



WHAT TO COOK

DENIS COSTELLO

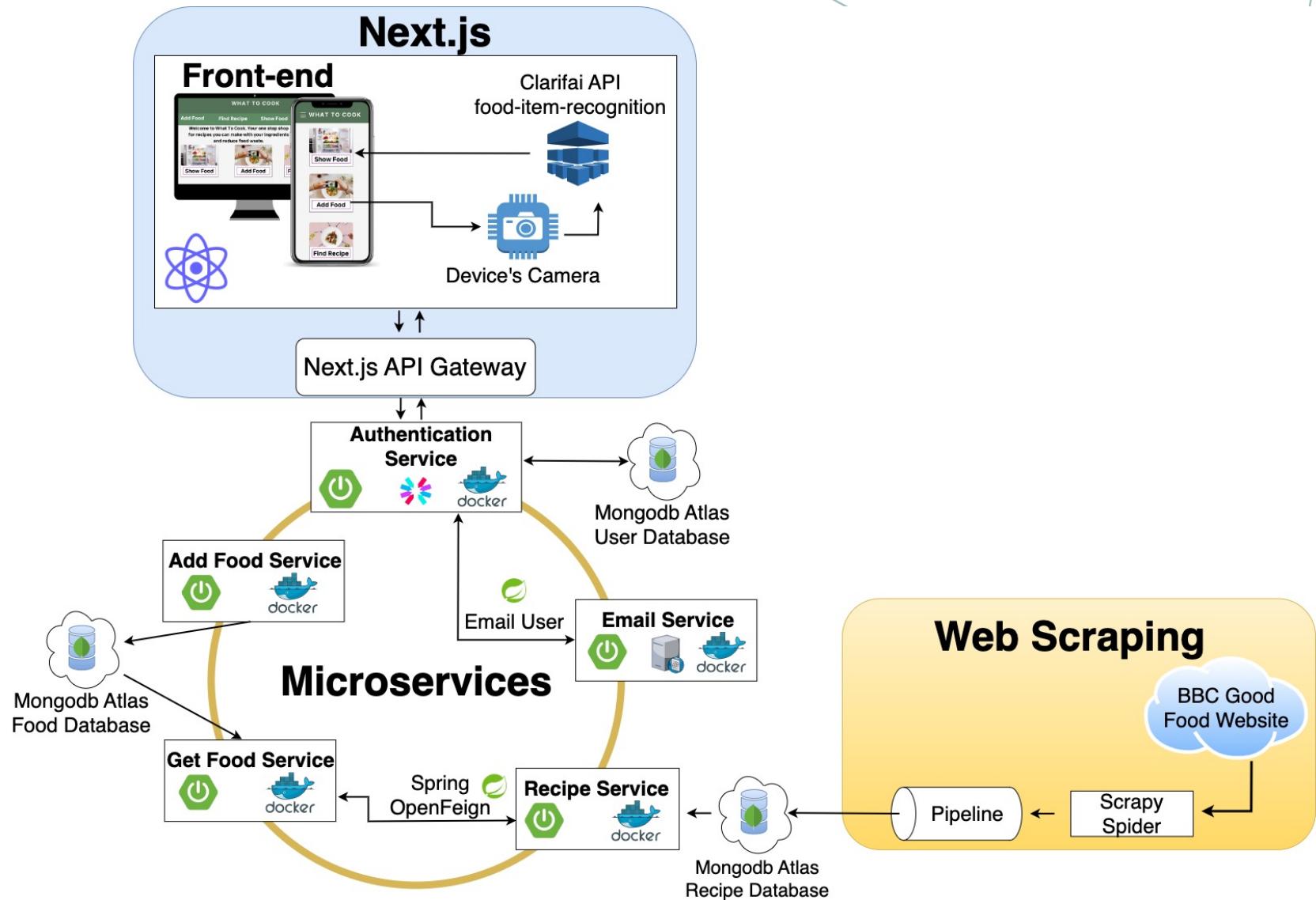
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THE PROBLEM

- What To Cook addresses a real-life challenge I've personally encountered during my years away from home as a student. The lack of variety in meals, and the issue of food wastage due to ineffective meal planning inspired me to develop a solution.

ARCHITECTURE DIAGRAM



RESEARCH

- **Web Scraping**
 - I decided to use a web scraper to store recipes that will be shown to the user.
- **Camera on browser**
 - Having got Clarifai API working before the Christmas break, I sought out a way to get access to the device's camera from the browser.
- **Authentication**
 - I wanted this project to be user based, so I researched Spring Security and user sessions in Next.js.

ACADEMIC / TECHNICAL CONTENT

Next.js

- The front end is built using Next.js
- Multiple ways users can input their food.
- Middleware is used for protected routes

Microservice Architecture

- Allows the application to be broke into smaller, independent services.
- Utilizing Spring Boot for
 - Adding and retrieving data.
 - Allowing user to signup / sign in.
 - Emailing users.
 - Authenticating user session.

ACADEMIC / TECHNICAL CONTENT

Scrapy

- Utilizing Scrapy to scrape recipes from BBC Good Food website.

MongoDB Atlas

- Mongo Atlas was chosen for its search index feature.
- A search index is placed on each recipes ingredients in the database.

