl
44. Design a quick Filipino adobo
45. Create a speedy Indonesian nasi goreng
46. Make a fast Argentine chimichurri steak



47. Design a quick Lebanese fattoush salad
48. Create a speedy Swedish meatball dinner
49. Make a fast Nigerian jollof rice
50. Design a quick Malaysian laksa soup

## Breakfast & Brunch (75 prompts)

51. Create a gourmet French toast variation
52. Design a savory breakfast bowl
53. Make homemade granola with unique ingredients
54. Create a breakfast sandwich worth waking up for
55. Design a brunch cocktail menu
56. Make a breakfast pizza
57. Create overnight oats five different ways
58. Design a Dutch baby pancake topping bar
59. Make a breakfast burrito meal prep plan
60. Create a vegan breakfast spread
61. Design a Middle Eastern breakfast platter
62. Make homemade bagels and cream cheese
63. Create a breakfast charcuterie board
64. Design a Japanese-style breakfast
65. Make a breakfast casserole for a crowd
66. Create a smoothie bowl art challenge
67. Design a British full breakfast with a twist
68. Make homemade English muffins



69. Create a breakfast taco bar
70. Design a Scandinavian breakfast spread
71. Make cloud eggs three ways
72. Create a breakfast grain bowl
73. Design a Mexican chilaquiles variation
74. Make homemade breakfast sausage
75. Create a waffle topping station
76. Design a Mediterranean breakfast mezze
77. Make a breakfast pasta dish
78. Create a protein-packed breakfast muffin
79. Design an Australian-style brunch menu
80. Make homemade pop tarts
81. Create a breakfast soup
82. Design a Southern breakfast spread
83. Make a breakfast risotto
84. Create a fruit-forward breakfast parfait
85. Design a Korean breakfast set
86. Make homemade breakfast bars
87. Create a breakfast bruschetta menu
88. Design a Spanish breakfast tapas spread
89. Make a breakfast galette
90. Create a breakfast Buddha bowl
91. Design a New Orleans-style brunch
92. Make homemade croissants



93. Create a breakfast fondue experience
94. Design an Indian breakfast thali
95. Make a breakfast hand pie
96. Create a breakfast salad that works
97. Design a Russian breakfast spread
98. Make homemade breakfast cereal
99. Create a breakfast crostini selection
100. Design a Vietnamese breakfast menu
101. Make a breakfast cobbler
102. Create a breakfast sushi roll
103. Design a German breakfast board
104. Make a breakfast pot pie
105. Create a breakfast antipasto platter
106. Design a Chinese dim sum breakfast
107. Make a breakfast calzone
108. Create a breakfast tartine collection
109. Design a Turkish breakfast feast
110. Make a breakfast empanada
111. Create a breakfast poke bowl
112. Design a Polish breakfast spread
113. Make a breakfast stromboli
114. Create a breakfast flatbread collection
115. Design an Ethiopian breakfast platter
116. Make a breakfast wellington





117. Create a breakfast ceviche
118. Design a Brazilian breakfast table
119. Make a breakfast spring roll
120. Create a breakfast carpaccio
121. Design a Lebanese breakfast mezze
122. Make a breakfast roulade
123. Create a breakfast tempura
124. Design a Cuban breakfast menu
125. Make a breakfast terrine

## **Appetizers & Small Plates (100 prompts)**

126. Create bite-sized caprese skewers with a twist
127. Design a five-layer Mexican dip
128. Make homemade cheese straws
129. Create Asian-fusion lettuce wraps
130. Design a charcuterie board for beginners
131. Make stuffed mushrooms three ways
132. Create a bruschetta bar with toppings
133. Design deviled eggs with global flavors
134. Make homemade spring rolls
135. Create a Mediterranean pinwheel platter
136. Design bacon-wrapped appetizers
137. Make mini quiches in a muffin tin
138. Create a hummus flight with flavors



139. Design stuffed jalapeño poppers
140. Make homemade crackers for cheese
141. Create a crostini topping collection
142. Design a seafood appetizer tower
143. Make mini meatballs around the world
144. Create a vegetable tempura platter
145. Design a dumpling variety pack
146. Make homemade pâté
147. Create a flatbread appetizer selection
148. Design stuffed dates five ways
149. Make mini sliders with unique toppings
150. Create a Spanish tapas spread
151. Design a caviar service for beginners
152. Make homemade pretzels with dips
153. Create a Middle Eastern mezze board
154. Design cocktail-inspired appetizers
155. Make stuffed cherry tomatoes
156. Create a sushi appetizer platter
157. Design a fondue party spread
158. Make homemade chips and dips
159. Create a Korean banchan selection
160. Design elegant canapés
161. Make mini empanadas
162. Create a raw bar at home



