

Iron Chef, Family Edition

One family member selects two or three ingredients, and someone else devises a menu around them. Sample ingredients: pasta, a vegetable and an herb.

For a more challenging version: Choose a single ingredient and devise a menu that uses this ingredient in 3 recipes (as a appetizer, main dish, dessert, etc.). Some suggestions: a fruit (apples,), a spice (cinnamon), something that adds flavor without dominating (shallot).



Iron Chef, Family Edition– Write Your Ingredients Down Here:
