

My Top Cooking Apps for iPads



Appetites App

- 30 free recipes
- Video demonstrations for each step of recipe



Jamie Oliver Recipes App

- 13 free recipes
- Technique videos
- Essential kitchen equipment and pantry lists
- Easily made grocery list from recipes



Epicurious App

- 30,000 free recipes from *Bon Appétit*, *Gourmet*, *SELF*, and well-known chef and cookbooks
- Beautiful pictures
- Choose recipes variety of categories (what ingredients you have, cooking skill level, low-fat, kid-friendly, etc.)
- Creates grocery list that can be edited and emailed



Nimble Chef App

- For more advanced cooks
- Handful of free recipes of top chefs
- Choose recipes to create menu and program creates grocery list (can be emailed), timeline for complete menu.
- Easy to use



Big Oven App

- 250,000+ free recipes
- Calendar for menu planning
- Search recipe by ingredient or variety of other categories
- Menus
- Grocery list option
- Connect with friends that are cooking



Allrecipes App

- Thousands of recipes from home cooks
- Ratings and reviews for each recipe
- Search by ingredient or recipe name
- Connect to website for video demonstrations



Locavore App

- Lists seasonal produce and length of season
- Recipes for seasonal produce
- Lists local producers/farmers
- Connect with other locavores



Snapguide

- View picture how-to guides with step by step narrations for cooking, crafts, gardening, etc.
- Create your own how-to guide on Snapguide



Grocery IQ App

- Coupon app
- Lists local stores
- Allows you to easily clip and email yourself the coupons



iTunes U

- Educational resource for teachers
- Access to culinary courses at other universities or applied colleges (Art Institute Culinary Basics, Florida State College Culinary Program, etc.)



Get Cracking (free)

- Sample of Mark Bittman's *How to Cook Everything – The Basics*
- Guide on hard cooking eggs to perfection



How to Cook Everything Basics by Mark Bittman (\$7.99)

- Excellent app with detailed pictures
- Basic cooking classes
- Recipes and skill development
- Audio of Mark giving tips
- Videos introducing each cooking class section

Using Cooking Apps in Foods Class

Activity #1: Developing a Menu

Requirements	Guidelines
Determine which foods are in season and where to buy them	<ul style="list-style-type: none"> • Use the Locavore app to see what is in season in your city • Write a list of what fruits and vegetables are currently in season • List at least one location where you could buy the seasonal produce locally
Plan a three course meal	<ul style="list-style-type: none"> • Use one the cooking apps (see list of recommended cooking apps) to find recipes for your meal • The meal should consist of an appetizer, main course, and dessert • Depending on the size of your family, you may need to increase or decrease the yield of the recipe (many apps will do this for you) • The meal must be nutritionally balanced • Include at least one seasonal fruit or vegetable in your menu
Create a Shopping List	<ul style="list-style-type: none"> • Use a cooking app to create a shopping list including each of the recipes in your menu • Edit the shopping list if needed: <ul style="list-style-type: none"> ◦ Ingredient substitutions to make recipe healthier or less expensive • Check ingredients off list that you already have at home and don't need to purchase • Email shopping list to yourself <ul style="list-style-type: none"> ◦ This allows you to print it off from your computer or access it on your smartphone at the grocery store
Identify Coupons	<ul style="list-style-type: none"> • Using the Grocery IQ app, see if there is any coupons for the ingredients on your shopping list <ul style="list-style-type: none"> ◦ Clip those coupons and email them to yourself

Activity #2: Case Study – Kitchen Essentials and Knife Skills

1. You just graduated high school (hooray!!) and will be moving out of your home to an apartment. You want to make sure you have the necessary kitchen equipment and food pantry items so you can start cooking for yourself and possibly your roommates.
 - a. Using the Jamie Oliver's cooking app, make a list of essential kitchen equipment:

 - b. Using the same cooking app, make a list of essential food pantry items:

2. As a graduation gift, your parents bought you a new kitchen knife set for your apartment. Remembering that your older sister cut her finger fairly bad after getting her new kitchen knives, you realize you should do a little research on how to safely use a knife and proper knife skills.
 - a. Watch Jamie Oliver's video on securing the cutting board and knife skills. What is one thing you learned and should remember when using your knife?

 - b. Find one recipe that you could make using your newly learned knife skills and email the grocery list to yourself.