163. Design a French hors d'oeuvres spread
164. Make stuffed mini peppers
165. Create a dim sum appetizer menu
166. Design a cheese ball collection
167. Make homemade breadsticks
168. Create a Vietnamese appetizer platter
169. Design stuffed endive boats
170. Make mini pizzas with gourmet toppings
171. Create an Indian chaat station
172. Design a Greek meze platter
173. Make homemade focaccia for sharing
174. Create a Brazilian petisco spread
175. Design elegant tea sandwiches
176. Make mini tacos in wonton wrappers
177. Create a Moroccan appetizer selection
178. Design a pickle and preserve board
179. Make stuffed grape leaves
180. Create a Thai appetizer sampler
181. Design a smoked fish platter
182. Make mini beef wellington bites
183. Create a Lebanese kibbeh selection
184. Design a crudité platter with style
185. Make homemade samosas
186. Create a Japanese izakaya menu



187. Design a cheese fondue dipper bar
188. Make stuffed zucchini boats
189. Create a Persian appetizer spread
190. Design elegant shooters and spoons
191. Make mini crab cakes
192. Create a Turkish meze selection
193. Design a bruschetta flight
194. Make homemade gougères
195. Create an antipasto skewer bar
196. Design a seafood ceviche trio
197. Make mini shepherd's pies
198. Create a Malaysian satay platter
199. Design a cheese and fruit pairing
200. Make homemade arancini
201. Create a Russian zakuski table
202. Design elegant wrapped asparagus
203. Make mini chicken pot pies
204. Create a Filipino pulutan spread
205. Design a carpaccio selection
206. Make stuffed artichoke hearts
207. Create an Argentinian picada board
208. Design a mini tart collection
209. Make homemade bao buns
210. Create a Swedish smörgåsbord starter



- 211. Design a ceviche and crudo bar
- 212. Make mini lobster rolls
- 213. Create a Portuguese petiscos menu
- 214. Design elegant cheese puffs
- 215. Make stuffed olives selection
- 216. Create a Colombian appetizer spread
- 217. Design a mini soup shot selection
- 218. Make homemade blinis with toppings
- 219. Create an Indonesian appetizer sampler
- 220. Design a chilled seafood display
- 221. Make mini corn dogs elevated
- 222. Create a Polish appetizer selection
- 223. Design elegant vegetable roses
- 224. Make homemade tortilla chips
- 225. Create a modern antipasti display

## Soups & Stews (75 prompts)

- 226. Create a Thai coconut soup variation
- 227. Design a hearty beef stew for winter
- 228. Make a chilled summer soup trio
- 229. Create a ramen from scratch
- 230. Design a seafood chowder bar
- 231. Make a vegetarian chili with depth
- 232. Create a French onion soup twist



- 233. Design a pho with all the fixings
- 234. Make a creamy mushroom soup medley
- 235. Create a minestrone with seasonal vegetables
- 236. Design a lobster bisque at home
- 237. Make a spicy tortilla soup
- 238. Create a miso soup with additions
- 239. Design a Moroccan harira
- 240. Make a classic chicken noodle elevated
- 241. Create a gazpacho collection
- 242. Design an Italian wedding soup
- 243. Make a butternut squash soup trio
- 244. Create a tom yum soup authentic
- 245. Design a beef barley comfort soup
- 246. Make a vichyssoise modern take
- 247. Create a pozole for a party
- 248. Design a bouillabaisse simplified
- 249. Make a lentil soup around the world
- 250. Create a corn chowder with twist
- 251. Design a Hungarian goulash authentic
- 252. Make a black bean soup Cuban style
- 253. Create a hot and sour soup
- 254. Design a split pea soup elevated
- 255. Make a cioppino for seafood lovers
- 256. Create a borscht collection



257. Design a Vietnamese pho ga
258. Make a roasted tomato soup trio
259. Create a West African peanut stew
260. Design a ribollita authentic
261. Make a egg drop soup perfected
262. Create a Irish stew traditional
263. Design a laksa from scratch
264. Make a potato leek soup refined
265. Create a Mexican menudo
266. Design a clam chowder debate
267. Make a German lentil soup
268. Create a Chinese congee bar
269. Design a Brazilian feijoada
270. Make a cream of asparagus elegant
271. Create a Spanish gazpacho variations
272. Design a Senegalese thieboudienne
273. Make a cauliflower soup collection
274. Create a Japanese nabemono
275. Design a Scottish cock-a-leekie
276. Make a carrot ginger soup trio
277. Create a Korean kimchi jjigae
278. Design a Portuguese caldo verde
279. Make a wild mushroom soup medley
280. Create a Peruvian chupe





