

RECIPES

Tried & Visualized

AUTUMN 2021

Zoe Blumenfeld

Joseph Canova

Marcus Horton

Xidan Kou

Kendall Laflin

Christina Li

Ryan Marshall

Caroline Pier

James Ptak

Eddie Tassy

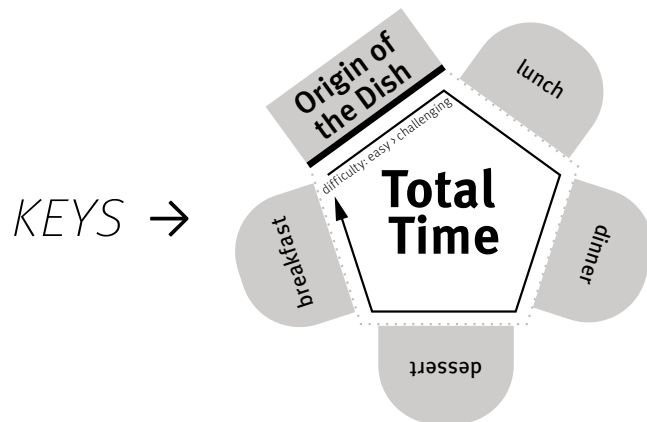
Aroon Tcholakov

Noah Teller

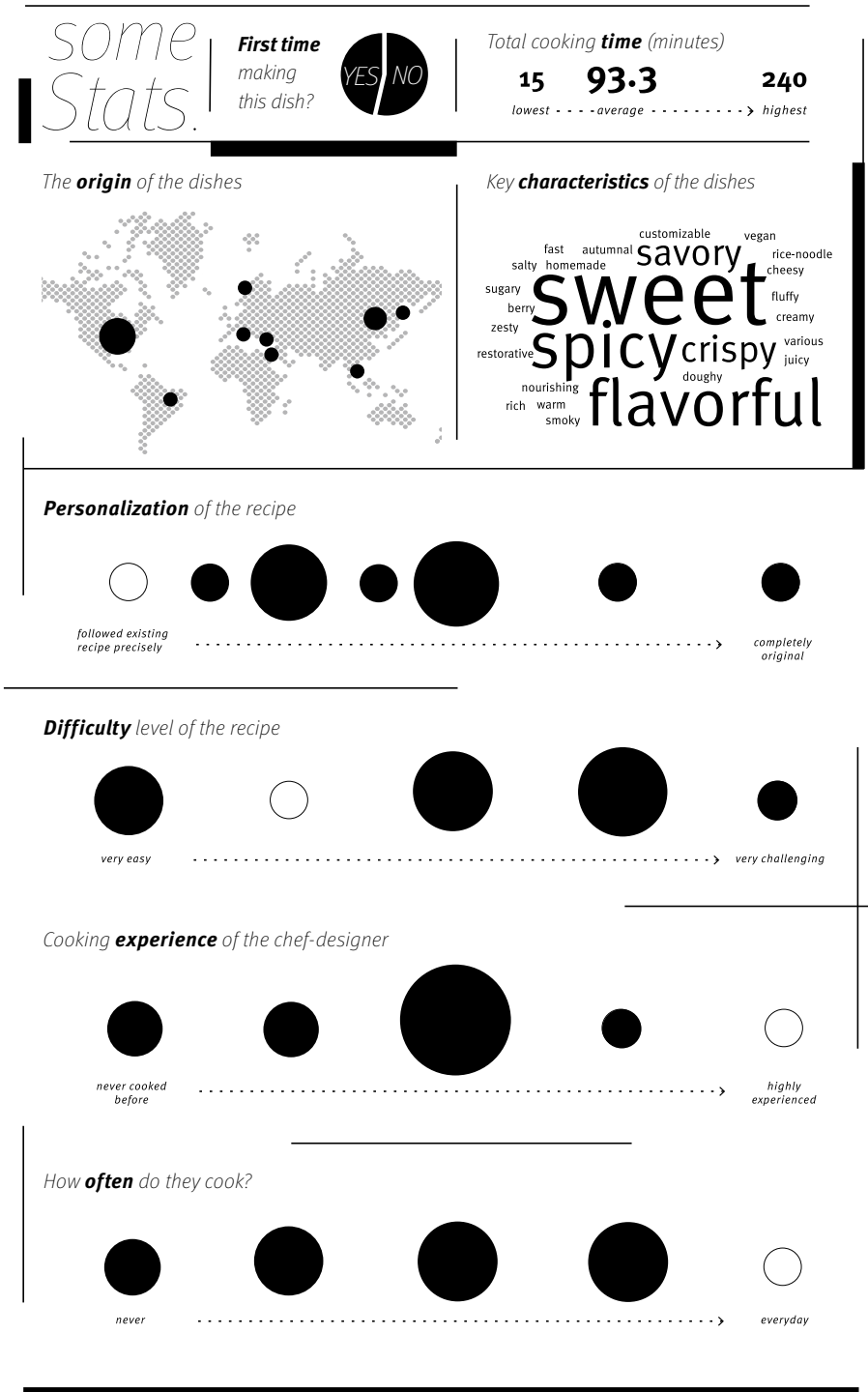
Stephanie Wittpenn

Yvette Shen (instructor)

Food has always been a common theme among the things that most students enjoy and feel grateful for. Since the COVID-19 Pandemic, cooking and baking also became a coping mechanism for many people. This is a collection of individual design projects developed to share the joy of preparing food and eating food. We investigated how to visually depict the anatomy of a dish and the process of making one.



The recipes were selected, tested, and designed by 13 undergraduate junior and senior Data Analytics students of The Ohio State University. They are (in alphabetical order): Zoe Blumenfeld, Joseph Canova, Marcus Horton, Xidan Kou, Kendall Laflin, Christina Li, Ryan Marshall, Caroline Pier, James Ptak, Eddie Tassy, Aroon Tcholakov, Noah Teller, and Stephanie Wittpenn. Yvette Shen is the instructor of the class (DESIGN 5505 *Information Design*), the editor, and designer of this zine.



