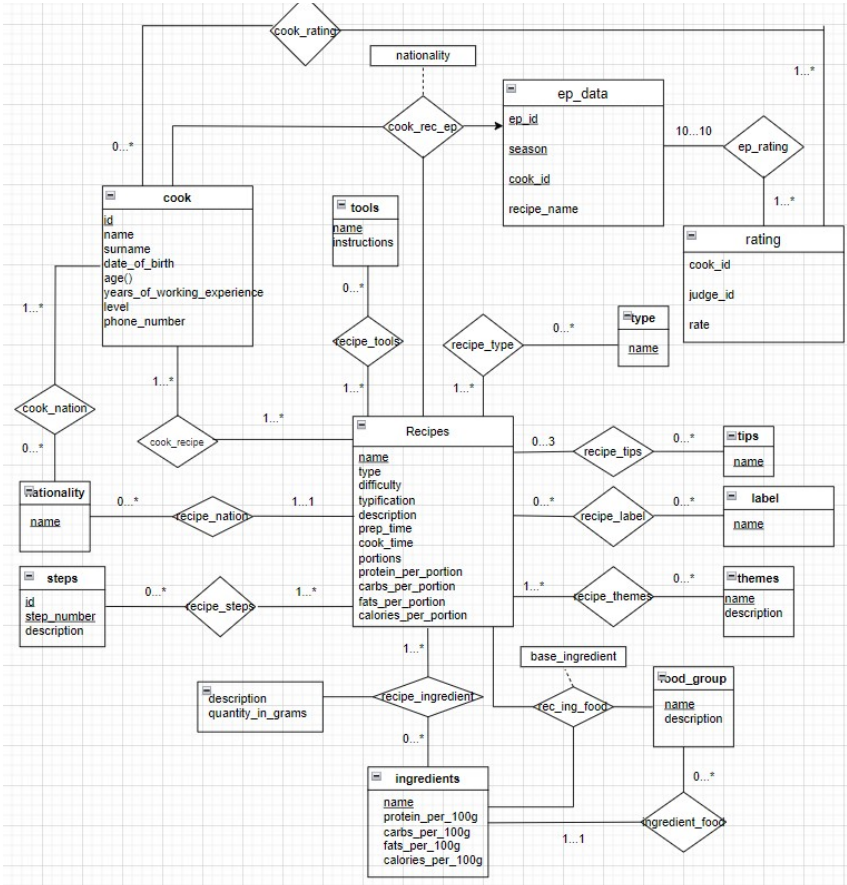# Βάσεις Δεδομένων - Εξαμινιαία Εργασία - Ομάδα 33
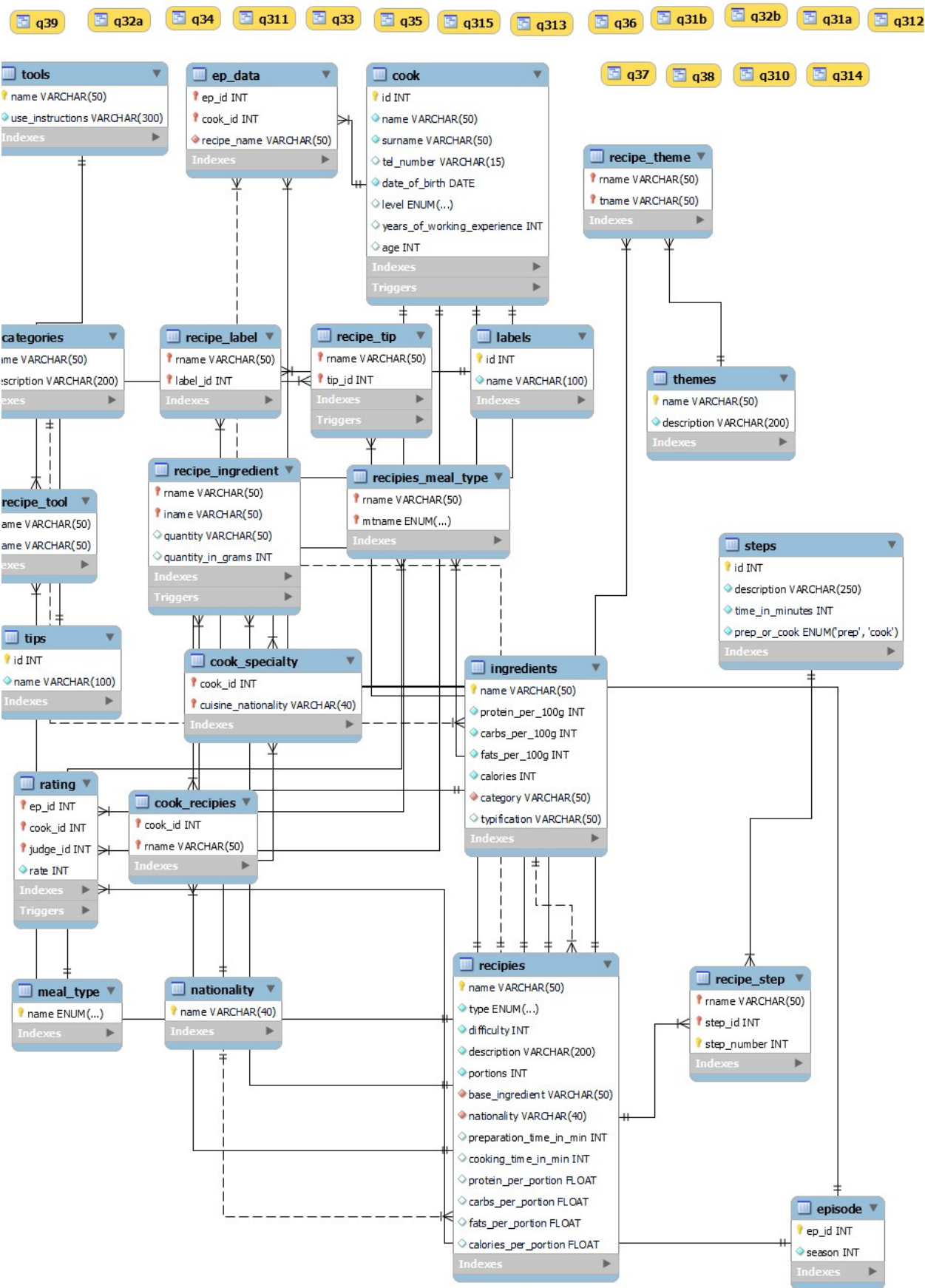
Νικόλας Ιωάννου(ge20718)-Φίλιππος Ντουρής(ge20719)-Μάριος Αβρααμίδης(ge20721)

Μάιος 2024

1 ER

2 Σχεσιακό διάγραμμα

3 DDL script

```
1  #drop database project;
2  create database project;
3  use project;
4
5  create table recipies(
6  name varchar(50) not null,
7  type enum('cookery','pastry') not null,
8  difficulty int not null check (difficulty between 1 and 5),
9  description varchar(200) not null,
```

```sql
portions int not null check (portions > 0),
base_ingredient varchar(50) not null,
nationality varchar(40) not null,
primary key(name)
);

create table meal_type(
name enum ('breakfast','brunch','lunch','snack','dinner') not null,
primary key(name));

create table nationality(
name varchar(40) not null,
primary key(name)
);

create table labels(
id int auto_increment,
name varchar(100) not null,
primary key (id)
);

create table tips(
id int auto_increment primary key,
name varchar(100) not null
);

create table tools(
name varchar(50) not null primary key,
use_instructions varchar(300) not null
);

create table themes(
name varchar(50) not null primary key,
description varchar(200) not null
);

create table cook(
id int not null primary key,
name varchar(50) not null,
surname varchar(50) not null,
tel_number varchar(15),
date_of_birth date not null,
level enum('Cook C','Cook B','Cook A','Chef Assistant','Chef'),
years_of_working_experience int check(years_of_working_experience>=0),
age int
);

create table steps(
id int auto_increment primary key,
description varchar(250) not null,
time_in_minutes int not null check (time_in_minutes >= 0),
prep_or_cook enum('prep','cook') not null
);

create table ingredients(
name varchar(50) not null primary key,
protein_per_100g int not null check (protein_per_100g between 0 and
    100),
carbs_per_100g int not null check (carbs_per_100g between 0 and 100),
fats_per_100g int not null check (fats_per_100g between 0 and 100),
calories int not null check (calories>=0),
category varchar(50) not null,
typification varchar(50)
```

```sql
);

create table categories(
name varchar(50) not null primary key,
description varchar(200) not null
);

create table recipe_label(
rname varchar(50) not null,
label_id int not null,
primary key (rname,label_id)
);

create table recipe_tip(
rname varchar(50) not null,
tip_id int not null,
primary key (rname,tip_id)
);

create table recipe_tool(
rname varchar(50) not null,
tname varchar(50) not null,
primary key (rname,tname)
);

create table recipe_step(
rname varchar(50) not null,
step_id int not null,
step_number int check(step_number > 0),
primary key (rname,step_number,step_id)
);

create table recipe_ingredient(
rname varchar(50) not null,
iname varchar(50) not null,
quantity varchar(50),
quantity_in_grams int check (quantity_in_grams > 0),
primary key (rname,iname)
);

create table cook_specialty(
cook_id int not null,
cuisine_nationality varchar(40) not null,
primary key (cook_id, cuisine_nationality)
);

create table recipe_theme(
rname varchar(50) not null,
tname varchar(50) not null,
primary key (rname,tname)
);

create table recipies_meal_type(
rname varchar(50) not null,
mtname enum ('breakfast','brunch','lunch','snack','dinner') not null,
primary key(rname,mtname)
);

create table cook_recipies(
cook_id int not null,
rname varchar(50) not null,
primary key(cook_id,rname)
);
```

```
135
136 #FOREIGN KEYS
137
138 alter table cook
139 add constraint yowe_constraint check(age-years_of_working_experience >0)
       ;
140
141 alter table recipies
142 add constraint fk_recipies_nationality foreign key (nationality)
       references nationality(name)
143 on delete restrict on update cascade;
144
145 alter table recipies
146 add constraint fk_recipies_ingredients foreign key (base_ingredient)
       references ingredients(name)
147 on delete restrict on update cascade;
148
149 alter table ingredients
150 add constraint fk_ingredients_categories foreign key (category)
       references categories(name)
151 on delete restrict on update cascade;
152
153 alter table recipe_tool
154 add constraint fk_recipe_tool_recipies foreign key (rname) references
       recipies(name)
155 on delete restrict on update cascade;
156 alter table recipe_tool
157 add constraint fk_recipe_tool_tools foreign key (tname) references
       tools(name)
158 on delete restrict on update cascade;
159
160 alter table recipe_theme
161 add constraint fk_recipe_theme_recipies foreign key(rname) references
       recipies(name)
162 on delete restrict on update cascade;
163 alter table recipe_theme
164 add constraint fk_recipe_theme_themes foreign key(tname) references
       themes(name)
165 on delete restrict on update cascade;
166
167 alter table recipe_step
168 add constraint fk_recipe_step_recipies foreign key(rname) references
       recipies(name)
169 on delete restrict on update cascade;
170 alter table recipe_step
171 add constraint fk_recipe_step_steps foreign key(step_id) references
       steps(id)
172 on delete restrict on update cascade;
173
174 alter table recipe_tip
175 add constraint fk_recipe_tip_recipies foreign key (rname) references
       recipies(name)
176 on delete restrict on update cascade;
177 alter table recipe_tip
178 add constraint fk_recipe_tip_tips foreign key (tip_id) references tips(
       id)
179 on delete restrict on update cascade;
180
181 alter table recipe_ingredient
182 add constraint fk_recipe_ingredient_recipies foreign key(rname)
       references recipies(name)
183 on delete restrict on update cascade;
184 alter table recipe_ingredient
```

```sql
add constraint fk_recipe_ingredient_ingredients foreign key(iname)
    references ingredients(name)
on delete restrict on update cascade;
alter table recipe_ingredient add constraint chk_pos_quantity check (
    quantity_in_grams >0);

alter table cook_specialty
add constraint fk_cook_specialty_cook foreign key (cook_id) references
    cook(id)
on delete restrict on update cascade;
alter table cook_specialty
add constraint fk_cook_specialty_nationality foreign key (
    cuisine_nationality) references nationality(name)
on delete restrict on update cascade;

alter table recipe_label
add constraint fk_recipe_label_recipies foreign key (rname) references
    recipies(name)
on delete restrict on update cascade;
alter table recipe_label
add constraint fk_recipe_label_labels foreign key (label_id) references
    labels(id)
on delete restrict on update cascade;

alter table recipies_meal_type
add constraint fk1_recipies_meal_type_recipies foreign key(rname)
    references recipies(name)
on delete restrict on update cascade;
alter table recipies_meal_type
add constraint fk1_recipies_meal_type_meal_type foreign key(mtname)
    references meal_type(name)
on delete restrict on update cascade;

alter table cook_recipies
add constraint fk1_cook_recipies_recipies foreign key(rname) references
    recipies(name)
on delete restrict on update cascade;
alter table cook_recipies
add constraint fk1_cook_recipies_cook foreign key(cook_id) references
    cook(id)
on delete restrict on update cascade;

#select * from cook order by rand() limit 10;

#TABLES FOR EPISODES

create table ep_data(
ep_id int unsigned not null,
cook_id int not null,
recipe_name varchar(50) not null,
primary key(ep_id,cook_id));

create table rating(
ep_id int unsigned not null,
cook_id int not null,
judge_id int not null,
rate int not null,
check(rate between 1 and 5),
primary key(ep_id,cook_id,judge_id));

create table episode(
ep_id int unsigned not null auto_increment,
season int not null,
```

```sql
check(season > 0),
primary key(ep_id));

#FOREIGN KEYS FOR THE NEW TABLES

alter table ep_data
add constraint fk1_ep_data_episode foreign key(ep_id) references
    episode(ep_id) on delete restrict on update cascade,
add constraint fk1_ep_data_cook foreign key(cook_id) references cook(id
    ) on delete restrict on update cascade,
add constraint fk1_ep_data_recipies foreign key(recipe_name) references
    recipies(name) on delete restrict on update cascade;

alter table rating
add constraint fk1_rating_episode foreign key(ep_id) references episode
    (ep_id) on delete restrict on update cascade,
add constraint fk1_rating_cook foreign key(cook_id) references cook(id)
    on delete restrict on update cascade,
add constraint fk2_rating_cook foreign key(judge_id) references cook(id
    ) on delete restrict on update cascade;

#ALTER SOME TABLES

alter table recipies
add column preparation_time_in_min int,
add column cooking_time_in_min int;

alter table recipe_ingredient
modify column quantity_in_grams int;

alter table recipies
add column protein_per_portion float,
add column carbs_per_portion float,
add column fats_per_portion float,
add column calories_per_portion float;

#TRIGGERS

DELIMITER //
create trigger cook_id_notequal_judge_id
before insert on rating
for each row
begin
    if new.cook_id = new.judge_id then
        SIGNAL sqlstate "45000" set message_text = 'Cook ID cannot be
            equal to Judge ID.';
    end if;
end;
//
DELIMITER ;

DELIMITER //
create trigger cook_id_notequal_judge_id_update
before update on rating
for each row
begin
    if new.cook_id = new.judge_id then
        SIGNAL sqlstate "45000" set message_text = 'Cook ID cannot be
            equal to Judge ID.';
    end if;
end;
//
DELIMITER ;
```

```sql
DELIMITER //
create trigger three_tips_max_per_recipe
before insert on recipe_tip
for each row
begin
declare tip_count int;
    select count(*) into tip_count
    from recipe_tip where rname=new.rname;
    if tip_count>=3 then
        SIGNAL sqlstate "45000" set message_text = 'Each recipe can
            have maximum 3 tips.';
    end if;
end;
//
DELIMITER ;

DELIMITER //
create trigger three_tips_max_per_recipe_update
before update on recipe_tip
for each row
begin
declare tip_count int;
    select count(*) into tip_count
    from recipe_tip where rname=new.rname;
    if tip_count>=3 then
        SIGNAL sqlstate "45000" set message_text = 'Each recipe can
            have maximum 3 tips.';
    end if;
end;
//
DELIMITER ;

DELIMITER //
create trigger cook_age
before insert on cook
for each row
begin
    declare cage int;
    declare cookd int;
    declare cookm int;
    declare cooky int;
    declare cd int;
    declare cm int;
    declare cy int;


    set cookd = day(new.date_of_birth);
    set cookm = month(new.date_of_birth);
    set cooky = year(new.date_of_birth);


    set cd = day(CURDATE());
    set cm = month(CURDATE());
    set cy = year(CURDATE());


    if (cm > cookm) or (cm = cookm and cd > cookd) then
        set cage = cy - cooky;
    else
        set cage = cy - cooky - 1;
    end if;
```

```sql
    set new.age = cage;
end;
//
DELIMITER ;


DELIMITER //
create trigger cook_age_update
before update on cook
for each row
begin
    declare cage int;
    declare cookd int;
    declare cookm int;
    declare cooky int;
    declare cd int;
    declare cm int;
    declare cy int;


    set cookd = day(new.date_of_birth);
    set cookm = month(new.date_of_birth);
    set cooky = year(new.date_of_birth);


    set cd = day(CURDATE());
    set cm = month(CURDATE());
    set cy = year(CURDATE());


    if (cm > cookm) or (cm = cookm and cd > cookd) then
        set cage = cy - cooky;
    else
        set cage = cy - cooky - 1;
    end if;


    set new.age = cage;
end;
//
DELIMITER ;

DELIMITER //
create procedure update_recipies(in recipe_name varchar(100),in
    total_calories float)
begin
    update recipies set calories_per_portion=total_calories/portions
        where name=recipe_name;
end;
//
DELIMITER ;

DELIMITER //
create trigger calories_calculation_update
after update on recipe_ingredient
for each row
begin
declare rcalories float;
    select sum into rcalories from(
    select c.rname,sum(c.calories) as sum from (select a.rname,(a.