281. Design a Russian solyanka
282. Make a broccoli cheddar perfected
283. Create a Thai khao soi
284. Design a Cuban black bean soup
285. Make a cream of celery refined
286. Create a Mongolian hot pot setup
287. Design a Lebanese lentil soup
288. Make a roasted red pepper soup
289. Create a Filipino sinigang
290. Design a Dutch erwtensoep
291. Make a cream of spinach elegant
292. Create a Malaysian laksa lemak
293. Design a Greek avgolemono
294. Make a sweet potato soup collection
295. Create a Colombian sancocho
296. Design a Polish zurek
297. Make a creamy cauliflower soup
298. Create a Vietnamese bun bo hue
299. Design a Tunisian lablabi
300. Make a classic consommé

## Salads & Sides (100 prompts)

301. Create a grain salad with ancient grains
302. Design a potato salad around the world



303. Make a chopped salad with perfect dice
304. Create a fruit salad that's not boring
305. Design a coleslaw collection
306. Make a pasta salad for every season
307. Create a bean salad medley
308. Design a green salad with homemade dressing
309. Make a roasted vegetable side dish
310. Create a quinoa salad variations
311. Design a Caesar salad elevated
312. Make homemade pickles and ferments
313. Create a Waldorf salad modern take
314. Design a tabbouleh authentic
315. Make a German potato salad
316. Create a Greek salad perfected
317. Design a caprese salad variations
318. Make a three-bean salad upgraded
319. Create a kale salad that converts
320. Design a Cobb salad deconstructed
321. Make a Israeli couscous salad
322. Create a fattoush with pita chips
323. Design a nicoise salad authentic
324. Make a broccoli salad collection
325. Create a panzanella for seasons
326. Design a spinach salad with warm bacon



327. Make a carrot salad collection
328. Create a watermelon feta salad
329. Design a chef salad supreme
330. Make a macaroni salad perfected
331. Create a beet salad trio
332. Design a Thai papaya salad
333. Make a cucumber salad variations
334. Create a Mexican street corn salad
335. Design a wedge salad reimaged
336. Make a lentil salad Mediterranean
337. Create a arugula salad with fruit
338. Design a Russian olivier salad
339. Make a chickpea salad sandwich filling
340. Create a seaweed salad collection
341. Design a Moroccan carrot salad
342. Make a egg salad elevated
343. Create a fennel salad with citrus
344. Design a Vietnamese noodle salad
345. Make a roasted beet and goat cheese
346. Create a Brussels sprout slaw
347. Design a Italian antipasto salad
348. Make a cauliflower rice variations
349. Create a Japanese potato salad
350. Design a tuna salad reinvented



351. Make a corn salad with herbs
352. Create a Persian shirazi salad
353. Design a chicken salad collection
354. Make a roasted root vegetable medley
355. Create a Turkish shepherd's salad
356. Design a shrimp salad elegant
357. Make a green bean side dishes
358. Create a Indian kachumber
359. Design a ham salad spread
360. Make a zucchini noodle salad
361. Create a Scandinavian beet salad
362. Design a salmon salad variations
363. Make a asparagus side dishes
364. Create a Korean namul collection
365. Design a crab salad for rolls
366. Make a roasted Brussels sprouts
367. Create a Lebanese tabbouleh
368. Design a lobster salad luxe
369. Make a glazed carrots collection
370. Create a Chinese smashed cucumber
371. Design a sardine salad healthy
372. Make a sautéed spinach variations
373. Create a German cucumber salad
374. Design a turkey salad uses



- 375. Make a roasted cauliflower sides
- 376. Create a Filipino ensalada
- 377. Design a bacon potato salad
- 378. Make a garlic green beans
- 379. Create a Mexican nopales salad
- 380. Design a seafood salad medley
- 381. Make a honey roasted root vegetables
- 382. Create a Brazilian vinaigrette salad
- 383. Design a deviled egg salad
- 384. Make a maple glazed sweet potatoes
- 385. Create a Polish mizeria
- 386. Design a smoked fish salad
- 387. Make a herb roasted potatoes
- 388. Create a Cambodian green mango salad
- 389. Design a pickled vegetable platter
- 390. Make a creamed corn variations
- 391. Create a Russian beet salad
- 392. Design a antipasto pasta salad
- 393. Make a roasted pepper medley
- 394. Create a Indonesian gado-gado
- 395. Design a seven-layer salad
- 396. Make a braised red cabbage
- 397. Create a Spanish ensalada mixta
- 398. Design a protein power salad