Homemade Breakfast Sandwich

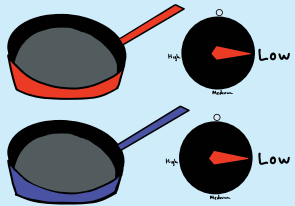
Prep Time: 5 minutes
Cooking Time: 10 minutes

Ingredients

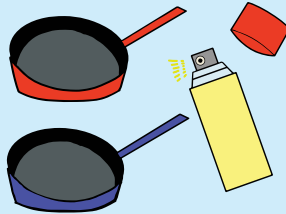
4 slices of ham
2 eggs, whole
1 slice pepperjack cheese

Handful of Spinach
1 tbsp, salt and pepper
Seasoning(s) of choice

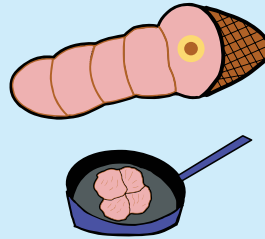
1) Place 2 pans on the stove on low heat



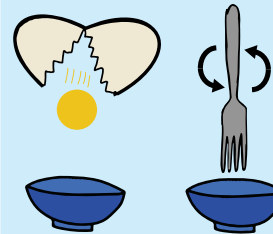
2) Add cooking spray to each of the pans



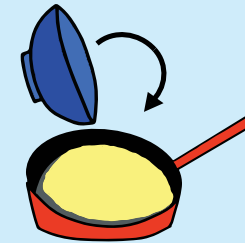
3) Add 4 slices of ham to the larger pan



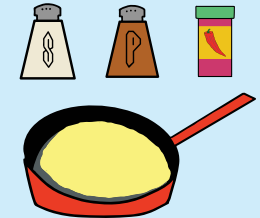
4) Crack 2 eggs into a bowl and whisk



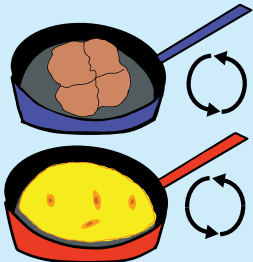
5) Pour your egg mixture into a pan



6) Add salt, pepper, and other seasonings at your discretion



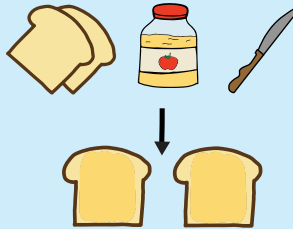
7) Flip the eggs and ham when they begin to brown



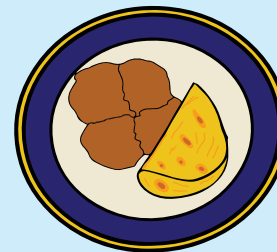
8) Wash your spinach thoroughly



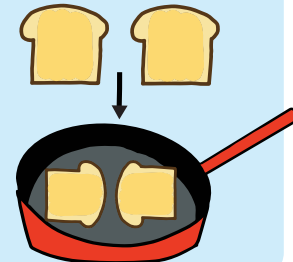
9) Spread applesauce on 1 side of 2 slices of bread



10) Remove ham and eggs from their pans



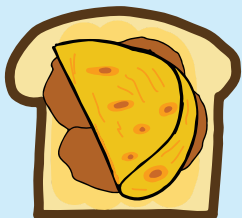
11) Place both slices of bread, sauce side down, onto a pan



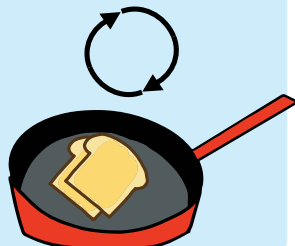
12) Place 1 slice of cheese and spinach on 1 slice



13) Place the ham and eggs on the other slice



14) Once the cheese melts, flip that slice to make a sandwich



15) Remove from pan once each slice is golden



TIPS FROM THE CHEF

- Bread Alternatives: Bagel or English Muffin
- Cheese Alternatives: Any cheese of your liking
- Vegetable Additions/Alternatives: Lettuce or Tomato
- Meat Alternatives: Sausage or Bacon
- Egg Alternative: Egg Whites, Sunny Side Up, Over Easy
- Seasonings: Chipotle Flakes, Chicken Seasoning

Easy To Make Smoothie Bowls!

1. Blend

*Blend for 30 seconds to 1 minute
*Make sure ice is completely melted

Ingredient: Frozen Cherries
Amount: 1/2 Cup
Calories: 35

Ingredient: Maple Syrup
Amount: 1 TSP
Calories: 20

Ingredient: Honey
Amount: 1 TSP
Calories: 20

Ingredient: Sugar
Amount: 1 TBS
Calories: 50

Ingredient: Frozen Mixed Berry
Amount: 1 Cup
Calories: 70

Ingredient: Milk
Amount: 1/2 Cup
Calories: 50

Ingredient: Dates
Amount: 3 to 5 dates
Calories: 60 to 100

Ingredient: Ice Cubes
Amount: 5 to 8 Ice Cubes
Calories: 0

2. Pour

*Take your time when pouring

Slowly pour the smoothie mix from the blender into any type of medium to large bowl



Using a cooking utensil may make it easier to scoop out the leftover smoothie mix

3. Toppings

*Add as many toppings as you want!

Ingredient: Bananas
Amount: 0 to 2 Bananas
Calories: 0 to 210

Ingredient: Strawberries
Amount: 0 to 5 Strawberries
Calories: 0 to 20

Ingredient: Oats
Amount: 1 TBS
Calories: 10

Ingredient: Blueberries
Amount: 1/4 Cup
Calories: 20



how to make

Nashville Hot Chicken Sandwiches

Marinate chicken thighs in wet batter overnight
(12-24 hours)

2 Eggs, Buttermilk, Pickle Juice, Hot Sauce, Seasoning Mix

Move chicken to **dry batter**
Coat chicken completely in flour
Return to wet batter, then back to dry for a double coating
Double coat ensures *extra crispiness*

Flour, Corn Starch, Seasoning Mix

Heat canola oil to 350°F

Place chicken into oil to **fry** for 5-7 minutes
Fry in batches to maintain oil temperature

Let rest 5 minutes before frying

Reserve 1-2 cups of **hot oil** AFTER frying is completed

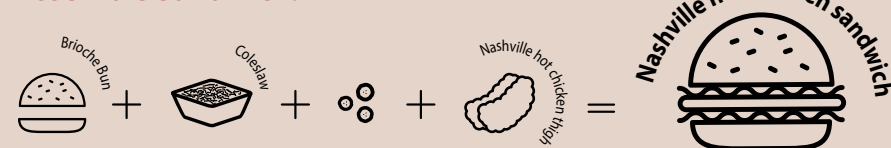
Transfer chicken to wire rack once **golden brown**

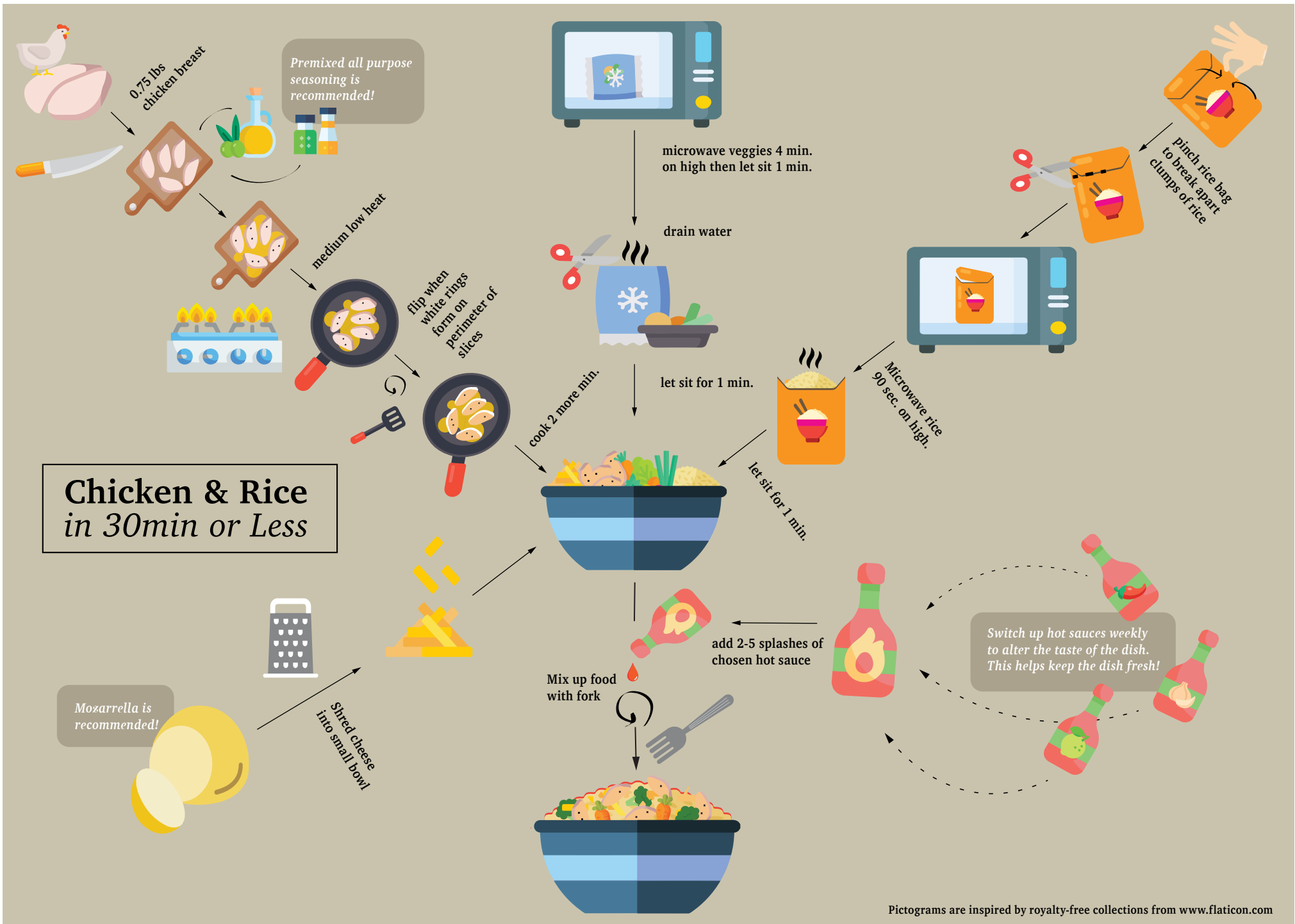
Let chicken cool on wire rack

Seasoning Mix, Brown Sugar, Reserved Frying Oil

GENTLY brush oil mixture onto chicken
-Use extra cayenne pepper for extra spiciness

Assemble Sandwich:





BAKED ZITI MADE EASY!



1. BROWN AND BOIL

TIP: START PREPPING THE MEAT PAN AND ONION BEFORE BOILING WATER FOR NOODLES.

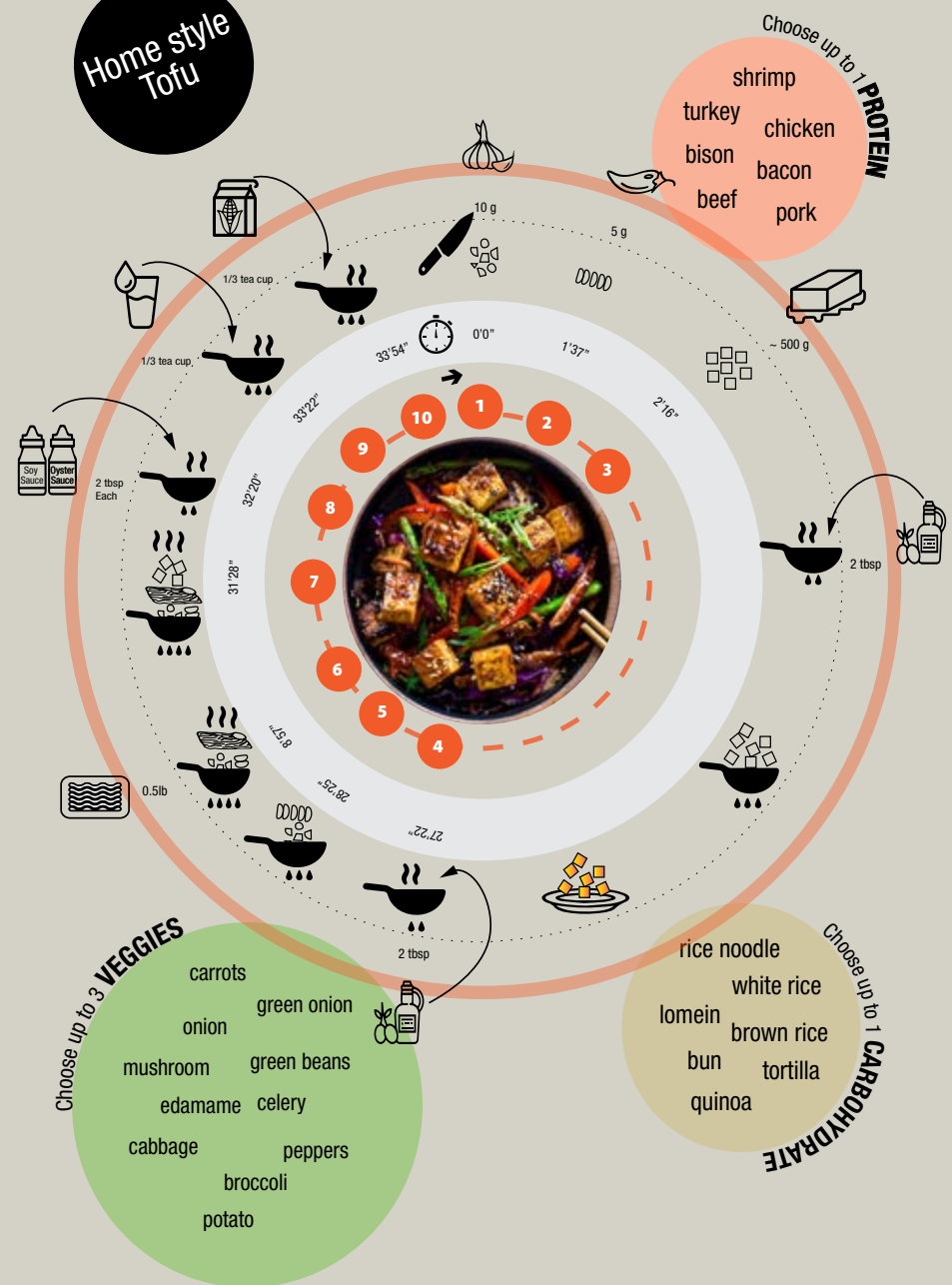


2. PREP TIME!



3. BAKE FOR 20-25 MINUTES UNCOVERED! +

Home style Tofu



Preparation of Veg. & Meat



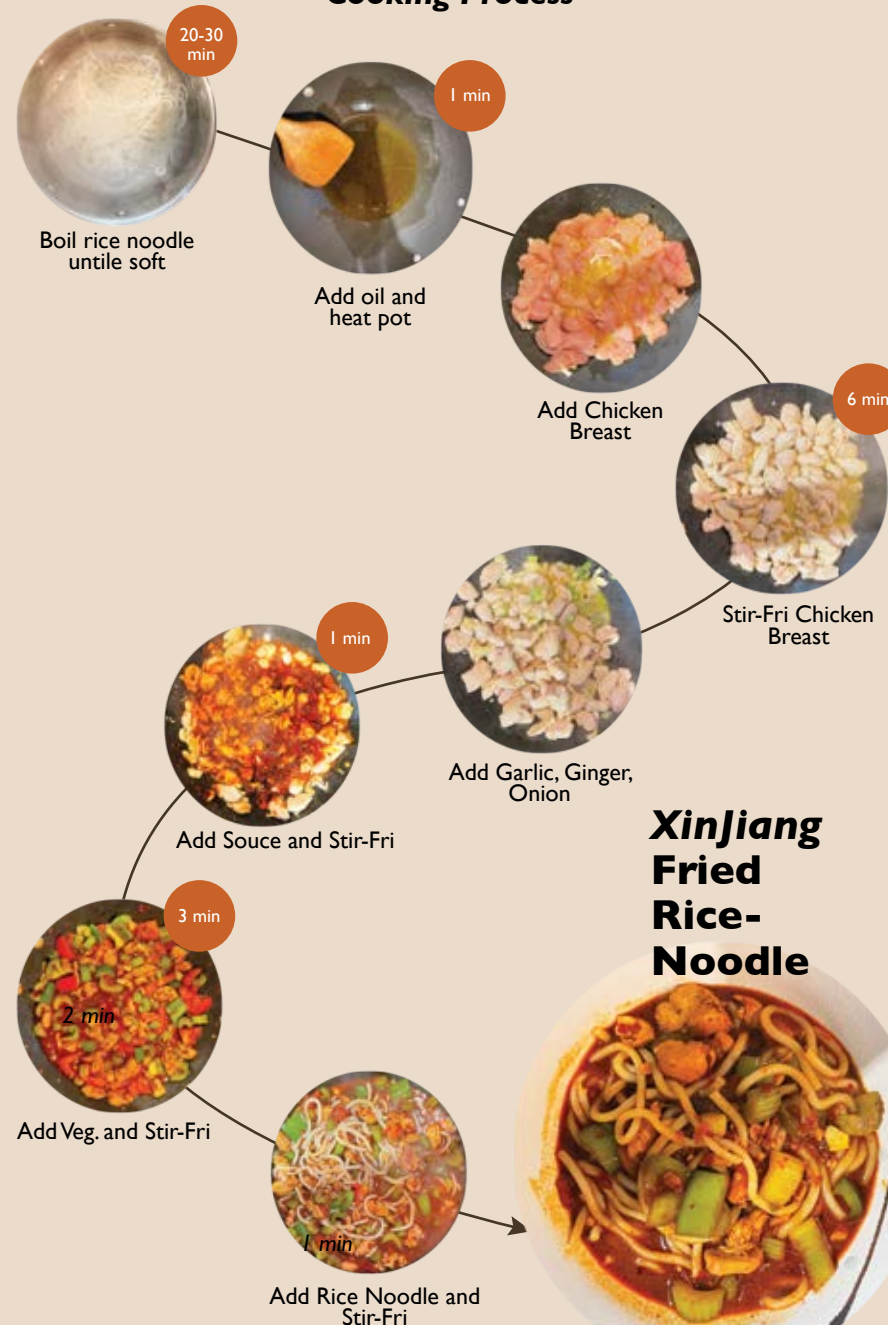
● Ingredient Used
 ● Alternative Ingredient
 ● Amount Used

🛒 Bought in Grocery Store
 🌿 Bought in Asian Market

Preparation of Sauce



Cooking Process



Quest : Cooking



Korean fried chicken

You're telling me a Korean fried this chicken?

Quest Reward :

EXP +100

Inventory



2 Cups

Brown sugar +90% Sugar, 10% Brown Sweet like, well... sugar	Ketchup +Tang factor The secret ingredient
Honey +Wound mending Locally sourced	Gochujang +Ancestral respect Little red tub not included

1 Cup wonders

Soy sauce + Sodium levels Brings the umami flavor	Sesame oil + Rich and Oily The flavor enhancer
Minced garlic + Protection from Vampires Inhalation is not ideal	Minced ginger + Spicy + Sweet The cooler garlic

Chicken

Chicken wings + Power of flight... maybe Rarest section in 2021	Vegetable oil + Skill Unlocked: Frying Air Fryer Enabler
--	---

Corn starch + Crunch factor Makes it crispy
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Place over medium heat and stir until thickened.

Sauce

Pour into separate bowl and repeat once more.

Coated in corn starch then air fry at 400°F for 15 minutes.

Flip side for another 5 minutes.

Take out and Cool down... then Fry again for 5 minutes

Toss in the sauce and garnish with green onion and sesame seeds.

