

# SYSTEMIC ANALYSIS OF THE COOKING RECIPES

## WHAT ARE COOKING RECIPES?



These are detailed instructions for preparing specific dishes. They include ingredients and steps to follow, varying in complexity from simple dishes to gourmet preparations. They are essential for transmitting culinary knowledge and preserving traditions.



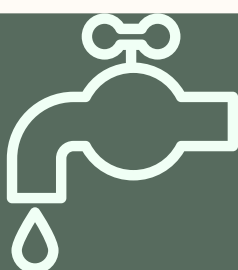
### ENTROPY

Definition: Entropy is the natural tendency of systems to evolve toward a state of greater disorder and chaos.

Cases: In the kitchen, entropy manifests itself in the accumulation of clutter and loss of quality if proper organization is not maintained. For example:

Disorder in Preparation: Poorly organized ingredients or misplaced utensils can slow down the cooking process and increase the risk of errors.

Errors in the execution: Lack of prior preparation (mise en place) can lead to skipping important steps or incorrect dosage of ingredients, affecting the final result of the dish.



### NEGENTROPIA

Definition: Negentropy is the process by which a system maintains its order and structure, counteracting the natural tendency toward disorder (entropy).

Cases:

In the kitchen, negentropy is reflected in practices that maintain organization and efficiency, such as:

Organization and Preparation: Having all ingredients and utensils ready and organized before beginning to cook facilitates an efficient workflow and reduces errors.

Continuous Training: Constant training of kitchen staff improves skills and knowledge, ensuring precise and high-quality execution.

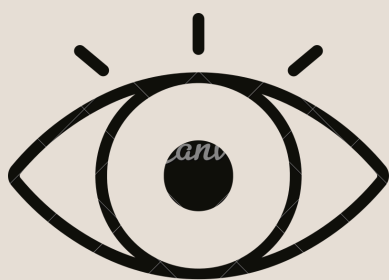


### SINERGY

Definition: The cooperation of elements to produce an effect greater than that of their individual parts.

Cases:

The right combination of ingredients and techniques can significantly enhance a dish. For example, the combination of garlic and onion creates a robust flavor base in many recipes. Synergy in cooking allows flavors to complement and enhance each other, resulting in more complex and delicious dishes.



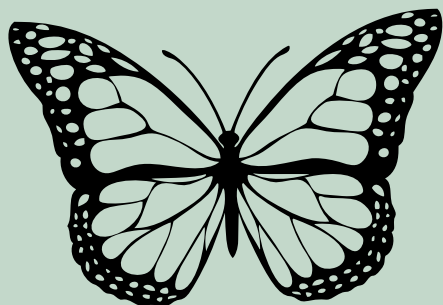
## SYSTEMATIC VISION OF COOKING RECIPES

Definition: Consider all the elements and processes in creating a dish as an interconnected system.

Cases:

- Ingredient Selection: The quality and freshness of ingredients are essential.
- Preparation Techniques: Cooking methods and mise en place ensure efficiency and quality.
- Use of Equipment and Utensils: Proper and well-maintained tools improve precision.
- Interaction between Components: The combination of ingredients and techniques creates complex flavors.
- Final Presentation: The aesthetics and consistency of the dish influence the gastronomic experience.

## SYSTEM SENSIBILITY



Definition: The ability of a system to respond to changes and variations.

Cases:

Small variations in ingredients or techniques can have a big impact on the final result. For example, adjusting the amount of salt or cooking time can significantly change the taste and texture of a dish. System sensitivity in the kitchen involves being attentive to these details and adapting as needed to achieve the best possible result.