        quantity_in_grams/100)*b.calories as calories
```

```sql
413      from recipe_ingredient as a inner join ingredients as b on a.iname=
            b.name) as c group by c.rname) as d where rname=new.rname;
414
415      call update_recipies(new.rname,rcalories);
416 end;
417 //
418 DELIMITER ;
419
420
421 DELIMITER //
422 create trigger calories_calculation
423 after insert on recipe_ingredient
424 for each row
425 begin
426 declare rcalories float;
427      select sum into rcalories from(
428      select c.rname,sum(c.calories) as sum from (select a.rname,(a.
            quantity_in_grams/100)*b.calories as calories
429      from recipe_ingredient as a inner join ingredients as b on a.iname=
            b.name) as c group by c.rname) as d where rname=new.rname;
430
431      call update_recipies(new.rname,rcalories);
432 end;
433 //
434 DELIMITER ;
435
436 DELIMITER //
437 create procedure update_recipies1(in recipe_name varchar(100),in
        total_protein float)
438 begin
439      update recipies set protein_per_portion=total_protein/portions
            where name=recipe_name;
440 end;
441 //
442 DELIMITER ;
443
444 DELIMITER //
445 create trigger protein_calculation
446 after insert on recipe_ingredient
447 for each row
448 begin
449 declare rprotein float;
450      select sum into rprotein from(
451      select c.rname,sum(c.protein) as sum from (select a.rname,(a.
            quantity_in_grams/100)*b.protein_per_100g as protein
452      from recipe_ingredient as a inner join ingredients as b on a.iname=
            b.name) as c group by c.rname) as d where rname=new.rname;
453
454      call update_recipies1(new.rname,rprotein);
455 end;
456 //
457 DELIMITER ;
458
459 DELIMITER //
460 create trigger protein_calculation_update
461 after update on recipe_ingredient
462 for each row
463 begin
464 declare rprotein float;
465      select sum into rprotein from(
466      select c.rname,sum(c.protein) as sum from (select a.rname,(a.
            quantity_in_grams/100)*b.protein_per_100g as protein
```

```sql
      from recipe_ingredient as a inner join ingredients as b on a.iname=
         b.name) as c group by c.rname) as d where rname=new.rname;

     call update_recipies1(new.rname,rprotein);
end;
//
DELIMITER ;

DELIMITER //
create procedure update_recipies2(in recipe_name varchar(100),in
    total_carbs float)
begin
     update recipies set carbs_per_portion=total_carbs/portions where
        name=recipe_name;
end;
//
DELIMITER ;

DELIMITER //
create trigger carbs_calculation
after insert on recipe_ingredient
for each row
begin
declare rcarbs float;
     select sum into rcarbs from(
     select c.rname,sum(c.carbs) as sum from (select a.rname,(a.
        quantity_in_grams/100)*b.carbs_per_100g as carbs
     from recipe_ingredient as a inner join ingredients as b on a.iname=
        b.name) as c group by c.rname) as d where rname=new.rname;

     call update_recipies2(new.rname,rcarbs);
end;
//
DELIMITER ;

DELIMITER //
create trigger carbs_calculation_update
after update on recipe_ingredient
for each row
begin
declare rcarbs float;
     select sum into rcarbs from(
     select c.rname,sum(c.carbs) as sum from (select a.rname,(a.
        quantity_in_grams/100)*b.carbs_per_100g as carbs
     from recipe_ingredient as a inner join ingredients as b on a.iname=
        b.name) as c group by c.rname) as d where rname=new.rname;

     call update_recipies2(new.rname,rcarbs);
end;
//
DELIMITER ;

DELIMITER //
create procedure update_recipies3(in recipe_name varchar(100),in
    total_fats float)
begin
     update recipies set fats_per_portion=total_fats/portions where name
        =recipe_name;
end;
//
DELIMITER ;

DELIMITER //
```

```sql
521  create trigger fats_calculation
522  after insert on recipe_ingredient
523  for each row
524  begin
525  declare rfats float;
526      select sum into rfats from(
527      select c.rname,sum(c.fats) as sum from (select a.rname,(a.
             quantity_in_grams/100)*b.fats_per_100g as fats
528      from recipe_ingredient as a inner join ingredients as b on a.iname=
             b.name) as c group by c.rname) as d where rname=new.rname;
529
530      call update_recipies3(new.rname,rfats);
531  end;
532  //
533  DELIMITER ;
534
535  DELIMITER //
536  create trigger fats_calculation_update
537  after update on recipe_ingredient
538  for each row
539  begin
540  declare rfats float;
541      select sum into rfats from(
542      select c.rname,sum(c.fats) as sum from (select a.rname,(a.
             quantity_in_grams/100)*b.fats_per_100g as fats
543      from recipe_ingredient as a inner join ingredients as b on a.iname=
             b.name) as c group by c.rname) as d where rname=new.rname;
544
545      call update_recipies3(new.rname,rfats);
546  end;
547  //
548  DELIMITER ;
```

Listing 1: DDL script

4 DML script

Για την εισαγωγή δεδομένων στη βάση, αρχικά επιχειρήθηκε να γίνεται η εισαγωγή τους μέσω csv αρχείων. Ωστόσο, λόγω τεχνικών προβλημάτων, αποφασίσαμε να γίνεται η εισαγωγή τους μέσα από ένα sql αρχείο. Για τη συγγραφή του αρχείου χρησιμοποιήθηκε κώδικας σε python, ο οποίος, για κάθε csv εντός ενός φακέλου (με το όνομα του αντίστοιχου πίνακα στη βάση), έγραφε τα δεδομένα σε γλώσσα sql για να εισαχθούν στον αντίστοιχο πίνακα. Ο κώδικας που χρησιμοποιήθηκε σε python φαίνεται παρακάτω:

```python
1  import pandas as pd
2  import os
3
4  def generate_sql_insert_statements(csv_folder_path):
5      # Create a dictionary to store SQL insert statements
6      sql_statements = {}
7
8      # Iterate through each CSV file in the folder
9      for csv_file in os.listdir(csv_folder_path):
10         if csv_file.endswith(".csv"):
11             table_name = os.path.splitext(csv_file)[0]
12             # Read the CSV file into a DataFrame, ensuring the first
                   row is included
13             df = pd.read_csv(os.path.join(csv_folder_path, csv_file),
                   header=None)
14
15             # Create the insert statement for the current table
16             insert_statement = f"INSERT INTO {table_name} VALUES\n"
17             values_list = []
```

```python
            for index, row in df.iterrows():
                # Ensure the values are formatted correctly for SQL
                values = tuple(row.values)
                #formatted_values = tuple(f'"{str(value).replace(\'"\',
                    \'""\')}"' if isinstance(value, str) else value for
                    value in values)
                formatted_values = tuple("'" + str(value).replace("'",
                    "") + "'" if isinstance(value, str) else value for
                    value in values)
                # Handle single-column case properly
                formatted_value_str = f'({",".join(map(str,
                    formatted_values))})'
                values_list.append(formatted_value_str)

            # Join all values into the insert statement
            insert_statement += ",\n".join(values_list) + ";"
            sql_statements[table_name] = insert_statement

    return sql_statements

def save_sql_statements_to_file(sql_statements, output_file_path):
    with open(output_file_path, 'w') as file:
        for table_name, insert_statement in sql_statements.items():
            file.write(insert_statement + "\n\n")

if __name__ == "__main__":
    # Path to the folder containing the CSV files
    csv_folder_path = 'C:/MARIOS/data'
    # Output file path to save the SQL scripts
    output_file_path = 'C:/MARIOS/DB_csv_files/data_insertionnnn.sql'

    # Generate SQL insert statements
    sql_statements = generate_sql_insert_statements(csv_folder_path)

    # Save the SQL statements to a file
    save_sql_statements_to_file(sql_statements, output_file_path)

    print(f"SQL insert statements have been saved to {output_file_path}
        ")
```

Listing 2: Κώδικας σε Python για εισαγωγή δεδομένων

Ακολουθεί ο κώδικας σε sql για την εισαγωγή των δεδομένων στη βάση

```sql
INSERT INTO categories VALUES
('Spices & Essential Oils','Natural flavor enhancers from plants,
    adding depth to dishes with their aromatic and vibrant profiles.'),
('Coffee, Tea, & Their Products','Beloved beverages brewed from roasted
     seeds and leaves, offering a spectrum of flavors and caffeine
    levels.'),
('Preserved Foods','Treats preserved through canning, pickling, and
     fermenting, maintaining freshness and enhancing flavors.'),
('Sweeteners','Natural or artificial substances adding sweetness to
     foods and beverages, vital for baking and cooking.'),
('Fats & Oils','Culinary essentials from plant and animal sources,
     providing richness and texture to recipes.'),
('Milk, Eggs, & Their Products','Nutrient-rich staples versatile in
     cooking, yielding creamy textures and enhancing flavors.'),
('Meat & Its Products','Protein-rich staples from animals, offering
     savory delights in various forms and cooking methods.'),
('Fish & Their Products','Delicate-flavored sources of lean protein,
     prized for their omega-3 content and versatility in cooking.'),
('Cereals and their products','Nourishing staples derived from grains,
     cereals and their products offer versatile sustenance in various
```

```sql
      forms, from bread to pasta.'),
('Various foods of plant origin','Culinary delights sourced from plants
    encompass fruits, vegetables, legumes, nuts, and seeds, providing
    diverse flavors and essential nutrients for wholesome meals.'),
('Products with sweeteners','Assorted food items enriched with natural
    or artificial sweetening agents enhance taste profiles with
    sweetness, essential for creating indulgent treats and beverages.'),
('Various drinks','A myriad of beverages, from refreshing juices to
    soothing teas and invigorating coffees, cater to diverse preferences
    and occasions, providing hydration, stimulation, and enjoyment');

#select * from cook;
INSERT INTO cook(id,name,surname,tel_number,date_of_birth,level,
    years_of_working_experience) VALUES
('1','Andreas','Papadopoulos',6930154892,'1988-02-14','Cook A','7'),
('2','Sofia','Katsarou','6937724851','1985-10-06','Chef','12'),
('3','Ioannis','Georgiou','6932968135','1980-04-21','Cook C','2'),
('4','Maria','Papadopoulou','6934521876','1993-08-17','Cook B','4'),
('5','Dimitris','Antonopoulos','6937839012','1997-12-03','Cook B','4'),
('6','Eleni','Karagiannis','6936457298','1992-06-28','Cook A','7'),
('7','Nikolaos','Mavrogiannis','6931075489','1979-09-09','Cook B','4'),
('8','Anna','Ioannou','6938014276','1984-03-25','Chef Assistant','9'),
('9','Georgios','Kostopoulos','6933147802','1990-01-11','Cook C','2'),
('10','Athina','Papadimitriou','6935694180','1982-07-30','Chef','12'),
('11','Panagiotis','Christopoulos','6939284510','1975-11-26','Cook C','
    2'),
('12','Vasiliki','Tsolakidou','6934876901','1989-05-08','Chef Assistant
    ','9'),
('13','Alexandros','Papageorgiou','6936729041','1994-08-22','Cook A','7
    '),
('14','Eleftheria','Nikolaou','6932351874','1987-02-18','Cook B','4'),
('15','Konstantinos','Katsaros','6938102563','1991-06-12','Chef
    Assistant','9'),
('16','Anastasia','Christodoulou','6937562981','1976-10-04','Cook A','7
    '),
('17','Christos','Papadellis','6934728901','1983-12-19','Cook B','4'),
('18','Despoina','Papageorgiou','6936584123','1981-04-03','Chef
    Assistant','9'),
('19','Spyridon','Papoutsakis','6935189642','1978-08-29','Chef','12'),
('20','Marina','Kostopoulou','6932497180','1990-01-16','Cook C','2'),
('21','Dimitra','Papandreou','6937839051','1986-03-21','Cook A','7'),
('22','Stavros','Georgopoulos','6936574289','1995-05-07','Cook B','4'),
('23','Maria','Papadellis','6934251679','1982-09-23','Cook B','4'),
('24','Andreas','Papadakis','6938941276','1977-07-05','Chef','12'),
('25','Eirini','Antoniou','6931620485','1989-11-11','Cook C','2'),
('26','Konstantina','Papageorgiou','6933097856','1980-04-28','Cook A','
    7'),
('27','Georgios','Koutsoukis','6935729308','1993-08-02','Chef Assistant
    ','9'),
('28','Vasiliki','Papadopoulou','6934285091','1985-01-14','Cook B','4')
    ,
('29','Christos','Nikolopoulos','6936978452','1976-05-27','Chef','12'),
('30','Anastasia','Christodoulou','6937840219','1991-09-20','Cook C','2
    '),
('31','Dimitris','Papandreou','6932185470','1979-03-02','Cook A','7'),
('32','Maria','Papadopoulos','6936351879','1983-11-18','Chef Assistant'
    ,'9'),
('33','Ioannis','Papadakis','6938092176','1988-07-12','Chef','12'),
('34','Eleni','Tsolakidou','6934259081','1992-01-05','Cook B','4'),
('35','Panagiotis','Antonopoulos','6936584792','1986-05-31','Cook C','2
    '),
('36','Anna','Georgiou','6937428056','1977-09-15','Chef Assistant','9')
    ,
```

```
('37','Nikolaos','Karagiannis','6935387421','1981-01-25','Cook A','7'),
('38','Sofia','Papoutsakis','6939642085','1994-04-19','Cook C','2'),
('39','Georgios','Mavrogiannis','6932985470','1989-10-03','Cook B','4')
    ,
('40','Athina','Papadimitriou','6936725180','1984-02-07','Cook C','2'),
('41','Panagiotis','Kostopoulos','6935871239','1990-06-23','Chef','12')
    ,
('42','Vasiliki','Christodoulou','6939147285','1975-12-08','Cook A','7'
    ),
('43','Alexandros','Papadellis','6933250178','1986-08-02','Chef
    Assistant','9'),
('44','Eleftheria','Papadopoulos','6937458123','1993-12-06','Cook B','4
    '),
('45','Konstantinos','Ioannou','6934682905','1978-04-30','Chef','12'),
('46','Anastasia','Karagiannis','6937025813','1981-10-14','Cook C','2')
    ,
('47','Christos','Georgopoulos','6936157294','1985-02-18','Chef
    Assistant','9'),
('48','Despoina','Papadopoulou','6937890421','1979-06-21','Cook A','7')
    ,
('49','Spyridon','Katsaros','6934291875','1992-08-17','Cook B','4'),
('50','Marina','Papandreou','6938105297','1987-01-01','Chef','12'),