399. Make a creamy mushroom side

400. Create a Argentine salad collection

## Main Courses - Meat (100 prompts)

401. Create a perfect steak with compound butter

402. Design a roast chicken dinner complete

403. Make a lamb rack with herb crust

404. Create a pork tenderloin three ways

405. Design a beef Wellington accessible

406. Make a duck breast restaurant style

407. Create a BBQ ribs competition worthy

408. Design a leg of lamb for holidays

409. Make a chicken cordon bleu updated

410. Create a beef bourguignon authentic

411. Design a pork chop perfection guide

412. Make a Cornish game hen elegant

413. Create a osso buco traditional

414. Design a prime rib roast foolproof

415. Make a chicken Kiev modernized

416. Create a beef short ribs braised

417. Design a rack of pork impressive

418. Make a coq au vin simplified

419. Create a veal scallopini classic

420. Design a beef brisket smoked



421. Make a chicken roulade stuffed
422. Create a lamb shank Mediterranean
423. Design a pork belly crispy skin
424. Make a beef stroganoff authentic
425. Create a chicken ballotine fancy
426. Design a venison steak wild game
427. Make a pork shoulder slow roasted
428. Create a beef tenderloin roast
429. Design a duck confit traditional
430. Make a chicken chasseur French
431. Create a lamb kebabs Middle Eastern
432. Design a beef rouladen German
433. Make a pork schnitzel crispy
434. Create a rabbit cacciatore Italian
435. Design a beef bulgogi Korean
436. Make a chicken satay Indonesian
437. Create a lamb tagine Moroccan
438. Design a pork adobo Filipino
439. Make a beef rendang Malaysian
440. Create a chicken tikka masala
441. Design a lamb biryani layered
442. Make a pork carnitas authentic
443. Create a beef pho Vietnamese
444. Design a chicken shawarma homemade



445. Make a lamb souvlaki Greek
446. Create a pork al pastor tacos
447. Design a beef teriyaki Japanese
448. Make a chicken jerk Caribbean
449. Create a lamb curry Indian
450. Design a pork char siu Chinese
451. Make a beef empanadas baked
452. Create a chicken mole Mexican
453. Design a lamb kofta grilled
454. Make a pork vindaloo spicy
455. Create a beef goulash Hungarian
456. Design a chicken paprikash creamy
457. Make a lamb moussaka layered
458. Create a pork tonkatsu crispy
459. Design a beef massaman Thai
460. Make a chicken tandoori marinated
461. Create a lamb mansaf Jordanian
462. Design a pork lechon crispy
463. Make a beef bobotie South African
464. Create a chicken yassa Senegalese
465. Design a lamb kleftiko Greek
466. Make a pork belly bao buns
467. Create a beef kushiyaki skewers
468. Design a chicken pastilla Moroccan





- 469. Make a lamb roganjosh Kashmir
- 470. Create a pork schwarma spiced
- 471. Design a beef anticuchos Peruvian
- 472. Make a chicken souvla Cypriot
- 473. Create a lamb ouzi Iraqi
- 474. Design a pork sisig Filipino
- 475. Make a beef suya Nigerian
- 476. Create a chicken muamba Angolan
- 477. Design a lamb kabsa Saudi
- 478. Make a pork cochinita pibil
- 479. Create a beef asado Argentine
- 480. Design a chicken piri piri
- 481. Make a lamb harissa spiced
- 482. Create a pork banh mi filling
- 483. Design a beef lok lak Cambodian
- 484. Make a chicken cafreal Goan
- 485. Create a lamb machboos Kuwaiti
- 486. Design a pork larb Thai
- 487. Make a beef kitfo Ethiopian
- 488. Create a chicken kedjenou Ivorian
- 489. Design a lamb qorma Pakistani
- 490. Make a pork sinigang Filipino
- 491. Create a beef bulgogi tacos
- 492. Design a chicken katssu curry



- 493. Make a lamb navarin French
- 494. Create a pork lomito sandwich
- 495. Design a beef chimichurri grilled
- 496. Make a chicken pozharsky Russian
- 497. Create a lamb dolma stuffed
- 498. Design a pork bifana Portuguese
- 499. Make a beef carpaccio elegant
- 500. Create a chicken supreme classical

## **Main Courses - Seafood (75 prompts)**

- 501. Create a pan-seared salmon perfection
- 502. Design a lobster thermidor classic
- 503. Make a sea bass en papillote
- 504. Create a shrimp scampi authentic
- 505. Design a whole fish roasted
- 506. Make a crab cakes Maryland style
- 507. Create a tuna steak seared rare
- 508. Design a paella seafood feast
- 509. Make a halibut with beurre blanc
- 510. Create a moules marinières French
- 511. Design a fish and chips British
- 512. Make a cioppino San Francisco
- 513. Create a grilled octopus tender
- 514. Design a seafood risotto creamy



- 515. Make a sole meunière classic
- 516. Create a shrimp and grits Southern
- 517. Design a lobster roll Connecticut
- 518. Make a ceviche Peruvian style
- 519. Create a fish tacos Baja style
- 520. Design a seafood pasta fra diavolo
- 521. Make a blackened redfish Cajun
- 522. Create a bouillabaisse Marseille
- 523. Design a clam bake New England
- 524. Make a salmon teriyaki glazed
- 525. Create a seafood curry Thai
- 526. Design a fish pie British comfort
- 527. Make a calamari fritti Italian
- 528. Create a seafood paella Valencian
- 529. Design a lobster mac and cheese
- 530. Make a fish curry Kerala style
- 531. Create a crab rangoon crispy
- 532. Design a seafood tower raw bar
- 533. Make a salmon en croute
- 534. Create a fish amok Cambodian
- 535. Design a seafood gumbo Louisiana
- 536. Make a tempura selection Japanese
- 537. Create a grilled fish Greek style
- 538. Design a seafood chowder creamy