ORGANISATION

Kanban

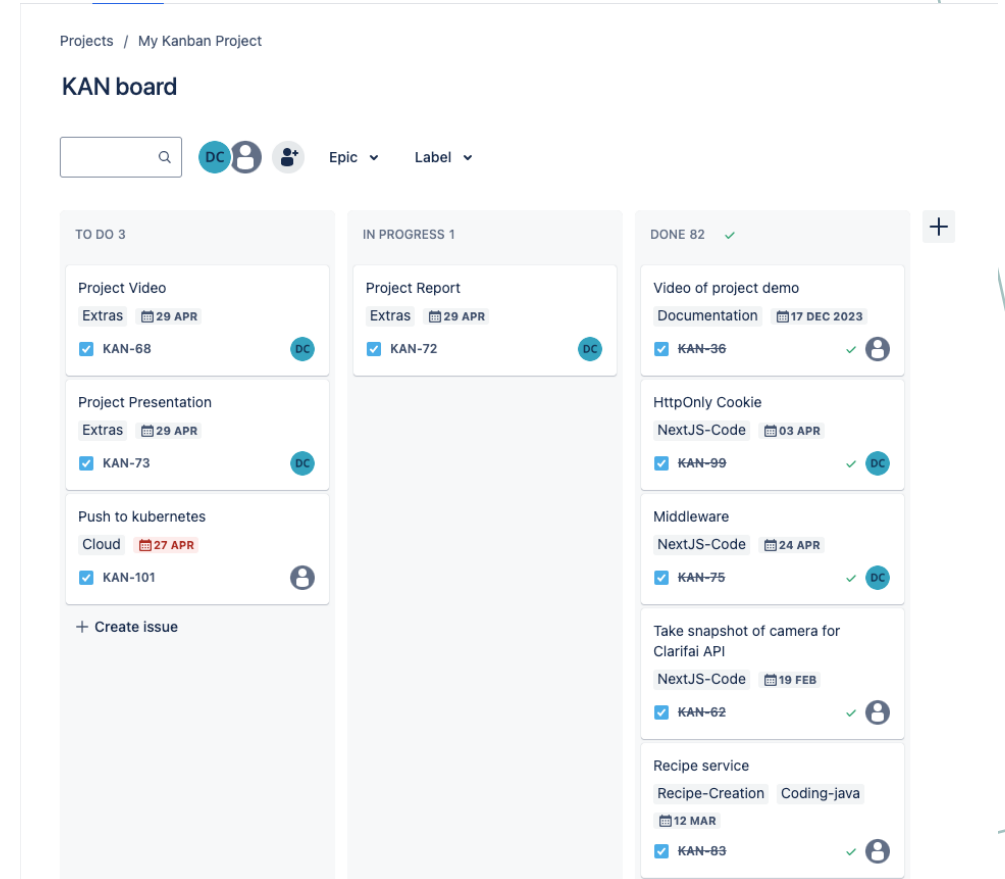
- I chose Kanban as my project management utilizing the Kanban methodology for its smooth workflow stages and to simplify this project and its complex tasks.

GitHub

- Using GitHub for version control.

OneNote

- Updating individual log with OneNote to keep track of my work, what challenges I faced, and resources found.



INITIATIVE & ENGAGEMENT

Recipe Generation

- I initially tried to create the recipes with Openai's GPT API integrated with my spring boot application.
- Decided to utilize Scrapy.

Teamwork

- Discussing progress made, work to do and the blockers in the project with peers in project labs.

DEMONSTRATION OF UNDERSTANDING

THANK YOU FOR LISTENING, I WILL NOW DEMONSTRATE MY PROJECT.

Add a food image by selecting one of the option below!

are with camera

Upload a File

Click here open the camera



Click To Take Picture

Stop Camera



Item recognized as onion
Confirm onion is correct
Or input the correct name

What To Cook

Food

Show Food

Show Re

Slow-cooker chicken curry



Time

Prep Time: 10 mins

Cook Time: 6 hrs

Ingredients:

- 1 large onion, roughly chopped
- 3 tbsp mild curry paste
- 400g can chopped tomatoes
- 2 tsp vegetable bouillon powder
- 1 tbsp finely chopped ginger
- 1 yellow pepper, deseeded and chopped
- 2 skinless chicken legs, fat removed
- 30g pack fresh coriander, leaves chopped
- cooked brown rice, to serve

Steps

- STEP 1
 - Put 1 roughly chopped large onion, 3 tbsp mild curry paste, a 400g can chopped tomatoes, 2 tsp vegetable bouillon powder, 1 tbsp finely chopped ginger, 1 yellow pepper, deseeded and chopped, 2 skinless chicken legs, fat removed, and 30g pack fresh coriander, leaves chopped, in a slow cooker.
 - pot with a third of a can of water and stir well.
- STEP 2
 - Add 2 skinless chicken legs, fat removed, and push them under all the other ingredients so that they are completely submerged. Cover with the lid and cook on Low for 6 hrs until the chicken and vegetables are really tender.
- STEP 3
 - The next day, cook on Low for 6 hrs until the chicken and vegetables are really tender.
- STEP 4
 - Stir in the the chopped leaves of 30g coriander just before serving over brown rice.

easy, one-pot chicken curry that's low-fat, low-calorie and delivers three of your five-a-day. It's so good so the meat is beautifully tender

[information available here](#)