('51','Dimitra','Kostopoulou','6936719045','1994-05-09','Cook C','2'),
('52','Stavros','Papadopoulos','6935084217','1976-09-04','Cook A','7'),
('53','Maria','Papadimitriou','6936389120','1980-11-28','Chef Assistant
    ','9'),
('54','Andreas','Kostas','6937528416','1983-03-16','Chef','12'),
('55','Eirini','Papoutsakis','6931280479','1991-07-21','Cook B','4'),
('56','Konstantina','Mavrogianni','6936830217','1986-12-15','Cook C','2
    '),
('57','Georgios','Christopoulos','6935792168','1989-04-09','Chef
    Assistant','9'),
('58','Vasiliki','Papadellis','6937150284','1982-08-05','Cook A','7'),
('59','Christos','Papageorgiou','6934785093','1995-02-25','Cook C','2')
    ,
('60','Anastasia','Papadopoulou','6936318547','1981-06-11','Cook C','2'
    ),
('61','Dimitris','Antoniou','6937240851','1987-10-01','Cook A','7'),
('62','Maria','Tsolakidou','6934098512','1976-04-15','Chef Assistant','
    9'),
('63','Ioannis','Koutsoukis','6935873016','1983-12-30','Chef','12'),
('64','Eleni','Papadimitriou','6939358124','1988-06-24','Cook B','4'),
('65','Panagiotis','Georgiou','6936721980','1979-09-10','Chef','12'),
('66','Anna','Papadakis','6934582709','1992-11-14','Cook C','2'),
('67','Nikolaos','Karagiannis','6937315820','1981-03-06','Chef
    Assistant','9'),
('68','Sofia','Papoutsaki','6932874196','1995-07-02','Cook A','7'),
('69','Georgios','Papageorgiou','6936541278','1980-11-26','Cook B','4')
    ,
('70','Athina','Christodoulou','6935187960','1985-05-20','Chef','12'),
('71','Panagiotis','Papadopoulos','6936238457','1988-09-13','Cook C','2
    '),
('72','Vasiliki','Papadimitriou','6939851274','1977-01-18','Chef
    Assistant','9'),
('73','Alexandros','Antoniou','6937104589','1994-05-22','Cook A','7'),
('74','Eleftheria','Papadopoulou','6934321987','1989-08-05','Chef','12'
    ),
('75','Konstantinos','Kostopoulos','6936589274','1976-12-31','Cook B','
    4'),
('76','Anastasia','Georgiou','6938157904','1983-04-27','Chef Assistant'
    ,'9'),
('77','Christos','Karagiannis','6932946718','1990-10-23','Cook A','7'),
('78','Despoina','Papadopoulos','6935729014','1975-02-17','Chef','12'),
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('79','Spyridon','Papadellis','6934892570','1992-06-11','Cook C','2'),
('80','Marina','Mavrogianni','6937231986','1986-09-05','Chef Assistant'
    ,'9'),
('81','Dimitra','Katsarou','6936735814','1980-11-30','Cook B','4'),
('82','Stavros','Ioannou','6934159872','1985-03-24','Chef','12'),
('83','Maria','Papoutsakis','6938974561','1994-07-18','Cook B','4'),
('84','Andreas','Christopoulos','6936541820','1977-05-02','Cook C','2')
    ,
('85','Eirini','Papadopoulos','6937482913','1989-09-16','Chef Assistant
    ','9'),
('86','Konstantina','Papadimitriou','6933257089','1984-01-20','Cook A',
    '7'),
('87','Georgios','Karagiannis','6935908127','1981-07-04','Chef','12'),
('88','Vasiliki','Georgiou','6934172589','1992-11-28','Cook A','7'),
('89','Christos','Papadellis','6938591273','1979-04-22','Chef','12'),
('90','Anastasia','Antonopoulos','6937325081','1986-08-13','Cook B','4'
    ),
('91','Dimitris','Kostopoulos','6936218459','1991-12-07','Cook C','2'),
('92','Maria','Papageorgiou','6935874192','1976-04-01','Chef Assistant'
    ,'9'),
('93','Ioannis','Papadakis','6937681250','1983-10-25','Cook B','4'),
('94','Eleni','Karagianni','6931942875','1988-02-09','Chef','12'),
('95','Panagiotis','Papadopoulos','6938295016','1993-06-03','Cook A','7
    '),
('96','Anna','Papadopoulou','6934159876','1978-12-28','Chef','12'),
('97','Nikolaos','Mavrogiannis','6935721084','1985-05-22','Cook B','4')
    ,
('98','Sofia','Christodoulou','6934879026','1990-09-14','Cook C','2'),
('99','Georgios','Papoutsakis','6936291587','1981-01-28','Chef
    Assistant','9'),
('100','Athina','Papadimitriou','6935187420','1986-07-10','Cook A','7')
    ;

INSERT INTO nationality VALUES
('American cuisine'),
('French cuisine'),
('British cuisine'),
('Thai cuisine'),
('Italian cuisine'),
('Japanese cuisine'),
('Greek cuisine'),
('Turkish cuisine'),
('Chinese cuisine'),
('Middle Eastern cuisine'),
('Mexican cuisine'),
('Indian cuisine'),
('Korean cuisine'),
('Asian cuisine'),
('Portuguese cuisine'),
('Indonesian cuisine'),
('Spanish cuisine'),
('Argentinian cuisine'),
('Brazilian cuisine'),
('Croatian cuisine');

#select * from ingredients;
INSERT INTO ingredients VALUES
('Cinnamon',3.99,80.59,10.58,261,'Spices & Essential Oils','Seasonings'
    ),
('Garlic',6.36,33.06,0.5,149,'Spices & Essential Oils','Seasonings'),
('Ginger',1.82,17.77,0.75,80,'Spices & Essential Oils','Seasonings'),
('Black pepper',10.95,74.02,3.26,251,'Spices & Essential Oils','
    Seasonings'),
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146 ('Coffee beans',12.0,13.6,0.0,138,'Coffee, Tea, & Their Products','
        Beverages'),
147 ('Black tea',20.0,3.39,0.7,123,'Coffee, Tea, & Their Products','
        Beverages'),
148 ('Green tea',20.0,3.39,0.7,123,'Coffee, Tea, & Their Products','
        Beverages'),
149 ('Pickles',0.4,3.8,0.2,19,'Preserved Foods','Preserves'),
150 ('Canned tomatoes',1.1,4.0,0.2,21,'Preserved Foods','Preserves'),
151 ('Olives',0.8,6.0,10.7,115,'Preserved Foods','Preserves'),
152 ('Sugar',0.0,99.98,0.0,398,'Sweeteners','Sugars'),
153 ('Honey',0.3,82.4,0.0,304,'Sweeteners','Sugars'),
154 ('Maple syrup',0.0,67.0,0.0,260,'Sweeteners','Sugars'),
155 ('Olive oil',0.0,0.0,100.0,884,'Fats & Oils','Fats'),
156 ('Butter',0.85,0.06,81.11,717,'Fats & Oils','Fats'),
157 ('Coconut oil',0.0,0.0,100.0,892,'Fats & Oils','Fats'),
158 ('Eggs',12.6,1.1,9.5,143,'Milk, Eggs, & Their Products','Dairy'),
159 ('Milk whole',3.2,4.8,3.9,61,'Milk, Eggs, & Their Products','Dairy'),
160 ('Yogurt plain',10.0,3.6,3.3,88,'Milk, Eggs, & Their Products','Dairy')
        ,
161 ('Chicken breast',31.0,0.0,3.6,165,'Meat & Its Products','Meat'),
162 ('Chicken',31.0,0.0,3.6,165,'Meat & Its Products','Meat'),
163 ('Beef lean ground',27.0,0.0,15.0,250,'Meat & Its Products','Meat'),
164 ('Beef',28.0,0.0,16.0,250,'Meat & Its Products','Meat'),
165 ('Pork tenderloin',21.0,0.0,3.0,122,'Meat & Its Products','Meat'),
166 ('Salmon',20.0,0.0,13.0,208,'Fish & Their Products','Seafood'),
167 ('Tuna',30.0,0.0,1.0,132,'Fish & Their Products','Seafood'),
168 ('Cod',18.0,0.0,0.7,82,'Fish & Their Products','Seafood'),
169 ('Rice',2.7,28.0,0.3,130,'Cereals and their products','Grains'),
170 ('Oats',2.5,12.0,1.4,71,'Cereals and their products','Grains'),
171 ('Whole wheat bread',9.0,49.0,2.0,247,'Cereals and their products','
        Grains'),
172 ('Spinach',2.9,3.6,0.4,23,'Various foods of plant origin','Vegan'),
173 ('Potatoes',2.0,17.0,0.1,77,'Various foods of plant origin','Vegan'),
174 ('Tomatoes',0.9,3.9,0.2,18,'Various foods of plant origin','Vegan'),
175 ('Apples',0.3,14.0,0.2,52,'Various foods of plant origin','Vegan'),
176 ('Bananas',1.1,22.0,0.3,89,'Various foods of plant origin','Vegan'),
177 ('Carrots',0.6,9.6,0.3,41,'Various foods of plant origin','Vegan'),
178 ('Broccoli',2.8,6.0,0.4,34,'Various foods of plant origin','Vegan'),
179 ('Almonds',21.2,21.7,49.9,579,'Various foods of plant origin','Vegan'),
180 ('Walnuts',15.2,13.7,65.2,654,'Various foods of plant origin','Vegan'),
181 ('Chicken thighs',24.0,0.0,11.0,209,'Meat & Its Products','Meat'),
182 ('Ground turkey',29.0,0.0,7.7,179,'Meat & Its Products','Meat'),
183 ('Lamb chops',25.6,0.0,20.1,294,'Meat & Its Products','Meat'),
184 ('Shrimp',24.0,0.0,0.3,99,'Fish & Their Products','Seafood'),
185 ('Mackerel',20.8,0.0,13.9,305,'Fish & Their Products','Seafood'),
186 ('Quinoa',4.4,21.3,1.9,120,'Cereals and their products','Grains'),
187 ('Barley',2.3,28.2,0.4,122,'Cereals and their products','Grains'),
188 ('Pasta',5.8,31.5,1.3,157,'Cereals and their products','Grains'),
189 ('Avocado',2.0,8.5,14.7,160,'Various foods of plant origin','Vegan'),
190 ('Blueberries',0.7,14.5,0.3,57,'Various foods of plant origin','Vegan')
        ,
191 ('Strawberries',0.8,7.7,0.4,32,'Various foods of plant origin','Vegan')
        ,
192 ('Peas',5.4,14.5,0.4,81,'Various foods of plant origin','Vegan'),
193 ('Tofu',8.1,1.9,4.8,76,'Various foods of plant origin','Vegan'),
194 ('Lentils',9.0,20.0,0.4,116,'Various foods of plant origin','Vegan'),
195 ('Chickpeas',8.9,27.4,2.6,164,'Various foods of plant origin','Vegan'),
196 ('Peanut butter',25.1,16.1,49.9,589,'Various foods of plant origin','
        Vegan'),
197 ('Almond butter',21.1,6.9,53.5,614,'Various foods of plant origin','
        Vegan'),
198 ('Skimmed Milk',3.4,4.9,0.2,35,'Milk, Eggs, & Their Products','Dairy'),
199 ('Cottage cheese',11.1,2.7,4.3,98,'Milk, Eggs, & Their Products','Dairy
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                '),
200  ('Greek yogurt',10.0,3.6,0.4,59,'Milk, Eggs, & Their Products','Dairy')
                ,
201  ('Cheddar cheese',25.0,1.3,33.1,403,'Milk, Eggs, & Their Products','
                Dairy'),
202  ('Mozzarella cheese',22.0,1.7,19.1,280,'Milk, Eggs, & Their Products','
                Dairy'),
203  ('Canola oil',0.0,0.0,100.0,884,'Fats & Oils','Fats'),
204  ('Peanut oil',0.0,0.0,100.0,884,'Fats & Oils','Fats'),
205  ('Agave nectar',0.0,76.4,0.0,310,'Sweeteners','Sugars'),
206  ('Salt',0.0,0.0,0.0,0,'Spices & Essential Oils','Seasonings'),
207  ('Paprika',14.1,50.0,12.0,282,'Spices & Essential Oils','Seasonings'),
208  ('Turmeric',7.83,67.14,9.88,354,'Spices & Essential Oils','Seasonings')
                ,
209  ('Nutmeg',5.8,49.29,36.31,525,'Spices & Essential Oils','Seasonings'),
210  ('Vanilla extract',0.0,65.0,15.0,288,'Spices & Essential Oils','
                Seasonings'),
211  ('Coffee (brewed)',0.1,0.0,0.3,2,'Various drinks','Beverages'),
212  ('Coffee',0.1,0.0,0.3,2,'Various drinks','Beverages'),
213  ('Orange juice',0.7,8.2,0.2,45,'Various drinks','Beverages'),
214  ('Asparagus',2.2,3.9,0.2,20,'Various foods of plant origin','Vegan'),
215  ('Cauliflower',1.9,4.9,0.3,25,'Various foods of plant origin','Vegan'),
216  ('Brussels sprouts',3.4,8.9,0.3,43,'Various foods of plant origin','
                Vegan'),
217  ('Zucchini',1.2,3.1,0.3,17,'Various foods of plant origin','Vegan'),
218  ('Bell peppers',1.3,6.0,0.3,31,'Various foods of plant origin','Vegan')
                ,
219  ('Celery',0.7,2.9,0.2,14,'Various foods of plant origin','Vegan'),
220  ('Romaine lettuce',1.2,2.9,0.2,17,'Various foods of plant origin','
                Vegan'),
221  ('Kale',2.9,8.8,1.4,49,'Various foods of plant origin','Vegan'),
222  ('Cabbage',1.3,6.0,0.1,25,'Various foods of plant origin','Vegan'),
223  ('Blue cheese',21.0,2.3,28.7,353,'Milk, Eggs, & Their Products','Dairy'
                ),
224  ('Feta cheese',14.0,4.0,21.0,264,'Milk, Eggs, & Their Products','Dairy'
                ),
225  ('Ricotta cheese',11.3,3.2,13.1,174,'Milk, Eggs, & Their Products','
                Dairy'),
226  ('Parmesan cheese',38.9,1.3,27.8,392,'Milk, Eggs, & Their Products','
                Dairy'),
227  ('Brie cheese',20.0,0.5,27.7,334,'Milk, Eggs, & Their Products','Dairy'
                ),
228  ('Gouda cheese',24.9,2.2,27.4,356,'Milk, Eggs, & Their Products','Dairy
                '),
229  ('Swiss cheese',25.0,6.0,27.8,379,'Milk, Eggs, & Their Products','Dairy
                '),
230  ('Canned tuna',29.0,0.0,7.0,196,'Fish & Their Products','Seafood'),
231  ('Sardines',25.6,0.0,11.5,208,'Fish & Their Products','Seafood'),
232  ('Anchovies',29.0,0.0,13.0,210,'Fish & Their Products','Seafood'),
233  ('Lemonade',0.0,8.0,0.0,31,'Various drinks','Beverages'),
234  ('Coconut water',0.7,3.7,0.2,19,'Various drinks','Beverages'),
235  ('White wine',0.7,2.6,0.0,82,'Various drinks','Beverages'),
236  ('Shallot',2.5,12.7,0.1,72,'Various foods of plant origin','Seasonings'
                ),
237  ('Sweetened condensed milk',7.91,54.4,8.6,321,'Milk, Eggs, & Their
                Products','Dairy'),
238  ('Vegetable oil',0.0,0.0,100.0,900,'Fats & Oils','Fats'),
239  ('Bay leaves',7.6,74.0,8.4,313,'Various foods of plant origin','
                Seasonings'),
240  ('Beef broth',2.2,0.5,0.3,12,'Meat & Its Products','Meat'),
241  ('Beef ribs',20.9,0.0,20.4,282,'Meat & Its Products','Meat'),
242  ('Black beans',21.6,62.4,0.9,333,'Various foods of plant origin','Vegan
                '),
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243 ('Chimichurri sauce',3.8,5.7,52.6,516,'Various foods of plant origin','
      Seasonings'),
244 ('Chocolate sprinkles',4.7,84.0,5.3,400,'Various foods of plant origin'
      ,'Sugars'),
245 ('Chorizo sausage',23.0,1.8,36.0,455,'Meat & Its Products','Meat'),
246 ('Clams',24.0,3.6,1.3,137,'Fish & Their Products','Seafood'),
247 ('Cocoa powder',19.0,57.0,14.0,380,'Various foods of plant origin','
      Seasonings'),
248 ('Coriander',2.1,21.0,2.1,97,'Various foods of plant origin','
      Seasonings'),
249 ('Cumin',17.8,22.3,22.3,375,'Various foods of plant origin','Seasonings
      '),
250 ('Galangal',0.0,19.8,0.2,77,'Various foods of plant origin','Seasonings
      '),
251 ('Instant yeast',47.0,48.0,5.0,460,'Various foods of plant origin','
      Seasonings'),
252 ('Kaffir',1.8,17.7,0.7,80,'Various foods of plant origin','Seasonings')
      ,
253 ('Kecap manis',4.0,50.0,0.0,233,'Various foods of plant origin','
      Seasonings'),
254 ('Onion',1.1,9.3,0.1,40,'Various foods of plant origin','Seasonings'),
255 ('Orange',1.2,8.3,0.2,43,'Various foods of plant origin','Seasonings'),
256 ('Paella rice',8.0,77.0,1.0,350,'Cereals and their products','Grains'),
257 ('Powdered sugar',0.0,100.0,0.0,400,'Various foods of plant origin','
      Sugars'),
258 ('Red bell pepper',1.3,6.0,0.2,31,'Various foods of plant origin','
      Seasonings'),
259 ('Red wine',0.1,2.6,0.0,85,'Various drinks','Beverages'),
260 ('Red wine vinegar',0.0,0.0,0.0,19,'Various foods of plant origin','
      Seasonings'),
261 ('Phyllo dough',8.0,49.0,2.0,299,'Cereals and their products','Grains')
