

Cyrenians Pictorial Recipe Book



How we did it?

- Aim – a pictorial recipe book to support our clients within our cooking classes
- Chose 16 favourite tried and tested recipes
- Simple and easy to follow visually
- Considered the steps required

First steps

Plan, plan, plan...

- Consider level of detail
 - How to show a pictorial representation of each step e.g.
 - How to show temperature – simple high / low
 - How to show cooking times – clock?
 - How to show weight – in list of ingredients / photo of scales
- Budget – consider format in relation to total number of pages
 - (6 photos to a page) affects printing costs and art work required
- Time constraints – coordinating two volunteers and time available

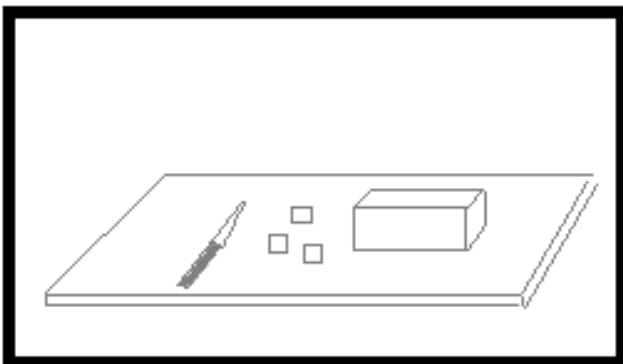
Boardmaker option

- Design package using symbols
- Easy to follow, however limited in use
- Useful for general activities rather than specific ingredients or cooking methods e.g.



Next step

- Rewrote recipes to show every step chronologically and simplifying the language
- Drew out the pictures on a story board
- Planned sessions around kitchen and volunteers availability
- Ensured same equipment, background etc.



Cut the butter into cubes



Add butter to mixing bowl



Add sugar to mixing bowl

Production

Photo sessions

- Ensured all ingredients and equipment to hand
- Consistency
- Skilled photography using reflective mirror, slow exposure and careful action shots e.g. pouring, shots taken using a hot oven
- Began slowly then got into a routine

Timeline

- Planning + executing + editing photos (in excess of 500) + formatting into book layout – took over a year
- Graphic design and printed

Sausage casserole

continued

Method



13. Fry vegetables for a further 3 minutes



14. Add tinned tomatoes



15. Add stock cube and stir to dissolve



16. Add herbs



17. Chop sausages



18. Into thick slices

...continued overleaf

Example – Poached Pears

Ingredients

- 250g sugar
- ½ cinnamon stick
- 1 star anise
- 2 cloves
- ½ pint water
- 2 pears

Method

- Put sugar in saucepan
- Add cinnamon, star anise & cloves
- Add water
- High heat
- Bring to the boil, stir constantly
- Low heat
- Simmer for 10 minutes
- Peel pears
- Add pears to syrup, simmer for 30 minutes until slightly soft