539. Make a fish tikka Indian
540. Create a seafood pancake Korean
541. Design a lobster ravioli homemade
542. Make a fish stew Brazilian
543. Create a salmon poke bowl
544. Design a seafood thermidor mix
545. Make a fish tagine Moroccan
546. Create a shrimp pad thai
547. Design a seafood lasagna layered
548. Make a fish croquettes Spanish
549. Create a crab bisque velvety
550. Design a seafood sushi platter
551. Make a fish biryani aromatic
552. Create a lobster risotto luxe
553. Design a seafood chimichurri grilled
554. Make a fish moilee Kerala
555. Create a shrimp étouffée Creole
556. Design a seafood pot pie comfort
557. Make a fish escabeche pickled
558. Create a crab imperial stuffed
559. Design a seafood laksa spicy
560. Make a salmon gravlax cured
561. Create a fish caldeirada Portuguese
562. Design a seafood stuffed shells



- 563. Make a tuna tataki seared
- 564. Create a shrimp saganaki Greek
- 565. Design a seafood chow mein
- 566. Make a fish veracruz Mexican
- 567. Create a lobster Newberg classic
- 568. Design a seafood jambalaya spicy
- 569. Make a fish kedgeree British
- 570. Create a crab thermidor individual
- 571. Design a seafood piri piri
- 572. Make a salmon coulibiac Russian
- 573. Create a fish rendang Indonesian
- 574. Design a seafood zarzuela Spanish
- 575. Make a lobster cantonese style

## Main Courses - Vegetarian/Vegan (75 prompts)

- 576. Create a mushroom Wellington impressive
- 577. Design a vegetable lasagna layered
- 578. Make a chickpea curry creamy
- 579. Create a stuffed bell peppers
- 580. Design a vegan pad thai authentic
- 581. Make a eggplant parmesan crispy
- 582. Create a vegetable biryani aromatic
- 583. Design a black bean enchiladas
- 584. Make a mushroom risotto perfect



585. Create a vegan ramen rich broth
586. Design a cauliflower steak grilled
587. Make a lentil bolognese hearty
588. Create a vegetable moussaka Greek
589. Design a vegan pizza creative
590. Make a falafel with tahini
591. Create a Buddha bowl balanced
592. Design a vegetable pot pie
593. Make a vegan mac and cheese
594. Create a stuffed portobello caps
595. Design a vegetable curry Thai
596. Make a quinoa stuffed squash
597. Create a vegan shepherd's pie
598. Design a tempeh stir-fry Asian
599. Make a vegetable Wellington fancy
600. Create a vegan burrito bowl
601. Design a cauliflower wings buffalo
602. Make a chickpea tikka masala
603. Create a vegetable paella Spanish
604. Design a vegan sushi selection
605. Make a lentil loaf holiday
606. Create a vegetable tagine Moroccan
607. Design a vegan alfredo pasta
608. Make a stuffed eggplant boats



- 609. Create a black bean burgers best
- 610. Design a vegetable lasagna roll-ups
- 611. Make a vegan pho Vietnamese
- 612. Create a cauliflower tacos Mexican
- 613. Design a mushroom stroganoff creamy
- 614. Make a vegetable samosas baked
- 615. Create a vegan carbonara Italian
- 616. Design a stuffed zucchini Turkish
- 617. Make a chickpea shawarma wraps
- 618. Create a vegetable bibimbap Korean
- 619. Design a vegan chili hearty
- 620. Make a eggplant katsu Japanese
- 621. Create a lentil curry Indian
- 622. Design a vegan enchilada casserole
- 623. Make a vegetable dumplings steamed
- 624. Create a mushroom bourguignon French
- 625. Design a vegan jambalaya Creole
- 626. Make a cauliflower curry roasted
- 627. Create a vegetable spring rolls
- 628. Design a vegan moussaka layered
- 629. Make a tempeh tacos spiced
- 630. Create a stuffed tomatoes Greek
- 631. Design a vegan laksa Malaysian
- 632. Make a vegetable quiche no crust