Healthy vegetable soup leaves you feeling nourished

Year-Round Nourishing Vegetable Soup

Ingredients

Soup



1 Fennel Bulb



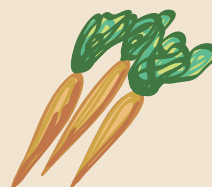
1/4 lb Pancetta



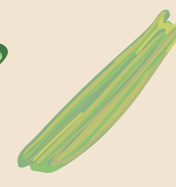
1 Teaspoon Extra Virgin Olive Oil



1 Yellow Onion



3 Carrots



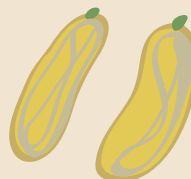
3 Celery Sticks



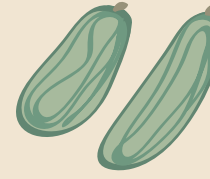
1 Cabbage



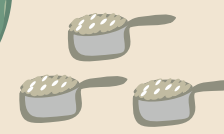
3 Hand Fulls Green Beans



2 Yellow Summer Squash



2 Zucchini



3 Cups Great Northern Beans



3 Hand Fulls Spinach



Parmigiano-Reggiano Cheese



2 Sprigs Thyme



3 Bay Leaves



64 oz. Chicken Broth

Pistou



Garlic Cloves from 1 Garlic Head



1/2 Teaspoon Kosher Salt

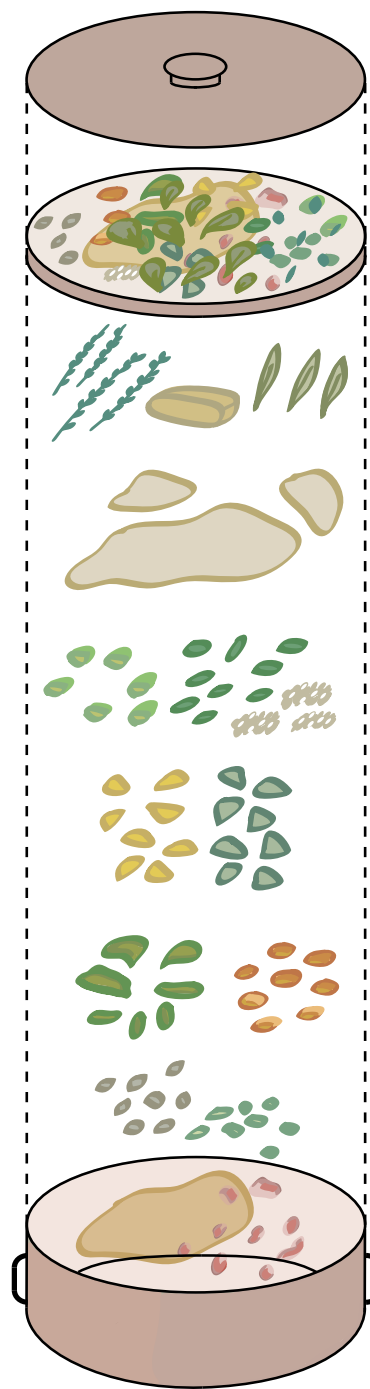


1 & 1/2 Cups Basil Leaves



Parmigiano-Reggiano Cheese

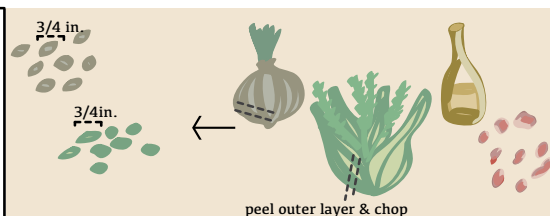
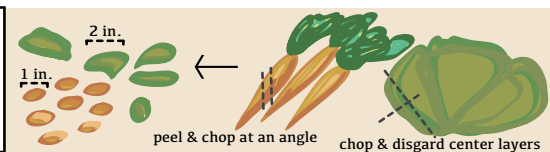
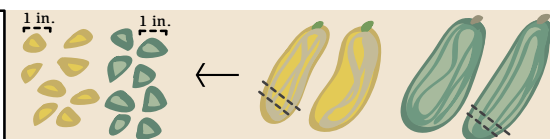
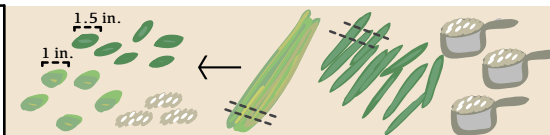
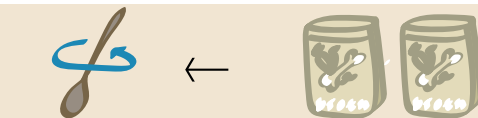
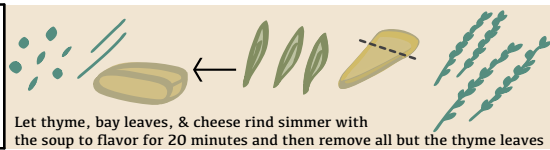
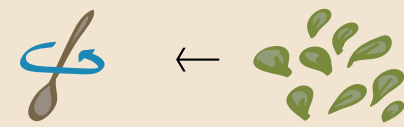
1/4 Cup Extra Virgin Olive Oil



Soup Instructions

Soup Preparation Time:
1 hour & 10 minutes

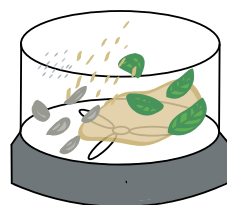
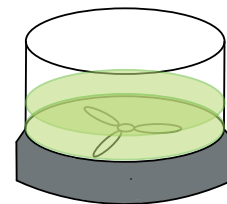
Let simmer for 16 minutes while preparing pistou



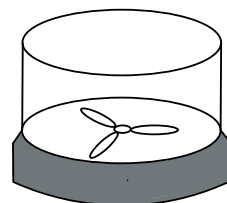
Turn stove on low-medium heat

Pistou Instructions

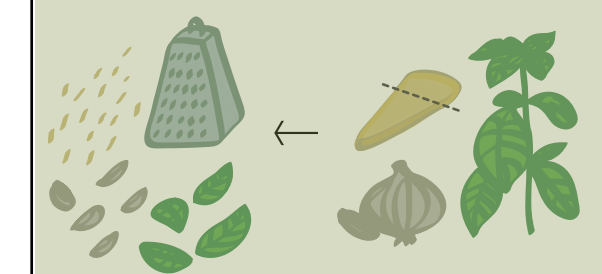
Pistou Preparation Time:
16 minutes



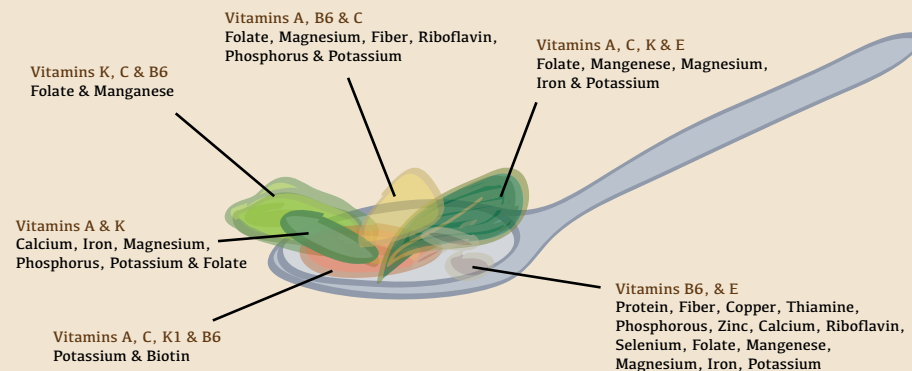
blend until smooth
& serve a spoon full
on top of soup



