Recipe Page

Recipe name _____

Source (who / book / site) _____ **Date first cooked** _____

Serves / yield _____ **Prep time** _____ **Cook time** _____

Allergens / swaps _____

INGREDIENTS (exact amounts)

METHOD (numbered steps)

Safe finish Poultry & leftovers 165°F (74°C) | Ground meat 160°F (71°C) | Steaks, roasts, chops 145°F (63°C) + 3 min rest | Fish 145°F (63°C)

Source: FoodSafety.gov safe minimum internal temperatures. Write the number that applies to this recipe: _____

Notes: what I changed / what I'd do next time _____

Rating ◯ ◯ ◯ ◯ ◯ **Made it again? yes / no / with changes**

Tip: write in pencil or waterproof ink and photograph the finished page as a backup. More at sanewords.com/recipe-journal/