- 633. Create a chickpea stew Moroccan
- 634. Design a vegan bánh mì filling
- 635. Make a mushroom wellington individual
- 636. Create a vegetable pakoras crispy
- 637. Design a vegan pozole Mexican
- 638. Make a cauliflower piccata lemony
- 639. Create a lentil shepherd's pie
- 640. Design a vegan dim sum selection
- 641. Make a vegetable couscous feast
- 642. Create a tofu scramble breakfast
- 643. Design a vegan goulash Hungarian
- 644. Make a stuffed acorn squash
- 645. Create a vegetable tempura light
- 646. Design a vegan paella saffron
- 647. Make a mushroom ragu Italian
- 648. Create a chickpea flour pizza
- 649. Design a vegan stuffed cabbage
- 650. Make a vegetable biryani layered

## Desserts - Cakes & Pies (100 prompts)

- 651. Create a chocolate layer cake ultimate
- 652. Design a fruit tart elegant
- 653. Make a cheesecake New York style
- 654. Create an apple pie all-American





- 655. Design a red velvet cake Southern
- 656. Make a lemon meringue pie perfect
- 657. Create a carrot cake moist
- 658. Design a pecan pie holiday
- 659. Make a chocolate lava cake individual
- 660. Create a key lime pie authentic
- 661. Design a tres leches cake Mexican
- 662. Make a pumpkin pie spiced
- 663. Create a German chocolate cake
- 664. Design a berry galette rustic
- 665. Make a black forest cake classic
- 666. Create a chess pie Southern
- 667. Design a tiramisu cake layered
- 668. Make a banana cream pie homemade
- 669. Create a hummingbird cake tropical
- 670. Design a Dutch apple pie crumble
- 671. Make a opera cake French
- 672. Create a coconut cream pie fluffy
- 673. Design a Victoria sponge British
- 674. Make a chocolate silk pie smooth
- 675. Create a pound cake variations
- 676. Design a fruit pie lattice top
- 677. Make a angel food cake light
- 678. Create a Boston cream pie classic



679. Design a bundt cake glazed
680. Make a lemon tart French
681. Create a spice cake autumn
682. Design a chocolate cream pie rich
683. Make a chiffon cake airy
684. Create a strawberry pie summer
685. Design a coffee cake crumb topped
686. Make a custard pie silky
687. Create a molten chocolate cake
688. Design a mixed berry pie
689. Make a upside-down cake pineapple
690. Create a sweet potato pie soul
691. Design a marble cake swirled
692. Make a French silk pie chocolate
693. Create a honey cake Jewish
694. Design a shoofly pie Pennsylvania
695. Make a genoise sponge versatile
696. Create a blackberry pie lattice
697. Design a rum cake Caribbean
698. Make a butterscotch pie creamy
699. Create a olive oil cake moist
700. Design a rhubarb pie tart
701. Make a dobos torte Hungarian
702. Create a peach pie perfect



- 703. Design a coconut cake Southern
- 704. Make a grasshopper pie minty
- 705. Create a almond cake gluten-free
- 706. Design a mincemeat pie holiday
- 707. Make a devil's food cake dark
- 708. Create a blueberry pie Maine
- 709. Design a Lane cake Alabama
- 710. Make a chocolate pecan pie
- 711. Create a strawberry shortcake classic
- 712. Design a vinegar pie depression-era
- 713. Make a Battenberg cake British
- 714. Create a sour cherry pie Michigan
- 715. Design a King cake Mardi Gras
- 716. Make a millionaire pie no-bake
- 717. Create a applesauce cake moist
- 718. Design a gooseberry pie English
- 719. Make a Sachertorte Austrian
- 720. Create a Derby pie Kentucky
- 721. Design a Smith Island cake Maryland
- 722. Make a transparent pie vintage
- 723. Create a bee sting cake German
- 724. Design a huckleberry pie Montana
- 725. Make a Princess cake Swedish
- 726. Create a sugar cream pie Hoosier



727. Design a stack cake Appalachian
728. Make a lingonberry pie Scandinavian
729. Create a Baumkuchen German
730. Design a saskatoon berry pie Canadian
731. Make a Mont Blanc cake French
732. Create a muscadine pie Southern
733. Design a Esterházy torte Hungarian
734. Make a cloudberry pie Nordic
735. Create a Donauwelle cake German
736. Design a pawpaw pie Midwest
737. Make a Kransekake Norwegian
738. Create a persimmon pie autumn
739. Design a Zuger Kirschtorte Swiss
740. Make a beach plum pie coastal
741. Create a medovik honey cake Russian
742. Design a mulberry pie summer
743. Make a Linzer torte Austrian
744. Create a quince pie Mediterranean
745. Design a Napoleon cake Russian
746. Make a elderberry pie foraged
747. Create a Schwarzwälder Kirschtorte
748. Design a ground cherry pie heirloom
749. Make a Spanische Windtorte Austrian
750. Create a serviceberry pie wild