      ,
262 ('Broccoli florets',2.8,6.6,0.4,34,'Various foods of plant origin','
      Vegan'),
263 ('Pine nuts',13.0,4.0,68.0,673,'Various foods of plant origin','Vegan')
      ,
264 ('Chocolate chips',4.3,65.0,24.0,536,'Various foods of plant origin','
      Vegan'),
265 ('Green beans',1.8,7.0,0.2,31,'Various foods of plant origin','Vegan'),
266 ('Ketchup',1.2,23.0,0.1,97,'Various foods of plant origin','Vegan'),
267 ('Fresh thyme',1.6,24.0,1.7,101,'Spices & Essential Oils','Seasonings')
      ,
268 ('Bacon',12.0,0.1,42.0,417,'Meat & Its Products','Meat'),
269 ('Mushroom',3.1,3.3,0.3,22,'Various foods of plant origin','Vegan'),
270 ('Guacamole',2.0,8.5,23.0,200,'Various foods of plant origin','Vegan'),
271 ('Mayonnaise',1.1,6.4,75.0,680,'Various foods of plant origin','Vegan')
      ,
272 ('Garam masala',13.0,64.0,10.0,341,'Spices & Essential Oils','
      Seasonings'),
273 ('Pizza dough',9.0,46.0,7.0,274,'Cereals and their products','Grains'),
274 ('Coriander seeds',12.4,54.99,17.77,298,'Spices & Essential Oils','
      Seasonings'),
275 ('Wide rice noodles',2.0,25.0,1.0,113,'Cereals and their products','
      Grains'),
276 ('Nori seaweed sheets',50.0,33.0,3.0,323,'Various foods of plant origin
      ','Vegan'),
277 ('Ground cinnamon',3.99,80.59,10.58,261,'Spices & Essential Oils','
      Seasonings'),
278 ('Sesame oil',0.0,0.0,100.0,884,'Fats & Oils','Fats'),
279 ('Bell pepper',1.3,6.0,0.2,31,'Various foods of plant origin','Vegan'),
280 ('Fettuccine pasta',12.0,72.0,1.5,348,'Cereals and their products','
      Grains'),
281 ('Sushi grade fish',24.0,0.0,10.0,174,'Fish & Their Products','Seafood'
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            ),
282  ('White sugar',0.0,100.0,0.0,387,'Sweeteners','Sugars'),
283  ('Flour',10.0,73.0,1.3,364,'Cereals and their products','Grains'),
284  ('Lemon juice',0.4,3.0,0.0,12,'Various foods of plant origin','Vegan'),
285  ('Lemon wedges',0.4,3.0,0.0,12,'Various foods of plant origin','Vegan')
            ,
286  ('Soy sauce',9.6,6.5,0.0,60,'Various foods of plant origin','Vegan'),
287  ('Croissants',7.0,43.0,21.0,406,'Cereals and their products','Grains'),
288  ('Lime wedges',0.3,11.0,0.3,30,'Various foods of plant origin','Vegan')
            ,
289  ('Ground beef',20.0,0.0,18.0,250,'Meat & Its Products','Meat'),
290  ('Prosciutto slices',27.0,0.5,10.0,241,'Meat & Its Products','Meat'),
291  ('Green onions',1.9,7.3,0.2,32,'Various foods of plant origin','Vegan')
            ,
292  ('Lettuce',1.4,2.9,0.2,15,'Various foods of plant origin','Vegan'),
293  ('Pie crust',5.0,48.0,28.0,457,'Cereals and their products','Grains'),
294  ('Crusty bread',8.0,49.0,2.0,299,'Cereals and their products','Grains')
            ,
295  ('Dashi stock',4.0,8.0,1.0,38,'Various foods of plant origin','Vegan'),
296  ('Worcestershire sauce',0.2,17.0,0.1,66,'Various foods of plant origin'
            ,'Vegan'),
297  ('Gruyère cheese',29.0,0.0,32.0,413,'Milk, Eggs, & Their Products','
            Dairy'),
298  ('White vinegar',0.0,0.1,0.0,4,'Various foods of plant origin','Vegan')
            ,
299  ('Active dry yeast',42.0,29.0,7.0,320,'Various foods of plant origin','
            Vegan'),
300  ('Croutons',10.0,51.0,7.0,390,'Various foods of plant origin','Vegan'),
301  ('Baking powder',0.0,28.0,0.0,107,'Various foods of plant origin','
            Vegan'),
302  ('Cream cheese',6.2,4.1,34.0,342,'Milk, Eggs, & Their Products','Dairy'
            ),
303  ('Enchilada sauce',1.7,8.5,1.3,51,'Various foods of plant origin','
            Vegan'),
304  ('White mushrooms',3.1,3.3,0.3,22,'Various foods of plant origin','
            Vegan'),
305  ('Egg',12.6,1.1,9.5,143,'Milk, Eggs, & Their Products','Dairy'),
306  ('Gyro meat',17.0,1.5,21.0,253,'Meat & Its Products','Meat'),
307  ('Cheese',25.0,1.3,33.0,402,'Milk, Eggs, & Their Products','Dairy'),
308  ('Fried shallots',6.0,42.0,25.0,505,'Various foods of plant origin','
            Vegan'),
309  ('Thyme',1.6,24.0,1.7,101,'Spices & Essential Oils','Seasonings'),
310  ('Tomato',0.9,3.9,0.2,18,'Various foods of plant origin','Vegan'),
311  ('Tortillas',9.0,48.0,2.0,297,'Cereals and their products','Grains'),
312  ('Cucumber',0.6,3.6,0.1,15,'Various foods of plant origin','Vegan'),
313  ('Fresh basil leaves',3.2,2.7,0.6,23,'Various foods of plant origin','
            Vegan'),
314  ('Red onion',1.1,9.3,0.1,40,'Various foods of plant origin','Vegan'),
315  ('Eggplant',0.98,5.88,0.18,24,'Various foods of plant origin','Vegan'),
316  ('Boiling water',0.0,0.0,0.0,0,'Various drinks','Beverages'),
317  ('Prunes',2.2,63.88,0.38,240,'Various foods of plant origin','Vegan'),
318  ('Caesar dressing',1.2,2.4,50.0,500,'Various foods of plant origin','
            Vegan'),
319  ('Yogurt',10.0,3.6,3.3,59,'Milk, Eggs, & Their Products','Dairy'),
320  ('Parsley',3.0,33.0,0.8,203,'Various foods of plant origin','Vegan'),
321  ('Confectioners sugar',0.0,100.0,0.0,389,'Sweeteners','Sugars'),
322  ('Shallots',2.5,12.5,0.1,72,'Various foods of plant origin','Vegan'),
323  ('Saffron threads',11.43,65.37,5.85,310,'Spices & Essential Oils','
            Seasonings'),
324  ('Lemongrass',1.8,25.0,0.5,99,'Various foods of plant origin','Vegan'),
325  ('Espresso coffee',12.0,1.7,0.5,66,'Various drinks','Beverages'),
326  ('Grilled chicken breast',31.0,0.0,3.6,165,'Meat & Its Products','Meat'
            ),
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327 ('Fresh basil',3.2,2.7,0.6,23,'Various foods of plant origin','Vegan'),
328 ('Linguine pasta',12.8,74.7,1.4,371,'Cereals and their products','
        Grains'),
329 ('Fresh mozzarella cheese',22.0,2.2,22.0,280,'Milk, Eggs, & Their
        Products','Dairy'),
330 ('Tzatziki sauce',1.9,3.6,5.5,62,'Various foods of plant origin','Vegan
        '),
331 ('Smoked pork ribs',18.0,0.0,28.0,333,'Meat & Its Products','Meat'),
332 ('Tomato paste',4.3,17.0,0.2,82,'Various foods of plant origin','Vegan'
        ),
333 ('Cilantro',3.3,3.7,0.6,23,'Various foods of plant origin','Vegan'),
334 ('Graham cracker crumbs',4.5,71.0,14.0,438,'Cereals and their products'
        ,'Grains'),
335 ('Green olives',1.03,3.84,11.0,115,'Various foods of plant origin','
        Vegan'),
336 ('Baguette',9.0,49.0,2.0,299,'Cereals and their products','Grains'),
337 ('Tomato salsa',1.6,7.2,0.3,41,'Various foods of plant origin','Vegan')
        ,
338 ('Rice noodles',2.6,25.2,0.6,113,'Cereals and their products','Grains')
        ,
339 ('Taco seasoning',13.0,63.0,14.0,348,'Spices & Essential Oils','
        Seasonings'),
340 ('Baking soda',0.0,100.0,0.0,0,'Various foods of plant origin','Vegan')
        ,
341 ('Fresh cilantro',2.1,2.1,0.5,23,'Various foods of plant origin','Vegan
        '),
342 ('Mascarpone cheese',2.2,3.2,44.0,453,'Milk, Eggs, & Their Products','
        Dairy'),
343 ('Flatbread',8.6,46.0,3.0,274,'Cereals and their products','Grains'),
344 ('Mixed vegetables',2.5,7.0,0.3,37,'Various foods of plant origin','
        Vegan'),
345 ('Corn tortillas',5.0,65.0,1.0,297,'Cereals and their products','Grains
        '),
346 ('Cooked rice',2.4,28.0,0.3,130,'Cereals and their products','Grains'),
347 ('Tahini sauce',20.0,18.0,54.0,595,'Various foods of plant origin','
        Vegan'),
348 ('Red food coloring',0.0,0.0,0.0,0,'Various foods of plant origin','
        Vegan'),
349 ('Ground turmeric',8.5,64.9,3.5,354,'Various foods of plant origin','
        Vegan'),
350 ('Tomato sauce',1.2,7.8,0.3,39,'Various foods of plant origin','Vegan')
        ,
351 ('Yellow onions',1.1,9.3,0.1,40,'Various foods of plant origin','Vegan'
        ),
352 ('Chicken broth',6.0,1.0,1.0,31,'Various foods of plant origin','Vegan'
        ),
353 ('Cornstarch',0.3,91.3,0.1,381,'Various foods of plant origin','Vegan')
        ,
354 ('Ice water',0.0,0.0,0.0,0,'Various drinks','Beverages'),
355 ('Capers',2.4,3.5,0.9,23,'Various foods of plant origin','Vegan'),
356 ('Rum',0.0,0.0,0.0,231,'Various drinks','Beverages'),
357 ('Lemon zest',1.5,3.0,0.3,29,'Various foods of plant origin','Vegan'),
358 ('Beef tenderloin',20.0,0.0,8.0,147,'Meat & Its Products','Meat'),
359 ('Hummus',7.0,14.0,30.0,300,'Various foods of plant origin','Vegan'),
360 ('Key lime juice',0.4,2.4,0.0,11,'Various foods of plant origin','Vegan
        '),
361 ('Sushi rice',2.2,79.0,0.3,357,'Cereals and their products','Grains'),
362 ('Unsalted butter',0.9,0.1,81.0,717,'Fats & Oils','Fats'),
363 ('Sesame seeds',17.0,23.0,50.0,573,'Various foods of plant origin','
        Vegan'),
364 ('All-purpose flour',10.0,73.0,1.3,364,'Cereals and their products','
        Grains'),
365 ('Jalapeño peppers',0.9,6.0,0.2,27,'Various foods of plant origin','
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    Vegan'),
366 ('Cumin seeds',17.0,22.0,23.0,375,'Various foods of plant origin','
    Vegan'),
367 ('Falafel',13.0,14.0,24.0,333,'Various foods of plant origin','Vegan'),
368 ('Bean sprouts',3.2,5.8,0.1,31,'Various foods of plant origin','Vegan')
    ,
369 ('Rice vinegar',0.0,0.1,0.0,2,'Various foods of plant origin','Vegan'),
370 ('Balsamic',0.5,17.0,0.0,88,'Various foods of plant origin','Vegan'),
371 ('Fresh parsley',3.0,33.0,0.8,203,'Various foods of plant origin','
    Vegan'),
372 ('Smoked sausage (linguiça)',22.0,2.0,23.0,303,'Meat & Its Products','
    Meat'),
373 ('Wakame seaweed',3.0,9.0,0.5,45,'Various foods of plant origin','Vegan
    '),
374 ('Egg noodles',11.0,64.0,3.0,356,'Cereals and their products','Grains')
    ,
375 ('Dill pickles',0.9,3.1,0.2,11,'Various foods of plant origin','Vegan')
    ,
376 ('Water',0.0,0.0,0.0,0,'Various drinks','Beverages'),
377 ('Dill',3.46,6.96,0.5,43,'Various foods of plant origin','Vegan'),
378 ('Frozen peas',5.4,14.5,0.4,81,'Various foods of plant origin','Vegan')
    ,
379 ('Yellow bell pepper',1.3,6.0,0.2,31,'Various foods of plant origin','
    Vegan'),
380 ('Brown sugar',0.0,100.0,0.0,380,'Sweeteners','Sugars'),
381 ('Pickled ginger',0.8,10.8,0.5,46,'Various foods of plant origin','
    Vegan'),
382 ('Miso paste',12.0,25.0,6.0,198,'Various foods of plant origin','Vegan'
    ),
383 ('Spaghetti pasta',12.6,71.7,1.3,371,'Cereals and their products','
    Grains'),
384 ('Peanuts',25.8,16.1,49.2,567,'Various foods of plant origin','Vegan'),
385 ('Ladyfingers',7.8,29.4,10.4,243,'Cereals and their products','Grains')
    ,
386 ('Arborio rice',7.0,75.0,1.0,354,'Cereals and their products','Grains')
    ,
387 ('Refried beans',7.4,14.5,2.3,115,'Various foods of plant origin','
    Vegan'),
388 ('Crab sticks',7.0,14.0,1.0,90,'Various foods of plant origin','Vegan')
    ,
389 ('Shrimp paste',25.0,0.0,14.0,200,'Fish & Their Products','Seafood'),
390 ('Green peas',5.4,14.5,0.4,81,'Various foods of plant origin','Vegan'),
391 ('Dijon mustard',5.6,6.6,8.3,66,'Various foods of plant origin','Vegan'
    ),
392 ('Grated Parmesan cheese',38.0,2.0,28.0,420,'Milk, Eggs, & Their
    Products','Dairy'),
393 ('Pork belly',13.0,0.0,42.0,457,'Meat & Its Products','Meat'),
394 ('Oyster sauce',0.4,11.0,0.0,47,'Various foods of plant origin','Vegan'
    ),
395 ('Wasabi paste',5.4,14.5,0.4,81,'Various foods of plant origin','Vegan'
    ),
396 ('Dry white wine',0.1,0.8,0.0,82,'Various drinks','Beverages'),
397 ('Cinnamon sugar',0.9,99.1,0.1,389,'Sweeteners','Sugars'),
398 ('Beef sirloin',20.0,0.0,8.0,147,'Meat & Its Products','Meat'),
399 ('Farofa',2.9,80.6,6.1,371,'Cereals and their products','Grains'),
400 ('Salsa',1.1,6.4,0.1,30,'Various foods of plant origin','Vegan'),
401 ('Cherry tomatoes',0.9,3.9,0.2,18,'Various foods of plant origin','
    Vegan'),
402 ('Chicken breasts',31.0,0.0,3.6,165,'Meat & Its Products','Meat'),
403 ('Frozen corn',2.7,18.7,1.1,86,'Various foods of plant origin','Vegan')
    ,
404 ('Ground cumin',17.0,22.0,23.0,375,'Various foods of plant origin','
    Vegan'),
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('Dark chocolate',5.0,60.0,30.0,550,'Various foods of plant origin','
    Vegan'),
('White pepper',10.4,64.8,3.3,364,'Various foods of plant origin','
    Vegan'),
('Buttermilk',3.3,4.8,3.3,98,'Milk, Eggs, & Their Products','Dairy'),
('Beef chuck roast',20.0,0.0,16.0,250,'Meat & Its Products','Meat'),
('Turmeric powder',7.8,64.9,3.5,354,'Various foods of plant origin','
    Vegan'),
('Flour tortillas',8.0,50.0,8.0,300,'Cereals and their products','
    Grains'),
('Ham slices',16.0,0.5,12.0,195,'Meat & Its Products','Meat'),
('Carrot',0.6,9.6,0.3,41,'Various foods of plant origin','Vegan'),
('Hard-boiled eggs',13.0,1.1,10.0,155,'Milk, Eggs, & Their Products','
    Dairy'),
('Red pepper flakes',14.0,73.0,16.0,343,'Spices & Essential Oils','
    Seasonings'),
('Milk',3.2,4.8,3.3,61,'Milk, Eggs, & Their Products','Dairy'),
('Raisins',2.5,79.0,0.5,299,'Various foods of plant origin','Vegan'),
('Demerara sugar',0.0,100.0,0.0,380,'Sweeteners','Sugars'),
('Lime zest',0.8,3.1,0.3,23,'Various foods of plant origin','Vegan'),
('Sour cream',2.9,4.1,21.0,193,'Milk, Eggs, & Their Products','Dairy'),
('Bread slices',9.0,49.0,2.0,299,'Cereals and their products','Grains')
    ,
('Granulated sugar',0.0,100.0,0.0,387,'Sweeteners','Sugars'),
('Puff pastry',6.0,49.0,29.0,466,'Cereals and their products','Grains')
    ,
('Chicken or vegetable broth',1.0,0.5,0.2,12,'Various foods of plant
    origin','Vegan'),
('Pita bread',9.0,49.0,2.0,299,'Cereals and their products','Grains'),
('Heavy cream',2.8,3.4,36.0,345,'Milk, Eggs, & Their Products','Dairy')
    ;

INSERT INTO labels VALUES
(1,'Brunch'),
(2,'Cold Dish'),
(3,'Dinner'),
(4,'Dessert'),
(5,'Quick-lunch'),
(6,'Breakfast'),
(7,'Lunch');

INSERT INTO meal_type VALUES
('Brunch'),
('Dinner'),
('Snack'),
('Breakfast'),
('Lunch');
#select * from meal_type;

#select * from recipies;
INSERT INTO recipies(name,type,difficulty,description,portions,
    base_ingredient,nationality) VALUES