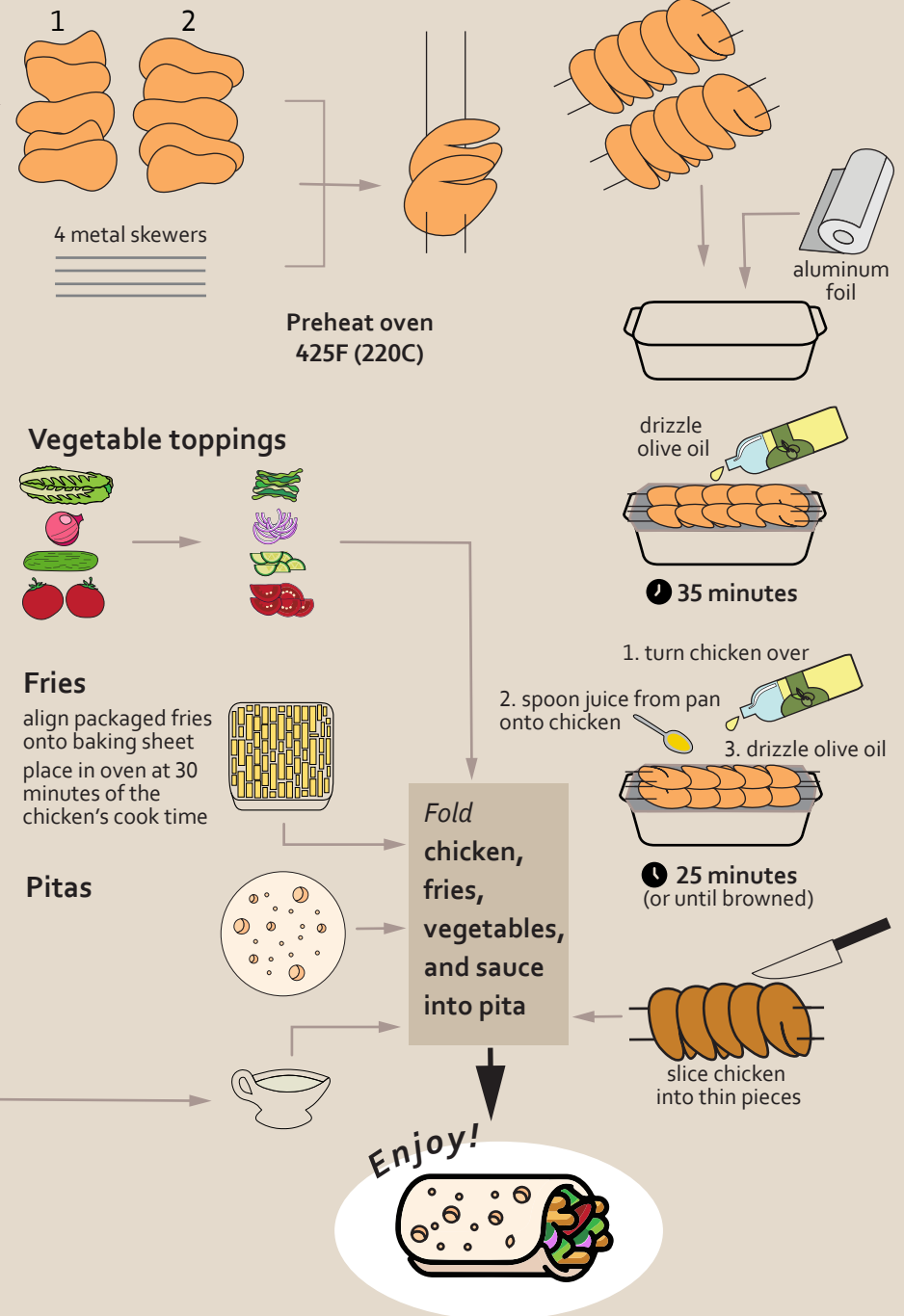
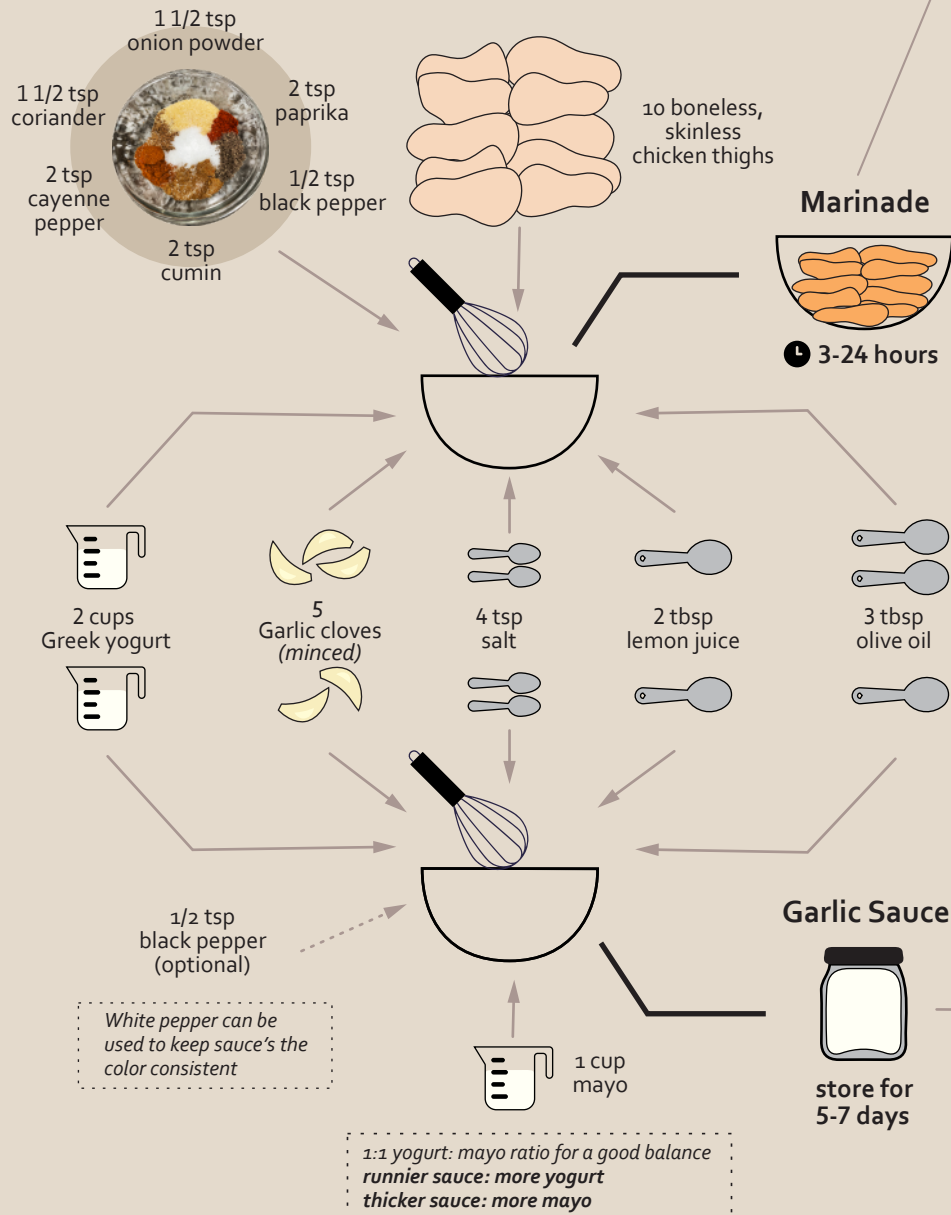
Food Processor