## Desserts - Other Sweets (100 prompts)

- 751. Create a crème brûlée perfect crack
- 752. Design a macaron collection French
- 753. Make a tiramisu authentic Italian
- 754. Create a chocolate mousse airy
- 755. Design a panna cotta silky
- 756. Make a bread pudding comforting
- 757. Create a flan caramel perfect
- 758. Design a pavlova crispy meringue
- 759. Make a rice pudding creamy
- 760. Create a soufflé chocolate risen
- 761. Design a trifle layered English
- 762. Make a clafoutis cherry French
- 763. Create a pot de crème smooth
- 764. Design a eton mess deconstructed
- 765. Make a zabaglione Italian foam
- 766. Create a floating island French
- 767. Design a sticky toffee pudding
- 768. Make a chocolate fondant molten
- 769. Create a diplomat cream filled
- 770. Design a summer pudding British
- 771. Make a posset lemon set
- 772. Create a bavarois classic French



- 773. Design a queen of puddings British
- 774. Make a semifreddo Italian frozen
- 775. Create a charlotte russe elegant
- 776. Design a blancmange almond milk
- 777. Make a fool fruit whipped
- 778. Create a marquise chocolate frozen
- 779. Design a syllabub wine cream
- 780. Make a junket milk pudding
- 781. Create homemade ice cream flavors
- 782. Design a gelato Italian style
- 783. Make a sorbet fruit pure
- 784. Create a frozen yogurt healthy
- 785. Design a granita Sicilian ice
- 786. Make a kulfi Indian ice cream
- 787. Create a sherbet fruity frozen
- 788. Design a affogato coffee dessert
- 789. Make a bomba ice cream
- 790. Create a frozen custard rich
- 791. Design cookie variations classic
- 792. Make brownies fudgy perfect
- 793. Create blondies butterscotch
- 794. Design biscotti twice baked
- 795. Make shortbread buttery Scottish
- 796. Create madeleines French shell



- 797. Design whoopie pies filled
- 798. Make financiers almond French
- 799. Create cannoli Sicilian filled
- 800. Design churros Spanish fried
- 801. Make donuts glazed raised
- 802. Create beignets New Orleans
- 803. Design profiteroles cream puffs
- 804. Make éclairs French pastry
- 805. Create cronut hybrid pastry
- 806. Design baklava honey layered
- 807. Make strudel apple Austrian
- 808. Create palmiers elephant ears
- 809. Design kouign-amann buttery
- 810. Make sfogliatelle shell shaped
- 811. Create candy homemade varieties
- 812. Design chocolate truffles luxe
- 813. Make fudge creamy squares
- 814. Create caramels soft chewy
- 815. Design toffee crunchy English
- 816. Make marshmallows fluffy homemade
- 817. Create nougat French chewy
- 818. Design pralines New Orleans
- 819. Make peppermint bark holiday
- 820. Create divinity Southern candy



821. Design Turkish delight rose
822. Make halva Middle Eastern
823. Create brittle nut crunchy
824. Design saltwater taffy pulled
825. Make tablet Scottish candy
826. Create panforte Italian fruit
827. Design torrone Italian nougat
828. Make dragées Jordan almonds
829. Create calissons French candy
830. Design marrons glacés candied
831. Make fruit leather homemade
832. Create candied citrus peels
833. Design chocolate bark varieties
834. Make candied ginger spicy
835. Create marzipan shapes molded
836. Design rock candy crystallized
837. Make honeycomb candy crunchy
838. Create maple candy pure
839. Design coconut ice British
840. Make pâte de fruits French
841. Create jelly desserts wobbling
842. Design panna cotta variations
843. Make jellied fruit terrine
844. Create aspic sweet clear





- 845. Design agar desserts Asian
- 846. Make grass jelly Chinese
- 847. Create konnyaku jelly Japanese
- 848. Design raindrop cake clear
- 849. Make wine jelly sophisticated
- 850. Create coffee jelly Japanese

## Baking - Breads & Pastries (75 prompts)

- 851. Create sourdough starter guide
- 852. Design artisan bread crusty
- 853. Make baguettes French authentic
- 854. Create focaccia Italian dimpled
- 855. Design ciabatta open crumb
- 856. Make brioche buttery rich
- 857. Create challah braided Jewish
- 858. Design naan Indian flatbread
- 859. Make pita pocket perfect
- 860. Create bagels New York style
- 861. Design croissants laminated French
- 862. Make Danish pastries filled
- 863. Create pain au chocolat French
- 864. Design cinnamon rolls gooey
- 865. Make babka twisted sweet
- 866. Create panettone Italian holiday



