



Course: Hospitality
Section: ProStart Restaurant Management



James Rumsey
Technical Institute

Recipe Remix

What You Will Do

Create new version of a recipe to accommodate different dietary needs.

Materials You Will Need

- Paper and pencil
- Recipe cards or printed simple recipes

Optional

- Kitchen with stove/oven and utensils
- Recipe ingredients
- Family members willing to taste your dish

Food Allergies and Preferences

Food allergies occur when the immune system mistakenly identifies a food protein as harmful, triggering reactions like hives, swelling, vomiting, or breathing issues within minutes to two hours. The most common allergens are milk, eggs, peanuts, tree nuts, fish, shellfish, soy, wheat, and sesame. Some of these allergies are so dangerous that even preparing food with the same equipment that touches those foods is dangerous. It is very important for people with these allergies to know what is in the food you are serving them and whether those ingredients are used at all in your kitchen.

Food preference include specialized diets based on health concerns like weight loss and ethical or religious standards. As a matter of trust, it is also important to let your customers know if your dishes meet these requirements.

Choose a Recipe

What is your favorite food? Is it pizza, tacos, pasta, pancakes, sandwiches, mac and cheese, or cookies? Use the internet or dig through a family member's recipe box.

Remix

Find ingredient substitutes and try to create a version that will work for someone with one of the dietary requirements listed on the next page. The more of these requirements your recipe adheres to, the more people will be able to enjoy it, but the less it will be like the original.

Dietary Requirements

Vegan – Avoids meat, poultry, fish, eggs, dairy (milk, cheese, butter, yogurt), honey (many vegans avoid it)

Eats: Fruits, vegetables, grains, beans, nuts/seeds, plant-based substitutes

Example: Bean burrito with vegetables and dairy-free cheese

Vegetarian – Avoids beef, chicken, pork, fish (for most vegetarians)

May Eat: Dairy, eggs, fruits/vegetables, grains, beans

Example: Cheese pizza or vegetable omelet

Dairy-Free – Avoids milk, cheese, butter, yogurt, ice cream

Eats: Almond milk, oat milk, soy milk, dairy-free cheese/yogurt

Example: Pasta with olive oil sauce instead of cream sauce

Gluten-Free – Avoids wheat, barley, rye, many breads/pastas/crackers

Eats: Rice, corn, potatoes, gluten-free oats, gluten-free breads/pastas

Example: Rice bowl instead of pasta

Nut-Free – Avoids almonds, walnuts, pecans, cashews, pistachios, peanuts (technically legumes, but often included for safety)

Important: Often required because of severe allergies.

Example: Sunflower seed butter instead of peanut butter

Egg-Free – Avoids scrambled eggs, mayo (usually contains egg), many baked goods

Uses Replacements: Applesauce, flaxseed mixture, commercial egg replacers

Ingredient Substitutions

Substitutes are used because they act similar to the original. However, they rarely have the same flavor and/or effect in the recipe. For example, pizza crust relies on kneading the dough to create gluten. The gluten gives the baked dough a pleasant chewiness. Gluten-free dough can't act the same because it is missing the gluten.

Common substitutes

Original Ingredient	Replacement
Milk	Oat milk
Butter	Vegan butter
Eggs	Applesauce / flax egg
Wheat flour	Gluten-free flour
Cheese	Vegan cheese

Bonus Challenge

Ask your family to be your test subjects. Make your remixed recipe and get them to try it.

Reflection Questions

- Which dietary need would be the easiest to design for?
- Which would be the most difficult?
- Why do restaurants offer allergy-friendly foods?
- How can chefs keep substitutions delicious?