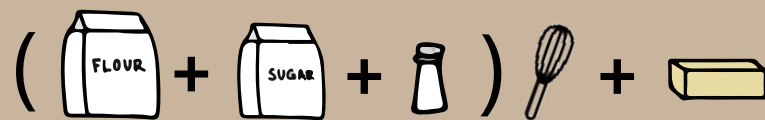
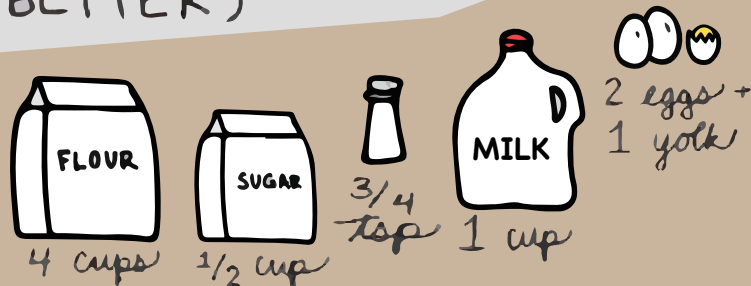
Anatomy of a Perfect Spoon



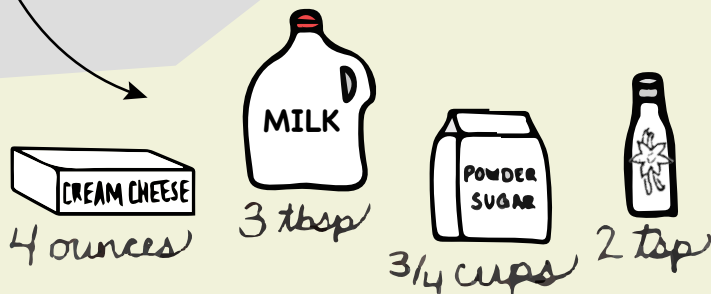
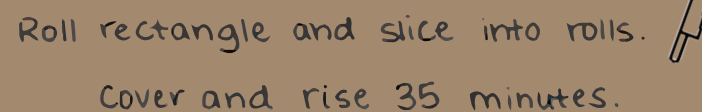
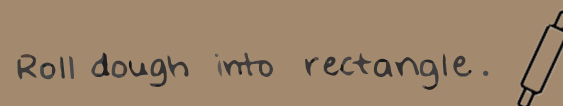
Doner Kebab



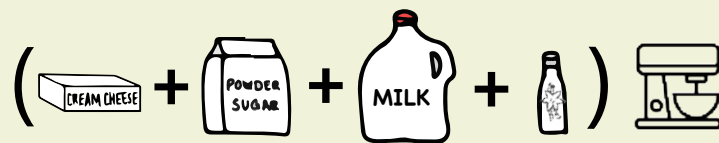
CINNABON CINNAMON ROLLS (BUT BETTER)



Knead dough. Cover and rise 90 minutes.

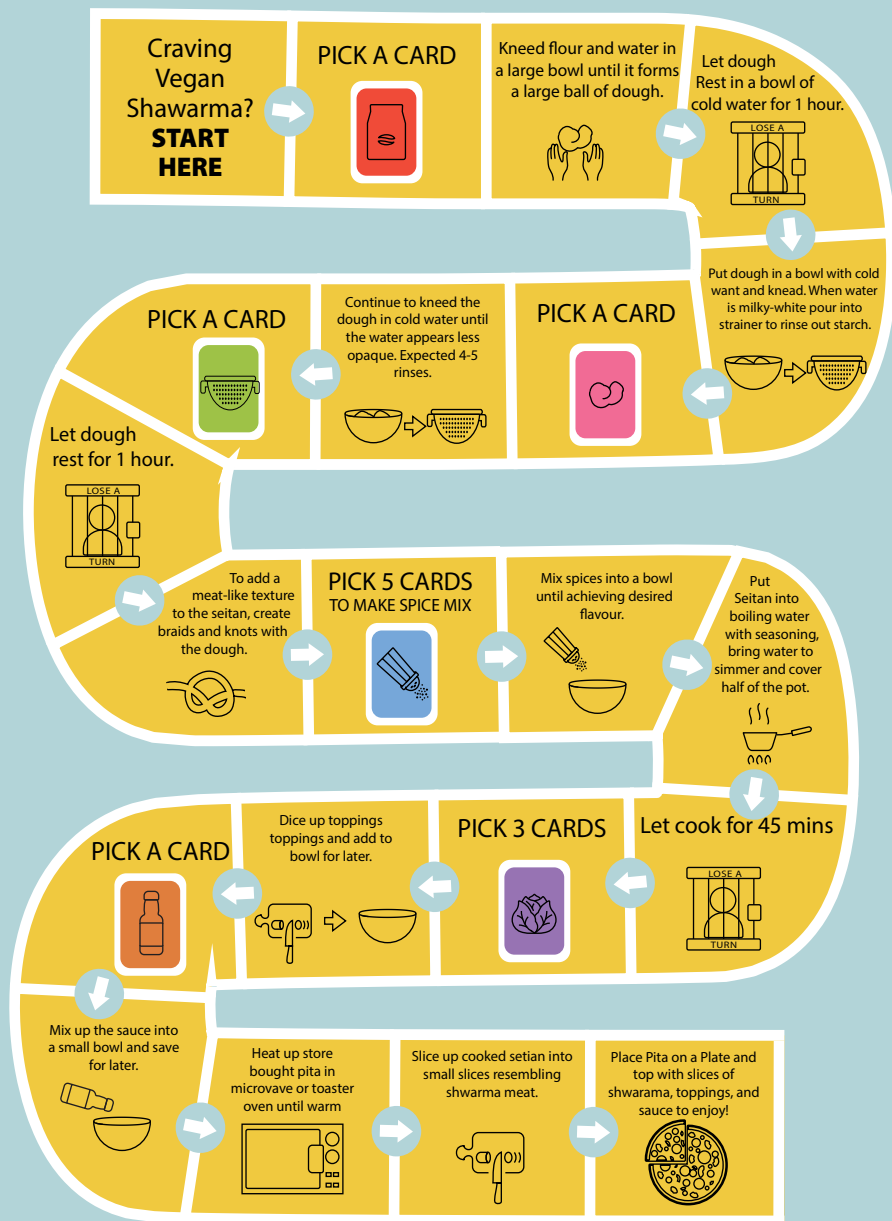


Bake 18 minutes at 375°F.