('Fluffy Pancakes','cookery',1,'light and airy pancakes perfect for
    breakfast',4,'flour','American cuisine'),
('Spinach and Feta Quiche','cookery',3,'a savory pie filled with
    spinach and feta cheese',6,'eggs','French cuisine'),
('Beef Wellington','cookery',4,'a decadent pastry-wrapped beef
    tenderloin with mushroom duxelles',4,'beef','British cuisine'),
('Chocolate Chip Cookies','pastry',2,'classic cookies loaded with
    chocolate chips',12,'butter','American cuisine'),
('Chicken Pad Thai','cookery',3,'a flavorful stir-fried noodle dish
    with chicken and peanuts',4,'chicken','Thai cuisine'),
('Croissant','pastry',4,'flaky and buttery French pastry',8,'butter','
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        French cuisine'),
452 ('Tiramisu','pastry',3,'an elegant Italian dessert made with layers of
        coffee-soaked ladyfingers and mascarpone cheese',8,'coffee','Italian
        cuisine'),
453 ('Sushi Rolls','cookery',4,'assorted sushi rolls with fresh fish and
        vegetables',6,'rice','Japanese cuisine'),
454 ('Spanakopita','cookery',3,'a Greek spinach and feta cheese pie wrapped
        in flaky phyllo pastry',6,'spinach','Greek cuisine'),
455 ('Baklava','pastry',5,'a rich and sweet dessert pastry made of layers
        of filo filled with chopped nuts and sweetened with honey',12,'
        peanuts','Turkish cuisine'),
456 ('Omelette','cookery',2,'a fluffy egg dish filled with assorted
        ingredients',2,'eggs','French cuisine'),
457 ('Margherita Pizza','cookery',2,'a classic pizza topped with tomato
        sauce mozzarella and basil',4,'flour','Italian cuisine'),
458 ('Chicken Caesar Salad','cookery',2,'a refreshing salad with grilled
        chicken, romain lettuce and Caesar dressing',2,'chicken','American
        cuisine'),
459 ('Apple Pie','pastry',3,'a traditional pie filled with cinnamon-spiced
        apples',8,'apples','American cuisine'),
460 ('Beef Stir-Fry','cookery',2,'a quick and flavorful dish with thinly
        sliced beef and vegetables',4,'beef','Chinese cuisine'),
461 ('Chocolate Cake','pastry',3,'a rich and moist cake topped with
        chocolate frosting',8,'chocolate chips','American cuisine'),
462 ('Falafel','cookery',3,'deep-fried chickpea patties served in pita
        bread with tahini sauce',4,'chickpeas','Middle Eastern cuisine'),
463 ('Lemon Bars','pastry',2,'tangy lemon bars with a buttery shortbread
        crust',12,'lemon juice','American cuisine'),
464 ('Shrimp Scampi','cookery',3,'succulent shrimp sautéed in garlic butter
        and served over pasta',4,'shrimp','Italian cuisine'),
465 ('Beef Tacos','cookery',2,'seasoned ground beef served in corn
        tortillas with toppings',4,'beef','Mexican cuisine'),
466 ('Croque Monsieur','cookery',3,'a classic French ham and cheese
        sandwich topped with béchamel sauce',2,'ham slices','French cuisine'
        ),
467 ('Chicken Enchiladas','cookery',3,'shredded chicken wrapped in corn
        tortillas and topped with enchilada sauce and cheese',4,'chicken','
        Mexican cuisine'),
468 ('Blueberry Muffins','pastry',2,'moist muffins bursting with fresh
        blueberries',12,'blueberries','American cuisine'),
469 ('Pad See Ew','cookery',3,'a Thai stir-fried noodle dish with chicken,
        broccoli and soy sauce',4,'chicken','Thai cuisine'),
470 ('Shepherds Pie','cookery',3,'a comforting casserole with ground meat
        and mashed potatoes',6,'beef','British cuisine'),
471 ('Tuna Salad Sandwich','cookery',1,'a simple sandwich made with canned
        tuna, mayonnaise and vegetables',2,'tuna','American cuisine'),
472 ('Miso Soup','cookery',1,'a traditional Japanese soup made with dashi
        broth and miso paste',4,'tofu','Japanese cuisine'),
473 ('Key Lime Pie','pastry',3,'a tangy pie made with key lime juice and a
        graham cracker crust',8,'lime zest','American cuisine'),
474 ('Chicken Tikka Masala','cookery',3,'marinated and grilled chicken in a
        creamy tomato sauce',4,'chicken','Indian cuisine'),
475 ('Beef Bourguignon','cookery',4,'a hearty French stew made with beef'
        ,6,'beef','French cuisine'),
476 ('Cheese Soufflé','cookery',4,'a light and airy baked dish made with
        cheese and eggs',4,'cheese','French cuisine'),
477 ('Scones','pastry',2,'tender and buttery British pastries often served
        with jam and clotted cream',8,'flour','British cuisine'),
478 ('Caprese Salad','cookery',1,'a simple Italian salad with fresh
        tomatoes, mozzarella and basil',2,'tomato','Italian cuisine'),
479 ('Beef Bulgogi','cookery',3,'Korean marinated beef grilled to
        perfection',4,'beef','Korean cuisine'),
480 ('Chicken Noodle Soup','cookery',2,'a comforting soup with chicken,
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          noodles and vegetables',6,'chicken','American cuisine'),
481  ('Chocolate Truffles','pastry',3,'indulgent chocolate confections
          rolled in cocoa powder or nuts',20,'chocolate chips','French cuisine
          '),
482  ('Huevos Rancheros','cookery',2,'a Mexican breakfast dish with fried
          eggs, tortillas, and salsa',2,'eggs','Mexican cuisine'),
483  ('Ratatouille','cookery',3,'a French vegetable stew made with eggplant,
          tomatoes and zucchini',6,'eggplant','French cuisine'),
484  ('Falafel Wrap','cookery',2,'crispy falafel balls wrapped in pita bread
          with lettuce, tomatoes and tahini sauce',2,'chickpeas','Middle
          Eastern cuisine'),
485  ('Lemon Chicken Piccata','cookery',3,'tender chicken breasts in a tangy
          lemon and caper sauce',4,'chicken','Italian cuisine'),
486  ('Vegetable Stir-Fry','cookery',2,'a colorful mix of vegetables stir-
          fried in a savory sauce',4,'vegetable oil','Asian cuisine'),
487  ('Chicken Alfredo','cookery',2,'creamy pasta with grilled chicken and
          Parmesan cheese',4,'chicken','Italian cuisine'),
488  ('Croissant Bread Pudding','pastry',3,'a decadent dessert made with
          croissants, custard and raisins',8,'cheese','French cuisine'),
489  ('Spaghetti Carbonara','cookery',2,'pasta with a creamy sauce made from
          eggs, cheese, pancetta and black pepper',4,'pasta','Italian cuisine
          '),
490  ('Chicken Shawarma','cookery',3,'marinated grilled chicken served in
          pita bread with garlic sauce and vegetables',4,'chicken','Middle
          Eastern cuisine'),
491  ('Red Velvet Cake','pastry',3,'a moist and velvety cake with a rich
          cream cheese frosting',12,'cocoa powder','American cuisine'),
492  ('Margherita Flatbread','cookery',2,'a simple flatbread topped with
          tomato sauce, mozzarella and basil',2,'flour','Italian cuisine'),
493  ('Gyro Wrap','cookery',3,'thinly sliced lamb or chicken wrapped in pita
          bread with tzatziki sauce and vegetables',2,'chicken','Greek
          cuisine'),
494  ('Pesto Pasta','cookery',2,'pasta tossed in a vibrant basil pesto sauce
          ',4,'pasta','Italian cuisine'),
495  ('Chicken Caesar Wrap','cookery',2,'grilled chicken, romain lettuce and
          Caesar dressing wrapped in a tortilla',2,'chicken','American
          cuisine'),
496  ('Mushroom Risotto','cookery',3,'creamy Italian rice dish cooked with
          mushrooms, onions and Parmesan cheese',4,'rice','Italian cuisine'),
497  ('Avocado Toast','cookery',1,'toasted bread topped with mashed avocado,
          salt and pepper',2,'avocado','American cuisine'),
498  ('Chicken Quesadilla','cookery',2,'tortillas filled with grilled
          chicken, cheese and vegies',2,'chicken','Mexican cuisine'),
499  ('French Onion Soup','cookery',3,'a comforting soup made with
          caramelized onions and beef broth',4,'onion','French cuisine'),
500  ('Lemon Ricotta Pancakes','cookery',2,'fluffy pancakes made with
          ricotta cheese and fresh lemon zest',4,'ricotta cheese','American
          cuisine'),
501  ('Pão de Ló','pastry',3,'A light and airy sponge cake made with just
          eggs, sugar and flour',8,'eggs','Portuguese cuisine'),
502  ('Ameijoas à Bulhão Pato','cookery',2,'A simple and flavorful dish of
          clams cooked in a garlic, olive oil and cilantro sauce',4,'clams','
          Portuguese cuisine'),
503  ('Queijadas de Sintra','pastry',3,'Small, sweet and moist cheese tarts
          from Sintra',12,'cheese','Portuguese cuisine'),
504  ('Nasi Goreng','cookery',2,'A fried rice dish seasoned with sweet soy
          sauce mixed with vegetables, eggs and often chicken or shrimp',4,'
          rice','Indonesian cuisine'),
505  ('Sate Ayam','cookery',3,'Grilled chicken skewers marinated in a mix of
          spices and served with a rich spicy peanut sauce',4,'chicken','
          Indonesian cuisine'),
506  ('Babi Guling','cookery',5,'A traditional Balinese dish of whole
          roasted pig marinated and slow-roasted',10,'pork belly','Indonesian
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    cuisine'),
('Paella','cookery',4,'A traditional rice dish made with a  mix of
    seafood, chicken, rabbit and vegetables',6,'rice','Spanish cuisine')
    ,
('Churros','pastry',3,'Deep-fried dough pastries',12,'flour','Spanish
    cuisine'),
('Asado','cookery',4,'The quintessential Argentinian barbecue featuring
     a variety of grilled meats cooked over an open flame or grill',6,'
    beef','Argentinian cuisine'),
('Empanadas','pastry',3,'Savory turnovers filled with a variety of
    ingredients such as beef, chicken or cheese and onions',12,'flour','
    Argentinian cuisine'),
('Feijoada','cookery',4,'A hearty black bean stew with a variety of
    pork cuts served with rice collard green and orange slices',6,'
    bananas','Brazilian cuisine'),
('Brigadeiro','pastry',2,'A classic Brazilian sweet made with condensed
     milk, cocoa, butter and chocolate sprinkles',20,'cocoa powder','
    Brazilian cuisine'),
('šPaticada','cookery',4,'A traditional Dalmatian beef stew slow-cooked
     with red wine, vinegar, prunes and spices',6,'beef','Croatian
    cuisine'),
('Fritule','pastry',2,'Small, fried dough balls flavored with citrus
    zest and sometimes raisins',20,'flour','Croatian cuisine');

#select * from steps;
INSERT INTO steps VALUES
(1,'Gather ingredients',5,'prep'),
(2,'Preheat griddle or skillet',5,'prep'),
(3,'Grease griddle or skillet',2,'prep'),
(4,'Sift dry ingredients (flour, sugar, baking powder, salt) into a
    bowl',5,'prep'),
(5,'In a separate bowl, whisk together wet ingredients (eggs, milk,
    melted butter)',5,'prep'),
(6,'Create a well in the center of the dry ingredients and pour in the
    wet ingredients',2,'prep'),
(7,'Gently fold wet and dry ingredients until just combined',3,'prep'),
(8,'Let batter rest for 5-10 minutes to allow gluten to relax',10,'prep
    '),
(9,'Heat griddle or skillet over medium heat',5,'cook'),
(10,'Ladle batter onto the griddle or skillet, using about 1/4 cup per
    pancake',2,'cook'),
(11,'Cook until bubbles form on the surface of the pancakes and the
    edges look set, about 2-3 minutes',3,'cook'),
(12,'Flip pancakes and cook until golden brown on the other side, about
     2-3 minutes',3,'cook'),
(13,'Transfer cooked pancakes to a plate and keep warm while cooking
    remaining batter',5,'cook'),
(14,'Preheat oven to 375°F (190°C)',5,'prep'),
(15,'Prepare pie crust in a 9-inch (23 cm) pie dish',10,'prep'),
(16,'Heat olive oil in a skillet over medium heat',2,'cook'),
(17,'Add chopped onion and cook until softened, about 5 minutes',5,'
    cook'),
(18,'Add chopped spinach to the skillet and cook until wilted, about 3
    minutes',3,'cook'),
(19,'In a large bowl, whisk together eggs, milk, salt, and pepper',5,'
    prep'),
(20,'Stir in crumbled feta cheese',2,'prep'),
(21,'Add cooked spinach mixture to the egg mixture and stir to combine'
    ,3,'prep'),
(22,'Pour the mixture into the prepared pie crust',2,'prep'),
(23,'Bake in the preheated oven until the quiche is set and the crust
    is golden brown, about 35-40 minutes',35,'cook'),
(24,'Allow the quiche to cool for a few minutes before slicing and
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        serving',5,'prep'),
542  (25,'Prepare the beef tenderloin by trimming excess fat and tying with
        kitchen twine, if necessary',15,'prep'),
543  (26,'Season the beef generously with salt and pepper',5,'prep'),
544  (27,'Heat olive oil in a skillet over high heat',2,'cook'),
545  (28,'Sear the beef on all sides until browned, about 2 minutes per side
        ',8,'cook'),
546  (29,'Remove the beef from the skillet and let it cool completely',10,'
        prep'),
547  (30,'Prepare the mushroom duxelles by finely chopping mushrooms,
        shallots, and garlic',10,'prep'),
548  (31,'Cook the mushroom mixture in the same skillet used for searing the
         beef until the moisture evaporates',10,'cook'),
549  (32,'Roll out puff pastry on a floured surface to a size large enough
        to wrap the beef',10,'prep'),
550  (33,'Spread a layer of pâté or mustard onto the puff pastry',1,'prep'),
551  (34,'Preheat the oven to 350°F (175°C)',10,'prep'),
552  (35,'In a large mixing bowl, cream together softened butter, granulated
         sugar, and brown sugar until light and fluffy',10,'prep'),
553  (36,'Beat in eggs and vanilla extract until well combined',5,'prep'),
554  (37,'In a separate bowl, whisk together flour, baking soda, and salt'
        ,5,'prep'),
555  (38,'Gradually add the dry ingredients to the wet ingredients, mixing
        until just combined',5,'prep'),
556  (39,'Fold in chocolate chips until evenly distributed throughout the
        dough',5,'prep'),
557  (40,'Drop rounded tablespoons of dough onto ungreased baking sheets',5,
        'prep'),
558  (41,'Bake in the preheated oven for 8-10 minutes, or until the edges