- 867. Design stollen German fruit
- 868. Make hot cross buns Easter
- 869. Create pan de muerto Mexican
- 870. Design king cake New Orleans
- 871. Make kouglof Alsatian sweet
- 872. Create pandoro Italian star
- 873. Design julekage Danish Christmas
- 874. Make vasilopita Greek New Year
- 875. Create rosca de reyes Mexican
- 876. Design whole wheat bread healthy
- 877. Make rye bread dense European
- 878. Create pumpernickel dark German
- 879. Design multigrain bread seeded
- 880. Make spelt bread ancient grain
- 881. Create gluten-free bread risen
- 882. Design keto bread low-carb
- 883. Make ezeikiel bread sprouted
- 884. Create paleo bread grain-free
- 885. Design protein bread high-fiber
- 886. Make pretzels soft Bavarian
- 887. Create breadsticks grissini Italian
- 888. Design crackers crispy homemade
- 889. Make lavash thin Armenian
- 890. Create matzo unleavened Jewish



891. Design tortillas corn Mexican
892. Make chapati Indian flatbread
893. Create injera Ethiopian spongy
894. Design arepa Colombian corn
895. Make paratha layered Indian
896. Create roti whole wheat Indian
897. Design pupusa stuffed Salvadoran
898. Make gordita thick Mexican
899. Create sope Mexican corn base
900. Design tlayuda Oaxacan pizza
901. Make quick breads easy mix
902. Create banana bread moist classic
903. Design zucchini bread garden fresh
904. Make pumpkin bread spiced fall
905. Create lemon loaf glazed sweet
906. Design cranberry orange bread
907. Make apple cider bread autumn
908. Create beer bread savory easy
909. Design cheese bread savory pull
910. Make herb bread aromatic fresh
911. Create cornbread Southern style
912. Design Irish soda bread traditional
913. Make Boston brown bread steamed
914. Create date nut bread vintage



- 915. Design gingerbread loaf spiced
- 916. Make biscuits flaky Southern
- 917. Create scones British tea time
- 918. Design popovers airy tall
- 919. Make Yorkshire pudding British
- 920. Create Dutch baby pancake puffed
- 921. Design gougères cheese puffs
- 922. Make churros Spanish fried
- 923. Create zeppole Italian fried
- 924. Design loukoumades Greek honey
- 925. Make beignets powdered sugar

## International Cuisines (76 prompts)

- 926. Create authentic pad thai
- 927. Design a French bistro menu
- 928. Make traditional sushi at home
- 929. Create Greek mezze platter
- 930. Design Italian pasta course
- 931. Make Indian thali complete
- 932. Create Spanish tapas spread
- 933. Design Mexican taco bar
- 934. Make Chinese dim sum
- 935. Create Lebanese feast menu
- 936. Design Japanese kaiseki inspired



- 937. Make Korean BBQ at home
- 938. Create Moroccan tagine dinner
- 939. Design Vietnamese street food
- 940. Make Ethiopian injera feast
- 941. Create Brazilian churrasco style
- 942. Design Turkish meze selection
- 943. Make Peruvian ceviche bar
- 944. Create Thai curry collection
- 945. Design German beer garden
- 946. Make Russian zakuski table
- 947. Create Argentine asado menu
- 948. Design Israeli breakfast spread
- 949. Make Malaysian street hawker
- 950. Create Portuguese petiscos menu
- 951. Design Cuban family dinner
- 952. Make Filipino kamayan feast
- 953. Create Swedish smörgåsbord
- 954. Design Iranian Persian feast
- 955. Make Nigerian party menu
- 956. Create Indonesian rijsttafel
- 957. Design Polish feast traditional
- 958. Make Egyptian koshari bowl
- 959. Create Colombian bandeja paisa
- 960. Design Hungarian comfort menu



961. Make Singaporean hawker favorites
962. Create Jamaican jerk feast
963. Design Czech beer hall
964. Make South African braai
965. Create Belgian bistro menu
966. Design Austrian coffeehouse
967. Make New Orleans Creole
968. Create Cajun country cooking
969. Design Hawaiian plate lunch
970. Make Australian barbie menu
971. Create Scottish Highland feast
972. Design Irish pub favorites
973. Make Welsh comfort foods
974. Create Nordic smørrebrød
975. Design Baltic feast menu
976. Make Romanian traditional feast
977. Create Bulgarian mehana menu
978. Design Serbian slava feast
979. Make Croatian coastal menu
980. Create Slovenian farm feast
981. Design Macedonian taverna menu
982. Make Albanian traditional spread
983. Create Georgian supra feast
984. Design Armenian khorovats BBQ



- 985. Make Azerbaijani feast menu
- 986. Create Uzbek plov party
- 987. Design Kazakh dastarkhan spread
- 988. Make Mongolian hot pot
- 989. Create Tibetan momo feast
- 990. Design Nepalese dal bhat
- 991. Make Sri Lankan rice curry
- 992. Create Bangladeshi feast menu
- 993. Design Pakistani BBQ spread
- 994. Make Afghan feast traditional
- 995. Create Burmese tea shop
- 996. Design Laotian sticky rice
- 997. Make Cambodian amok feast
- 998. Create East Timor traditional
- 999. Design Pacific Island luau
- 1000. Create fusion cuisine innovative



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