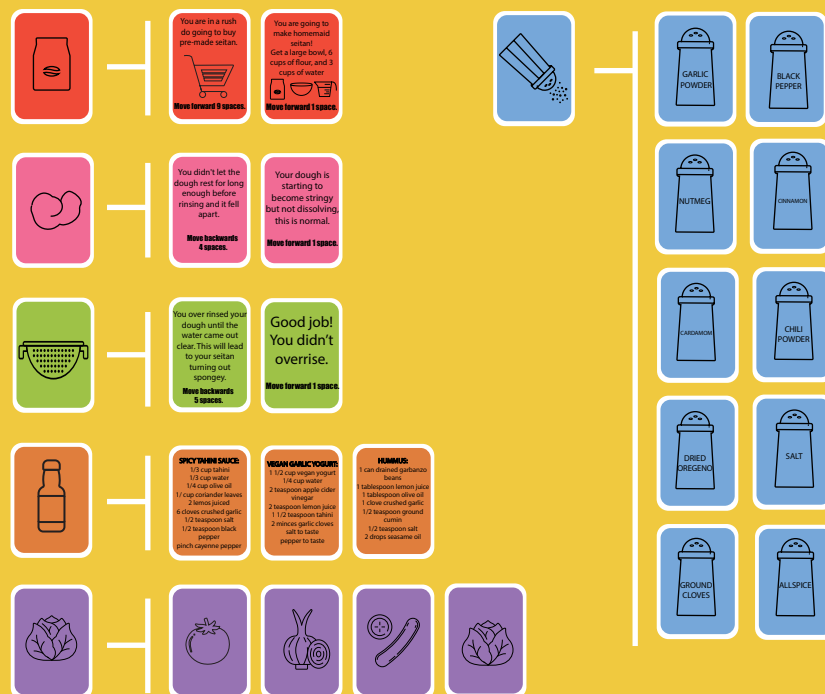


Drizzle on cinnamon rolls and enjoy!

THE GAME OF SHAWARMA



Card Deck



How to Play

Getting Started

To get started playing the game of shawarma make sure you have all the pieces ready. Unfold the game board and set up each pile of cards facing down. When you are ready to begin place your game pieces on the starting tile. Youngest player goes first and then go clockwise.

Pieces

- 1 Large Bowl
- 2 Small Bowls
- 1 Small Pot
- 6 Cups of Flour
- 3 Cups of Water
- 3 Decks of Scenerio Cards
- 1 Set of 10 Spice Cards
- 1 Set of 4 Topping Cards
- 1 Set of 3 Sauce Cards
- 3 game pieces

SHAWARMA

What the Game's About

This game is inspired by process of cooking a new meal.

To successfully cook the meal you have to make sure to follow complicated instructions, and pick ingredients that taste good together. For this game you will go through the process of cooking a vegan recreation of the Levantine Arab dish Shawarma. Traditionally this dish is made from slices meat cooked on a vertical rotating rotisserie, but you will try to recreate the dish with Seitan, a gluten meat substitute.

The object of the game is to succesfully make this dish and enjoy.

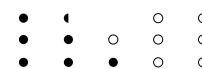


Caramel
Apple
Cheesecake

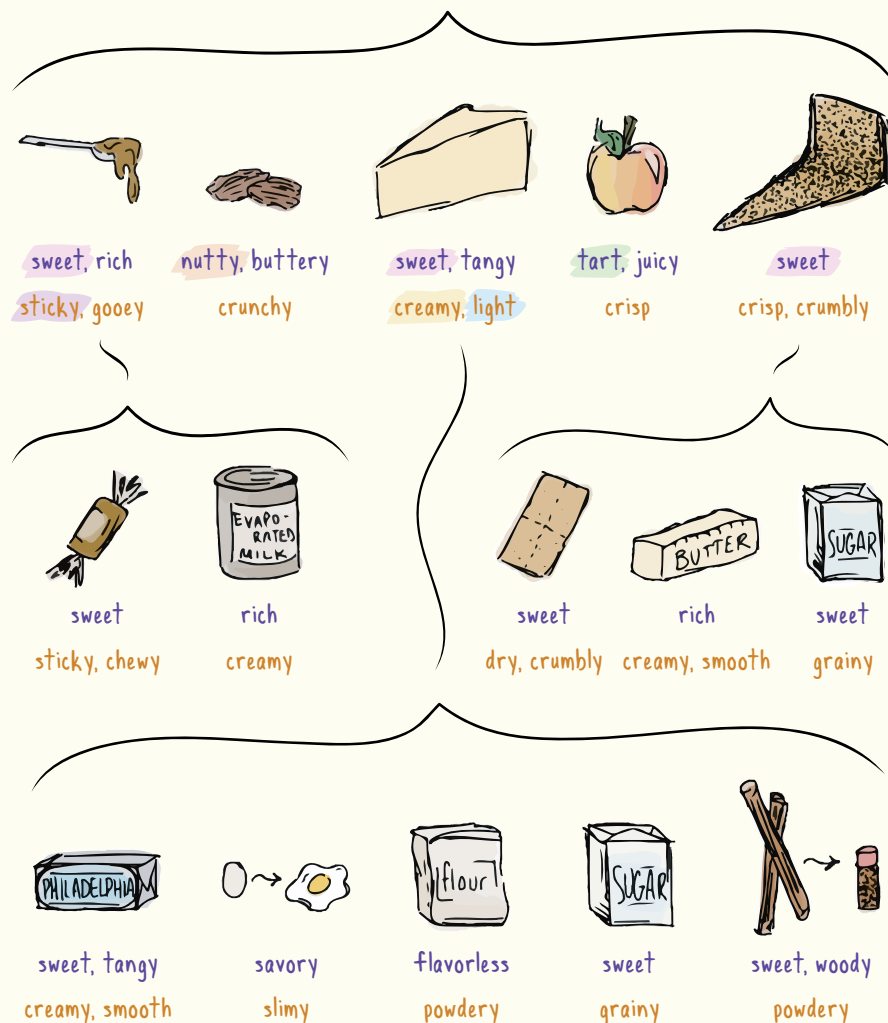
Sweet
Creamy
Autumnal

Chef-Designer:
Stephanie Wittpenn

originality
cooking experience
cooking frequency



THE FLAVORS AND TEXTURES OF BAKING A CARAMEL APPLE CHEESECAKE



<i>Breakfast Sandwich</i>	<i>4</i>
<i>Smoothie Bowl</i>	<i>6</i>
<i>Nashville Hot Chicken Sandwich</i>	<i>7</i>
<i>Chicken & Rice</i>	<i>8</i>
<i>Baked Ziti</i>	<i>10</i>
<i>Home style Tofu</i>	<i>11</i>
<i>Xinjiang Fried Rice Noodle</i>	<i>12</i>
<i>Korean Fried Chicken</i>	<i>14</i>
<i>Nourishing Vegetable Soup</i>	<i>15</i>
<i>Doner Kebab</i>	<i>18</i>
<i>Cinnamon Rolls</i>	<i>20</i>
<i>Vegan Shawarma</i>	<i>22</i>
<i>Caramel Apple Cheesecake</i>	<i>25</i>