        are golden brown',10,'cook'),
559  (42,'Soak rice noodles in warm water for 30 minutes',30,'prep'),
560  (43,'Heat oil in a wok or large skillet over medium-high heat',5,'prep'
        ),
561  (44,'Add minced garlic and chopped shallots, cook until fragrant',2,'
        cook'),
562  (45,'Add diced chicken breast, cook until no longer pink',8,'cook'),
563  (46,'Push chicken to one side of the wok, crack eggs into the empty
        space',2,'cook'),
564  (47,'Scramble eggs until cooked through, then mix with chicken',3,'cook
        '),
565  (48,'Drain soaked rice noodles and add them to the wok',1,'prep'),
566  (49,'Pour in pad Thai sauce and toss until noodles are evenly coated'
        ,2,'prep'),
567  (50,'Add bean sprouts, sliced green onions, and chopped peanuts',3,'
        prep'),
568  (51,'Stir-fry until bean sprouts are tender but still crisp',5,'cook'),
569  (52,'Serve hot with lime wedges and additional peanuts on top',1,'prep'
        ),
570  (53,'Prepare the dough by mixing flour, yeast, sugar, salt, and water
        in a large bowl',15,'prep'),
571  (54,'Knead the dough until smooth and elastic',10,'prep'),
572  (55,'Roll out the dough into a large rectangle on a floured surface'
        ,10,'prep'),
573  (56,'Spread softened butter over two-thirds of the dough rectangle',5,'
        prep'),
574  (57,'Fold the unbuttered third over the middle third, then fold the
        remaining third on top to create layers',5,'prep'),
575  (58,'Wrap the dough in plastic wrap and refrigerate for 30 minutes',30,
        'prep'),
576  (59,'Remove the dough from the refrigerator and roll it out again into
        a large rectangle',5,'prep'),
577  (60,'Repeat the folding process (steps 4-5) two more times, chilling
        the dough for 30 minutes between each fold',120,'prep'),
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(61,'After the final fold, wrap the dough and refrigerate overnight'
    ,480,'prep'),
(62,'The next day, roll out the dough into a large rectangle about 1/4
    inch thick',10,'prep'),
(63,'Cut the dough into triangles and roll each triangle into a
    croissant shape',15,'prep'),
(64,'Place the shaped croissants on a baking sheet lined with parchment
     paper',5,'prep'),
(65,'Let the croissants proof at room temperature for 2-3 hours, until
    doubled in size',180,'prep'),
(66,'Preheat the oven to 375°F (190°C)',10,'prep'),
(67,'Brush the proofed croissants with egg wash',5,'prep'),
(68,'Bake the croissants in the preheated oven for 15-20 minutes, until
     golden brown',20,'cook'),
(69,'Allow the croissants to cool slightly before serving',10,'prep'),
(70,'Beat egg yolks and sugar until pale and creamy',5,'prep'),
(71,'Mix in mascarpone cheese until smooth',5,'prep'),
(72,'Whip egg whites until stiff peaks form, then fold into mascarpone
    mixture',10,'prep'),
(73,'Dip ladyfingers in coffee and arrange in a single layer in a dish'
    ,10,'prep'),
(74,'Spread half of the mascarpone mixture over the ladyfingers',5,'
    prep'),
(75,'Repeat layers with remaining ladyfingers and mascarpone mixture'
    ,5,'prep'),
(76,'Dust the top with cocoa powder and refrigerate for at least 4
    hours or overnight',240,'prep'),
(77,'Cook sushi rice according to package instructions and let it cool'
    ,30,'prep'),
(78,'Lay a sheet of nori on a bamboo sushi mat',5,'prep'),
(79,'Spread rice over the nori, leaving a 1-inch border at the top',5,'
    prep'),
(80,'Arrange fillings (such as cucumber, avocado, and crab sticks) in a
     line across the center of the rice',10,'prep'),
(81,'Roll the sushi tightly using the bamboo mat, then slice into
    pieces',15,'prep'),
(82,'Prepare the filling by wilting spinach and mixing it with feta
    cheese, onions, and herbs',15,'prep'),
(83,'Melt butter and brush phyllo pastry sheets with melted butter',10,
    'prep'),
(84,'Layer phyllo sheets with the spinach and cheese mixture',10,'prep'
    ),
(85,'Fold and roll the phyllo sheets into a log shape',5,'prep'),
(86,'Brush the top with more butter and bake until golden brown',30,'
    cook'),
(88,'Layer phyllo pastry sheets in a baking dish, brushing each layer
    with melted butter',20,'prep'),
(89,'Mix chopped nuts with sugar and spices, then spread over the
    phyllo layers',10,'prep'),
(90,'Continue layering phyllo and nuts until all ingredients are used'
    ,20,'prep'),
(91,'Cut the baklava into diamond or square shapes',5,'prep'),
(92,'Bake for 45 minutes to 1 hour, until golden brown',60,'cook'),
(93,'Beat eggs with a splash of milk, salt, and pepper',5,'prep'),
(94,'Heat butter in a skillet over medium heat until melted',2,'prep'),
(95,'Pour the egg mixture into the skillet and let it cook undisturbed
    until the edges are set',3,'cook'),
(96,'Gently lift the edges of the omelette and tilt the skillet to let
    the uncooked eggs flow underneath',3,'cook'),
(97,'Add fillings (such as cheese, vegetables, or ham) to one half of
    the omelette',2,'prep'),
(98,'Fold the other half of the omelette over the fillings and cook for
     another minute',2,'cook'),
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615  (99,'Preheat the oven and pizza stone to the highest temperature
         possible',30,'prep'),
616  (100,'Roll out pizza dough on a floured surface into a circle',10,'prep
         '),
617  (101,'Spread tomato sauce over the dough, leaving a border around the
         edges',5,'prep'),
618  (102,'Arrange sliced fresh mozzarella and basil leaves on top of the
         sauce',5,'prep'),
619  (103,'Drizzle olive oil over the pizza and sprinkle with salt',5,'prep'
         ),
620  (104,'Transfer the pizza to the preheated pizza stone and bake until
         the crust is golden and the cheese is bubbly',10,'cook'),
621  (105,'Grill or bake chicken breasts until cooked through, then slice
         into strips',20,'cook'),
622  (106,'Prepare Caesar dressing by mixing mayonnaise, anchovy paste,
         garlic, lemon juice, and Parmesan cheese',10,'prep'),
623  (107,'Toss chopped romaine lettuce with Caesar dressing until evenly
         coated',5,'prep'),
624  (108,'Add croutons, grated Parmesan cheese, and sliced grilled chicken
         to the salad',5,'prep'),
625  (109,'Prepare pie crust by mixing flour, salt, and butter until crumbly
         , then adding ice water until dough forms',20,'prep'),
626  (110,'Roll out half of the dough and line a pie dish with it',10,'prep'
         ),
627  (111,'Mix sliced apples with sugar, cinnamon, and lemon juice, then
         pour into the pie crust',15,'prep'),
628  (112,'Roll out the remaining dough and place it over the apples,
         sealing the edges',10,'prep'),
629  (113,'Cut slits in the top crust to vent steam, then brush with egg
         wash',5,'prep'),
630  (114,'Bake in a preheated oven until the crust is golden brown and the
         filling is bubbling',60,'cook'),
631  (115,'Slice beef thinly against the grain and marinate with soy sauce,
         garlic, and ginger',20,'prep'),
632  (116,'Heat oil in a wok or skillet over high heat',2,'prep'),
633  (117,'Stir-fry marinated beef until browned and cooked through',8,'cook
         '),
634  (118,'Add sliced vegetables (such as bell peppers, onions, and broccoli
         ) to the wok and stir-fry until tender-crisp',10,'cook'),
635  (119,'Return the beef to the wok, add stir-fry sauce, and toss to
         combine',5,'cook'),
636  (120,'Preheat the oven to 350°F (175°C) and grease and flour cake pans'
         ,15,'prep'),
637  (121,'Mix together flour, cocoa powder, baking powder, baking soda, and
          salt in a bowl',10,'prep'),
638  (122,'Cream together butter and sugar until light and fluffy',10,'prep'
         ),
639  (123,'Beat in eggs, one at a time, followed by vanilla extract',5,'prep
         '),
640  (124,'Alternate adding dry ingredients and milk to the batter, mixing
         until smooth',10,'prep'),
641  (125,'Divide the batter evenly between the cake pans and bake until a
         toothpick inserted into the center comes out clean',30,'cook'),
642  (126,'Let the cakes cool completely before frosting',60,'prep'),
643  (127,'Soak chickpeas in water overnight, then drain and rinse',1440,'
         prep'),
644  (128,'Combine soaked chickpeas, onion, garlic, parsley, cumin,
         coriander, and salt in a food processor',15,'prep'),
645  (129,'Process until the mixture forms a coarse paste',5,'prep'),
646  (130,'Shape the mixture into balls or patties',10,'prep'),
647  (131,'Fry the falafel in hot oil until golden brown and crispy',10,'
         cook'),
648  (132,'Preheat the oven to 350°F (175°C) and grease a baking dish',15,'
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      prep'),
(133,'Mix together flour, sugar, and salt in a bowl',5,'prep'),
(134,'Cut in cold butter until the mixture resembles coarse crumbs',10,
    'prep'),
(135,'Press the mixture into the bottom of the prepared baking dish',5,
    'prep'),
(136,'Bake until golden brown, then remove from the oven and let cool
    slightly',30,'cook'),
(137,'Meanwhile, whisk together eggs, sugar, lemon juice, and lemon
    zest until smooth',10,'prep'),
(138,'Pour the lemon mixture over the baked crust and return to the
    oven',10,'prep'),
(139,'Bake until the filling is set, then let cool completely before
    cutting into bars',30,'cook'),
(140,'Cook pasta according to package instructions, then drain and set
    aside',10,'prep'),
(141,'Heat olive oil and butter in a skillet over medium heat',2,'prep'
    ),
(142,'Add minced garlic and cook until fragrant',2,'cook'),
(143,'Add shrimp to the skillet and cook until pink and opaque',5,'cook
    '),
(144,'Stir in white wine, lemon juice, and red pepper flakes',3,'cook')
    ,
(145,'Add cooked pasta to the skillet and toss to coat in the sauce',5,
    'prep'),
(146,'Serve hot, garnished with chopped parsley and grated Parmesan
    cheese',2,'prep'),
(147,'Season ground beef with taco seasoning and cook in a skillet
    until browned',10,'cook'),
(148,'Warm taco shells in the oven or microwave',5,'prep'),
(149,'Fill taco shells with cooked beef and desired toppings (such as
    lettuce, cheese, tomatoes, and salsa)',5,'prep'),
(150,'Serve hot, with lime wedges on the side',2,'prep'),
(152,'Spread Dijon mustard on slices of bread',5,'prep'),
(153,'Top half of the bread slices with sliced ham and grated Gruyère
    cheese',5,'prep'),
(154,'Cover with the remaining bread slices to make sandwiches',5,'prep
    '),
(155,'Spread butter on the outside of each sandwich',3,'prep'),
(156,'Place the sandwiches on a baking sheet and bake until golden
    brown and crispy',15,'cook'),
(157,'Cook chicken breasts until fully cooked, then shred with forks'
    ,20,'cook'),
(158,'Mix shredded chicken with enchilada sauce and diced green chilies
    ',5,'prep'),
(159,'Warm corn tortillas in the microwave or on the stovetop',5,'prep'
    ),
(160,'Spoon chicken mixture into each tortilla, roll up, and place seam
    -side down in a baking dish',10,'prep'),
(161,'Pour additional enchilada sauce over the top of the enchiladas'
    ,5,'prep'),
(162,'Sprinkle shredded cheese over the top and bake until cheese is
    melted and bubbly',20,'cook'),
(163,'Preheat the oven to 375°F (190°C) and line a muffin tin with
    paper liners',10,'prep'),
(164,'In a large bowl, whisk together flour, sugar, baking powder, and
    salt',5,'prep'),
(165,'In a separate bowl, mix together milk, oil, and eggs',5,'prep'),
(166,'Pour wet ingredients into dry ingredients and stir until just
    combined',5,'prep'),
(167,'Gently fold in fresh or frozen blueberries',5,'prep'),
(168,'Divide batter evenly among muffin cups and bake until golden
    brown and a toothpick inserted into the center comes out clean',20,'
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        cook'),
684  (169,'Soak wide rice noodles in warm water for 30 minutes',30,'prep'),
685  (170,'Heat oil in a wok or large skillet over high heat',2,'prep'),
686  (171,'Add minced garlic and chopped Chinese broccoli stems, cook until
        fragrant',2,'cook'),
687  (172,'Add sliced chicken or tofu, cook until browned',8,'cook'),
688  (173,'Push chicken or tofu to one side of the wok, crack eggs into the
        empty space',2,'cook'),
689  (174,'Scramble eggs until cooked through, then mix with chicken or tofu
        ',3,'cook'),
690  (176,'Pour in soy sauce, oyster sauce, and dark soy sauce, toss until
        noodles are evenly coated',3,'prep'),
691  (177,'Add Chinese broccoli leaves and stir-fry until wilted',5,'cook'),
692  (179,'Cook ground meat with onions, carrots, and peas until browned'
        ,15,'cook'),
693  (180,'Transfer the cooked meat mixture to a baking dish',2,'prep'),
694  (181,'Spread mashed potatoes over the top of the meat mixture',10,'prep
        '),
695  (182,'Bake in the preheated oven until the mashed potatoes are golden
        brown and the filling is bubbling',30,'cook'),
696  (183,'Drain canned tuna and flake it with a fork',5,'prep'),
697  (184,'Mix tuna with mayonnaise, diced celery, diced red onion, and
        chopped pickles',5,'prep'),
698  (185,'Season with salt, pepper, and lemon juice to taste',2,'prep'),
699  (186,'Spread tuna salad on bread slices and assemble sandwiches',5,'
        prep'),
700  (187,'Bring water or dashi stock to a simmer in a pot',5,'prep'),
701  (188,'Dissolve miso paste in a small amount of hot water, then add it
        to the pot',2,'prep'),
702  (189,'Add diced tofu, sliced green onions, and seaweed to the soup',5,'
        prep'),
703  (190,'Simmer for a few minutes until heated through',5,'cook'),
704  (192,'Mix together graham cracker crumbs, sugar, and melted butter',5,'
        prep'),
705  (193,'Press the crumb mixture into the bottom of a pie dish',5,'prep'),
706  (194,'Bake the crust until set, then let it cool completely',20,'cook')
        ,
707  (195,'In a bowl, whisk together sweetened condensed milk, key lime
        juice, and egg yolks',10,'prep'),
708  (196,'Pour the filling into the cooled crust and bake until set',30,'
        cook'),
709  (197,'Let the pie cool, then refrigerate until chilled',120,'prep'),
710  (198,'Marinate chicken pieces in yogurt, lemon juice, and spices for 1
        hour',60,'prep'),
711  (199,'Grill or broil chicken until cooked through',15,'cook'),
712  (200,'Heat oil in a skillet and sauté onions, garlic, and ginger until
        softened',5,'cook'),
713  (201,'Add tomato sauce, cream, and spices to the skillet',5,'prep'),
714  (202,'Simmer the sauce until thickened, then add cooked chicken',10,'
        cook'),
715  (203,'Serve hot with rice and naan bread',2,'prep'),
716  (204,'Preheat the oven to 325°F (160°C)',10,'prep'),
717  (205,'Sauté bacon in a Dutch oven until crispy, then remove and set
        aside',5,'cook'),
718  (206,'Brown beef cubes in batches in the bacon fat',10,'cook'),
719  (207,'Remove beef and sauté onions, carrots, and garlic until softened'
        ,5,'cook'),
720  (208,'Deglaze the pot with red wine, scraping up any browned bits',2,'
        cook'),
721  (209,'Return beef and bacon to the pot, add beef broth, tomato paste,
        and herbs',5,'prep'),
722  (210,'Cover and bake in the preheated oven until beef is tender',120,'
        cook'),
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(212,'Butter a soufflé dish and coat with grated Parmesan cheese',5,'
    prep'),
(213,'Melt butter in a saucepan, then whisk in flour to make a roux',5,
    'prep'),
(214,'Gradually whisk in warm milk until smooth and thickened',10,'prep
    '),
(215,'Remove from heat and stir in grated cheese until melted',5,'prep'
    ),
(216,'Beat egg yolks and fold into the cheese mixture',5,'prep'),
(217,'In a clean bowl, beat egg whites until stiff peaks form',10,'prep
    '),
(218,'Gently fold egg whites into the cheese mixture',5,'prep'),
(219,'Pour the mixture into the prepared soufflé dish and bake until
    puffed and golden',25,'cook'),
(220,'Preheat the oven to 400°F (200°C)',10,'prep'),
(221,'Mix together flour, sugar, baking powder, and salt in a bowl',5,'
    prep'),
(223,'Stir in dried fruit or chocolate chips, if desired',5,'prep'),
(224,'Beat together egg and milk, then add to the dry ingredients',5,'
    prep'),
(225,'Mix until just combined, then turn out onto a floured surface and
     knead briefly',5,'prep'),
(226,'Pat the dough into a circle and cut into wedges',5,'prep'),
(227,'Place scones on a baking sheet lined with parchment paper and
    bake until golden brown',15,'cook'),
(228,'Slice ripe tomatoes and fresh mozzarella cheese into rounds',5,'
    prep'),
(229,'Arrange tomato and mozzarella slices on a plate, alternating and
    overlapping',5,'prep'),
(230,'Tuck fresh basil leaves between the tomato and mozzarella slices'
    ,5,'prep'),
(231,'Drizzle with balsamic glaze and olive oil',2,'prep'),
(232,'Sprinkle with salt and pepper to taste',2,'prep'),
(233,'Thinly slice beef and marinate in soy sauce, sugar, sesame oil,
    garlic, and ginger for 1-2 hours',60,'prep'),
(234,'Heat a skillet or grill pan over high heat',5,'prep'),
(235,'Cook marinated beef in batches until browned and caramelized',10,
    'cook'),
(236,'Serve hot with steamed rice and vegetables',2,'prep'),
(237,'Bring chicken broth to a simmer in a large pot',5,'prep'),
(238,'Add diced chicken, carrots, celery, and onion to the pot',10,'
    prep'),
(239,'Simmer until chicken is cooked through and vegetables are tender'
    ,20,'cook'),
(240,'Add cooked noodles to the pot and season with salt, pepper, and
    herbs',5,'prep'),
(241,'Heat heavy cream until hot but not boiling',5,'prep'),
(242,'Pour hot cream over chopped chocolate and let it sit for a few
    minutes',5,'prep'),
(243,'Stir until smooth and glossy, then refrigerate until firm',120,'
    prep'),
(244,'Roll chocolate mixture into balls and coat with cocoa powder,
    powdered sugar, or chopped nuts',10,'prep'),
(245,'Warm tortillas in a skillet or oven',5,'prep'),
(246,'Cook eggs to your preference (fried, scrambled, or poached)',5,'
    cook'),
(247,'Top each tortilla with refried beans, cooked eggs, and salsa',5,'
    prep'),
(248,'Garnish with chopped cilantro, avocado slices, and grated cheese'
    ,2,'prep'),
(249,'Heat olive oil in a large skillet over medium heat',2,'prep'),
(250,'Sauté onions and garlic until softened',5,'cook'),
(251,'Add diced eggplant, zucchini, bell peppers, and tomatoes to the
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    skillet',10,'prep'),
(252,'Season with salt, pepper, and herbs de Provence',2,'prep'),
(253,'Simmer until vegetables are tender and flavors are blended',20,'
    cook'),
(254,'Prepare falafel mixture by blending chickpeas, herbs, spices, and
     flour in a food processor',10,'prep'),
(255,'Shape falafel mixture into balls or patties and fry until golden
    brown and crispy',15,'cook'),
(256,'Warm flatbread in the oven or on a skillet',5,'prep'),
(257,'Assemble falafel wrap with flatbread, falafel, lettuce, tomatoes,
     cucumbers, and tahini sauce',5,'prep'),
(258,'Season chicken breasts with salt and pepper, then dredge in flour
    ',5,'prep'),
(259,'Heat olive oil and butter in a skillet over medium-high heat',2,'
    prep'),
(260,'Sear chicken breasts until golden brown on both sides',10,'cook')
    ,
(261,'Remove chicken from skillet and set aside',2,'prep'),
(262,'Add minced garlic to the skillet and cook until fragrant',2,'cook
    '),
(263,'Deglaze the skillet with white wine and chicken broth, scraping
    up any browned bits',2,'prep'),
(264,'Add lemon juice, capers, and lemon slices to the skillet',2,'prep
    '),
(265,'Return chicken to the skillet and simmer until cooked through'
    ,10,'cook'),
(267,'Add sliced vegetables (such as bell peppers, broccoli, carrots,
    and snow peas) to the wok',5,'prep'),
(268,'Stir-fry until vegetables are tender-crisp',10,'cook'),
(269,'Season with soy sauce, garlic, ginger, and any other desired
    seasonings',2,'prep'),
(270,'Serve hot over rice or noodles',2,'prep'),
(272,'Season chicken breasts with salt, pepper, and garlic powder',5,'
    prep'),
(273,'Heat olive oil in a skillet over medium-high heat',2,'prep'),
(274,'Sear chicken breasts until golden brown on both sides and cooked
    through',10,'cook'),
(276,'Melt butter in the skillet, then add minced garlic and cook until
     fragrant',2,'cook'),
(277,'Stir in heavy cream, grated Parmesan cheese, and salt and pepper
    to taste',5,'prep'),
(278,'Simmer until the sauce thickens, then toss with cooked pasta',5,'
    cook'),
(279,'Slice cooked chicken and serve over the Alfredo pasta',2,'prep'),
(281,'Cut croissants into cubes and place them in a greased baking dish
    ',5,'prep'),
(282,'In a bowl, whisk together eggs, milk, sugar, vanilla extract, and
     cinnamon',5,'prep'),
(283,'Pour the egg mixture over the croissants, pressing down to ensure
     they are fully soaked',5,'prep'),
(284,'Bake in the preheated oven until golden brown and set',30,'cook')
    ,
(285,'Serve warm with a dusting of powdered sugar or a drizzle of
    caramel sauce',2,'prep'),
(286,'Cook spaghetti in a large pot of boiling salted water until al
    dente, then drain and set aside',10,'prep'),
(287,'Cook diced pancetta or bacon in a skillet until crispy',5,'cook')
    ,
(288,'Remove cooked pancetta from the skillet and set aside',2,'prep'),
(289,'In a bowl, whisk together eggs, grated Parmesan cheese, and black
     pepper',5,'prep'),
(290,'Toss cooked spaghetti with the egg mixture until evenly coated'
    ,5,'prep'),
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(291,'Add cooked pancetta to the skillet, then pour the spaghetti and
    egg mixture over it',5,'prep'),
(292,'Cook over low heat, tossing constantly, until the sauce thickens
    and coats the pasta',5,'cook'),
(293,'Marinate chicken thighs in yogurt, lemon juice, garlic, and
    spices for 1-2 hours',60,'prep'),
(294,'Heat oil in a skillet over medium-high heat',2,'prep'),
(295,'Cook marinated chicken thighs until browned and cooked through'
    ,15,'cook'),
(296,'Slice cooked chicken and serve in pita bread with lettuce,
    tomatoes, onions, and tahini sauce',5,'prep'),
(298,'Grease and flour cake pans',5,'prep'),
(299,'In a bowl, sift together flour, cocoa powder, baking soda, and
    salt',5,'prep'),
(300,'In another bowl, cream together butter and sugar until light and
    fluffy',5,'prep'),
(301,'Beat in eggs, one at a time, then stir in vanilla extract and red
     food coloring',5,'prep'),
(302,'Alternate adding dry ingredients and buttermilk to the batter,
    mixing until smooth',10,'prep'),
(305,'Preheat the oven to 425°F (220°C)',10,'prep'),
(306,'Roll out pizza dough on a baking sheet lined with parchment paper
    ',5,'prep'),
(309,'Drizzle olive oil over the flatbread and sprinkle with salt',2,'
    prep'),
(310,'Bake in the preheated oven until the crust is golden brown and
    the cheese is bubbly',10,'cook'),
(311,'Heat pita bread in the oven or on a skillet until warm and
    pliable',5,'prep'),
(312,'Slice cooked gyro meat thinly',5,'prep'),
(313,'Assemble gyro wrap with warm pita bread, gyro meat, lettuce,
    tomatoes, onions, and tzatziki sauce',5,'prep'),
(315,'In a food processor, blend fresh basil, pine nuts, garlic,
    Parmesan cheese, and olive oil until smooth',5,'prep'),
(316,'Toss cooked pasta with pesto sauce until evenly coated',5,'prep')
    ,
(317,'Serve hot, garnished with additional Parmesan cheese and pine
    nuts if desired',2,'prep'),
(318,'Season chicken breasts with salt and pepper, then grill or bake
    until cooked through',15,'cook'),
(319,'Slice cooked chicken thinly',5,'prep'),
(320,'Warm tortillas in the oven or on a skillet until pliable',5,'prep
    '),
(321,'Assemble Caesar wrap with warm tortillas, sliced chicken, romaine
     lettuce, Parmesan cheese, and Caesar dressing',5,'prep'),
(322,'Heat olive oil and butter in a large skillet over medium heat',2,
    'prep'),
(323,'Sauté diced onions and minced garlic until softened',5,'cook'),
(324,'Add Arborio rice to the skillet and toast until lightly golden'
    ,5,'prep'),
(325,'Deglaze the skillet with white wine, stirring constantly until
    absorbed',2,'prep'),
(326,'Add hot chicken or vegetable broth to the skillet, one ladleful
    at a time, stirring constantly until absorbed',20,'cook'),
(327,'Stir in sliced mushrooms and cook until tender',10,'cook'),
(328,'Stir in grated Parmesan cheese, salt, and pepper to taste',2,'
    prep'),
(329,'Serve hot, garnished with chopped parsley if desired',2,'prep'),
(330,'Toast bread until golden brown and crisp',5,'prep'),
(331,'Mash ripe avocados with a fork and spread over the toasted bread'
    ,5,'prep'),
(332,'Season with salt, pepper, and red pepper flakes to taste',2,'prep
    '),
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(333,'Drizzle with olive oil and sprinkle with sesame seeds or chopped
    cilantro if desired',2,'prep'),
(334,'Heat a skillet over medium heat',2,'prep'),
(335,'Place a tortilla in the skillet and sprinkle with shredded cheese
    ',2,'prep'),
(336,'Arrange cooked chicken, sliced peppers, onions, and any other
    desired fillings over the cheese',5,'prep'),
(337,'Top with another tortilla and cook until the bottom tortilla is
    golden brown and crispy',5,'cook'),
(338,'Flip the quesadilla and cook until the other side is golden brown
     and crispy',5,'cook'),
(339,'Slice into wedges and serve hot, with salsa and sour cream on the
     side',2,'prep'),
(340,'Heat butter and olive oil in a large pot over medium heat',2,'
    prep'),
(341,'Add thinly sliced onions and cook until caramelized',30,'cook'),
(342,'Stir in flour and cook for 2 minutes',2,'prep'),
(343,'Deglaze the pot with white wine, scraping up any browned bits',2,
    'prep'),
(344,'Add beef broth, thyme, bay leaf, and salt and pepper to taste',5,
    'prep'),
(345,'Simmer for 20-30 minutes',20,'cook'),
(346,'Toast baguette slices in the oven until crisp',5,'prep'),
(347,'Ladle soup into oven-safe bowls, top with baguette slices and
    shredded Gruyère cheese',5,'prep'),
(348,'Broil until the cheese is melted and bubbly',5,'cook'),
(349,'In a bowl, whisk together flour, sugar, baking powder, and salt'
    ,5,'prep'),
(350,'In another bowl, mix together ricotta cheese, milk, lemon juice,
    lemon zest, egg yolks, and melted butter',10,'prep'),
(351,'Beat egg whites until stiff peaks form',5,'prep'),
(352,'Gently fold egg whites into the ricotta mixture',5,'prep'),
(353,'Heat a skillet or griddle over medium heat and lightly grease
    with butter or oil',2,'prep'),
(354,'Pour batter onto the skillet to form pancakes and cook until
    golden brown on both sides',10,'cook'),
(355,'Preheat oven to 160°C (320°F) and grease and flour a round cake
    pan',10,'prep'),
(356,'Beat eggs and sugar until pale, thick, and tripled in volume',3,'
    prep'),
(357,'Sift flour into egg mixture in batches, gently folding after each
    ',5,'prep'),
(358,'Fold in vanilla extract',1,'prep'),
(359,'Pour batter into prepared pan and smooth the top',2,'prep'),
(360,'Bake for 25-30 minutes until golden and a toothpick comes out
    clean',30,'cook'),
(361,'Cool in pan for 10 minutes, then transfer to a wire rack',10,'
    prep'),
(362,'Rinse the clams under cold water to remove any sand or grit.
    Discard any clams with broken shells or that do not close when
    tapped',10,'prep'),
(363,'In a large skillet or pan, heat the olive oil over medium heat.
    Add the minced garlic and sauté for 1-2 minutes until fragrant',3,'
    cook'),
(364,'Add the clams to the skillet and pour in the white wine. Cover
    the skillet with a lid and cook for 5-7 minutes, or until the clams
    have opened',10,'cook'),
(365,'Discard any clams that have not opened. Sprinkle the chopped
    coriander over the clams and season with salt and black pepper to
    taste',2,'prep'),
(366,'Give everything a gentle toss to combine',3,'cook'),
(367,'Transfer the clams and sauce to a serving dish. Serve hot with
    lemon wedges on the side for squeezing over the clams',2,'prep'),
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(368,'Preheat your oven to 200°C (390°F).Grease a muffin tin or line it
    with paper liners',10,'prep'),
(369,'In a large mixing bowl, combine the granulated sugar and melted
    butter. Mix well',2,'prep'),
(370,'Add the eggs, one at a time, mixing well after each addition',3,'
    prep'),
(371,'Gradually add the flour, mixing until smooth',4,'prep'),
(372,'Stir in the whole milk and lemon zest until well combined',5,'
    prep'),
(373,'Pour the batter into the prepared muffin tin, filling each cavity
    about 3/4 full',6,'prep'),
(374,'Bake in the preheated oven for 25-30 minutes, or until the
    queijadas are set and golden brown on top',30,'cook'),
(375,'Remove from the oven and let them cool in the tin for 10 minutes
    before transferring them to a wire rack to cool completely',10,'prep
    '),
(376,'Once cooled, dust the queijadas with ground cinnamon',1,'prep'),
(377,'Heat the vegetable oil in a large skillet or wok over medium heat
    . Add the minced garlic and chopped onion, and sauté until fragrant,
    about 2 minutes',2,'cook'),
(378,'Add the cooked chicken, shrimp, or tofu (if using) to the skillet
    , and stir-fry for another 2-3 minutes until heated through',3,'cook
    '),
(379,'Push the ingredients to one side of the skillet, and pour the
    beaten eggs onto the empty side. Allow the eggs to set slightly,
    then scramble them until cooked',4,'cook'),
(380,'Add the cooked rice to the skillet, breaking up any clumps with a
    spoon or spatula. Stir-fry for 3-4 minutes to heat through and
    incorporate all the ingredients',5,'cook'),
(381,'Add the kecap manis, soy sauce, and oyster sauce to the skillet,
    and toss everything together until well combined',4,'cook'),
(382,'Season with salt and pepper to taste, and adjust the seasoning if
    necessary',5,'prep'),
(383,'Serve the Nasi Goreng hot, garnished with sliced cucumber, tomato
    , lettuce, and fried shallots if desired',6,'prep'),
(384,'Serve with lime wedges on the side for squeezing over the Nasi
    Goreng',1,'prep'),
(385,'Mix garlic, shallot, kecap manis, soy sauce, oil, spices, salt
    for marinade',2,'prep'),
(386,'Marinate chicken in the mixture for 1 hour or more',5,'prep'),
(387,'Thread chicken onto skewers',6,'prep'),
(388,'Preheat grill, cook skewers 4-5 min each side until cooked
    through',15,'cook'),
(389,'Brush with marinade while grilling',4,'prep'),
(390,'Serve hot with sambal or peanut sauce, cucumber, and onion slices
    ',5,'prep'),
(391,'Preheat the oven to 180°C (350°F)',10,'prep'),
(392,'Blend shallots, garlic, chili peppers, candlenuts, lemongrass,
    ginger, turmeric, galangal, kaffir lime leaves, and shrimp paste
    into a smooth paste',3,'prep'),
(393,'Rub the spice paste all over the suckling pig, including inside
    the cavity',3,'prep'),
(394,'Truss the pig and place it on a roasting rack in a roasting pan.
    Brush with vegetable oil',5,'prep'),
(395,'Roast the pig in the preheated oven for 3-4 hours, or until the
    skin is crispy and golden brown, and the meat is tender',180,'cook')
    ,
(396,'Do something',3,'prep'),
(397,'Once cooked, remove the pig from the oven and let it rest for
    20-30 minutes before carving',30,'prep'),
(398,'Carve the pig into serving pieces and serve hot with steamed rice
    and sambal matah',10,'prep'),
(399,'Heat olive oil in a large paella pan or skillet',3,'prep'),
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(400,'Sauté onion and garlic until softened',3,'cook'),
(401,'Add bell peppers and tomato, cook until peppers are tender',3,'
    cook'),
(402,'Stir in chorizo and chicken, cook until chicken is browned',5,'
    cook'),
(403,'Add rice, smoked paprika, and saffron. Cook for 1 minute',4,'cook
    '),
(404,'Pour in chicken broth and bring to a simmer. Cook uncovered for
    15-20 minutes until rice is almost cooked',20,'cook'),
(405,'Arrange seafood mix over the rice. Cook for another 5-10 minutes
    until seafood is cooked through and rice is tender',15,'cook'),
(406,'Season with salt and pepper to taste',1,'prep'),
(407,'Serve hot with lemon wedges',2,'prep'),
(408,'In a saucepan, heat water, sugar, vegetable oil, and salt until
    boiling',2,'prep'),
(409,'Remove from heat and stir in flour until mixture forms a ball',3,
    'prep'),
(410,'Heat vegetable oil in a deep frying pan or pot',2,'prep'),
(411,'Pipe or spoon dough into hot oil, fry until golden brown',4,'cook
    '),
(412,'Drain on paper towels',2,'prep'),
(413,'Mix sugar and cinnamon in a shallow bowl',5,'prep'),
(414,'Roll churros in cinnamon sugar mixture',5,'prep'),
(415,'Preheat the grill to medium-high heat',5,'prep'),
(416,'Season the beef ribs generously with salt and pepper',2,'prep'),
(417,'Place the ribs on the grill and cook for 5-7 minutes on each side
    , or until desired doneness',10,'cook'),
(418,'Remove from the grill and let the meat rest for a few minutes',5,
    'prep'),
(419,'Serve hot with chimichurri sauce on the side',1,'prep'),
(420,'In a bowl, mix flour and salt',2,'prep'),
(421,'Add cold water and diced butter to the flour mixture',3,'prep'),
(422,'Mix until a dough forms',4,'prep'),
(423,'Roll out the dough on a floured surface and cut out circles',5,'
    prep'),
(424,'Place a spoonful of filling in the center of each circle',6,'prep
    '),
(425,'Fold the dough over the filling to form a half-moon shape',7,'
    prep'),
(426,'Seal the edges by crimping with a fork',8,'prep'),
(427,'Brush the empanadas with egg wash',1,'prep'),
(428,'Bake in a preheated oven at 200°C (400°F) for 20-25 minutes, or
    until golden brown',25,'cook'),
(429,'Drain and rinse the beans',10,'prep'),
(430,'In a large pot, heat vegetable oil over medium heat. Add onion
    and garlic, cook until softened',5,'prep'),
(431,'Add mixed meats to the pot and cook until browned',10,'cook'),
(432,'Add black beans, bay leaves, and enough water to cover the
    ingredients. Bring to a boil, then reduce heat and simmer for 1-2
    hours, or until beans are tender',120,'cook'),
(433,'Season with salt and pepper to taste',5,'prep'),
(434,'Serve hot with rice and orange slices on the side',1,'prep'),
(435,'In a non-stick saucepan, combine sweetened condensed milk, cocoa
    powder, and butter',2,'prep'),
(436,'Cook over medium heat, stirring constantly, until the mixture
    thickens and pulls away from the sides of the pan (about 10-15
    minutes)',10,'cook'),
(437,'Remove from heat and let the mixture cool to room temperature',5,
    'prep'),
(438,'Grease your hands with butter and roll the mixture into small
    balls (about 1 tablespoon each)',5,'prep'),
(439,'Roll the balls in chocolate sprinkles or grated chocolate to coat
    ',5,'prep'),
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(440,'In a large pot or Dutch oven, heat olive oil over medium heat.
    Add onion, garlic, carrots, and celery, cook until softened',5,'prep
    '),
(441,'Add beef chunks to the pot and brown on all sides',10,'cook'),
(442,'Stir in tomato paste and cook for 2-3 minutes',5,'cook'),
(443,'Pour in red wine, beef broth, red wine vinegar, and add bay
    leaves. Bring to a simmer, then cover and cook over low heat for 2-3
     hours, or until the meat is tender',180,'cook'),
(444,'Season with salt, pepper, and sugar to taste, then serve hot with
     gnocchi or pasta',3,'prep'),
(445,'In a mixing bowl, combine flour, instant yeast, sugar, and salt'
    ,2,'prep'),
(446,'Add the egg, milk, and citrus zest to the dry ingredients. Mix
    until smooth',3,'prep'),
(447,'If using raisins, fold them into the batter',4,'prep'),
(448,'Cover the bowl with a clean kitchen towel and let the batter rise
     in a warm place for about 30 minutes',30,'prep'),
(449,'Heat vegetable oil in a deep pot or fryer to 170°C (340°F)',5,'
    prep'),
(450,'Drop spoonfuls of batter into the hot oil and fry until golden
    brown and cooked through, about 2-3 minutes per side',10,'cook'),
(451,'Remove the fritters from the oil and drain on paper towels, then
    dust with powdered sugar while still warm',2,'prep');

INSERT INTO themes VALUES
('Small bites','Bite-sized snacks bursting with flavor, perfect for
    parties or quick indulgences'),
('Wraps and Sandwiches','Convenient meals wrapped in bread or tortillas
    , ideal for on-the-go lunches or casual dining.'),
('Traditional Recipes','Time-honored dishes reflecting cultural
    heritage and authentic flavors passed down through generations.'),
('Holidays Specials','Festive dishes prepared for special occasions,
    invoking feelings of celebration and nostalgia.'),
('Soups','Comforting bowls of broth, vegetables, and meats, offering
    warmth and nourishment in every spoonful.'),
('Risotto Recipes','Creamy Italian rice dishes, rich in flavor and
    texture, perfect for indulgent meals.'),
('Pasta','Versatile dishes with noodles and various sauces, meats, and
    veggies, offering endless flavors.'),
('Baked Goods','Freshly baked treats like bread, muffins, cookies, and
    cakes, filling the air with delightful scents.'),
('Savory Main Dishes','Hearty meals with flavorful meats, seafood, or
    vegetarian options, accompanied by savory sides.'),
('Sweet Treats','Irresistible desserts like cakes, pies, cookies, and
    chocolates, satisfying any sweet tooth.');

INSERT INTO tips VALUES
(1,'Adjust cooking time and temperature'),
(2,'Make ahead for convenience'),
(3,'Read the entire recipe before starting'),
(4,'Practice proper food safety'),
(5,'Allow ingredients to come to room temperature'),
(6,'Experiment with different variations of liquor'),
(7,'Use quality ingredients'),
(8,'Experiment with different herbs and cheeses'),
(9,'Experiment with different varieties of apples'),
(10,'Experiment with different herbs and spices'),
(11,'Adjust cooking time and temperature for desired firmness of
    filling'),
(12,'Experiment with different types of lime juice'),
(13,'Adjust cooking time and temperature for desired fluffiness'),
(14,'Experiment with different variations'),
(15,'Adjust seasoning to taste'),
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(16,'Use the correct cooking utensils and equipment'),
(17,'Make ahead for flavors to meld'),
(18,'Adjust cooking time and temperature for desired crust crispiness')
    ,
(19,'Adjust cooking time and temperature for desired moistness'),
(20,'Adjust cooking time and temperature for desired crispiness'),
(21,'Experiment with different citrus flavors'),
(22,'Experiment with different toppings and salsas'),
(23,'Experiment with different fillings and sauces'),
(24,'Experiment with different types of berries'),
(25,'Adjust cooking time and temperature for desired tenderness'),
(26,'Adjust cooking time and temperature for desired rise'),
(27,'Adjust chilling time for desired firmness'),
(28,'Adjust cooking time and temperature for desired texture'),
(29,'Experiment with different variations of mushrooms for the duxelles
    '),
(30,'Experiment with different additions like chocolate chips or dried
    fruit'),
(31,'Adjust cooking time and temperature for desired creaminess'),
(32,'Adjust cooking time and temperature for desired caramelization of
    onions'),
(33,'Experiment with different variations like adding blueberries or
    lemon zest'),
(34,'Garnish with fresh fruit for presentation'),
(35,'Allow for resting time'),
(36,'Garnish with crushed peanuts and fresh cilantro for presentation')
    ,
(37,'Experiment with different fillings'),
(38,'Garnish with cocoa powder for presentation'),
(39,'Experiment with different fillings and toppings'),
(40,'Garnish with fresh basil before serving'),
(41,'Garnish with shaved parmesan and croutons for presentation'),
(42,'Allow for resting time after baking'),
(43,'Experiment with different vegetables and sauces'),
(44,'Experiment with different frostings and fillings'),
(45,'Serve with tahini sauce for dipping'),
(46,'Dust with powdered sugar before serving'),
(47,'Adjust seasoning to taste with additional garlic and lemon juice')
    ,
(48,'Adjust seasoning to taste with additional spices and lime juice'),
(49,'Garnish with fresh parsley before serving'),
(50,'Garnish with chopped cilantro and sliced jalapeños for
    presentation'),
(51,'Experiment with different proteins such as chicken, beef or tofu')
    ,
(52,'Allow for resting time before serving'),
(53,'Experiment with different types of bread and additions like
    avocado or pickles'),
(54,'Experiment with different types of miso paste and garnishes like
    tofu or seaweed'),
(55,'Allow for resting time after chilling'),
(56,'Make ahead for flavors to develop'),
(57,'Serve immediately for best texture'),
(58,'Experiment with different flavors like blueberry or lemon'),
(59,'Garnish with balsamic glaze and fresh basil for presentation'),
(60,'Allow meat to marinate for optimal flavor'),
(61,'Experiment with different coatings like cocoa powder or crushed
    nuts'),
(62,'Garnish with fresh cilantro and avocado slices for presentation'),
(63,'Garnish with fresh herbs before serving'),
(64,'Serve with tzatziki sauce and fresh vegetables'),
(65,'Allow the beef to come to room temperature before wrapping in
    pastry'),
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(66,'Garnish with fresh parsley and lemon slices for presentation'),
(67,'Experiment with different combinations of vegetables and sauces'),
(68,'Experiment with different types of pasta and garnish with fresh
    parsley'),
(69,'Garnish with chopped parsley and grated parmesan cheese'),
(70,'Experiment with different marinades and serve with tahini sauce
    and pickled vegetables'),
(71,'Experiment with different cream cheese frosting recipes'),
(72,'Experiment with different types of nuts and cheese for the pesto
    sauce'),
(73,'Experiment with different toppings like poached eggs or cherry
    tomatoes'),
(74,'Experiment with different cheeses and fillings like peppers or
    beans'),
(75,'Garnish with toasted baguette slices and melted cheese'),
(76,'Serve with maple syrup and fresh berries for presentation');

INSERT INTO tools VALUES
('Chefs Knife','Use for chopping, slicing and dicing ingredients.'),
('Cutting Board','Place ingredients on the board for cutting with a
    knife.'),
('Mixing Bowls','Use for combining ingredients or mixing batters.'),
('Measuring Cups and Spoons','Measure precise amounts of ingredients
    for recipes.'),
('Whisk','Beat ingredients together or incorporate air into mixtures.')
    ,
('Wooden Spoon','Stir and mix ingredients in pots and pans.'),
('Spatula','Flip foods like pancakes or burgers and scrape bowls clean.
    '),
('Rolling Pin','Roll out dough for pastries and pies.'),
('Baking Sheets','Use for baking cookies, roasting vegetables or
    heating food'),
('Saucepan','Cook sauces, soups and small quantities of food on the
    stovetop.'),
('Skillet/Frying Pan','Sear, fry or saute foods like meats and
    vegetables.'),
('Stockpot','Prepare large batches of soup, stock or pasta'),
('Blender','Blend ingredients into smoothies, sauces or soups.'),
('Food Processor','Chop, slice or puree ingredients quickly and
    efficiently.'),
('Stand Mixer','Mix doughs, batters and frosting with ease.'),
('Hand Mixer','Blend and whip ingredients by hand.'),
('Grater','Grate cheese, vegetables or zest citrus fruits'),
('Colander','Drain liquids from cooked pasta, vegetables or grains.'),
('Can Opener','Open cans of ingredients like beans, tomatoes or sauces.
    '),
('Oven Mitts','Protect hands from hot pots, pans and baking dishes'),
('Timer','Monitor cooking and baking times accurately.'),
('Kitchen Scale','Weigh ingredients for precise measurements in recipes
    .'),
('Thermometer','Check temperatures of meats, baked goods or liquids for
    doneness.'),
('Pastry Brush','Brush butter, egg wash or glazes onto baked goods.'),
('Ice Cream Scoop','Scoop uniform portions of ice cream, cookie dough
    or batter'),
('Peeler','Peel skins from fruits and vegetables quickly and
    efficiently.'),
('Kitchen Shears','Cut herbs, trim meats or open packages.'),
('Tongs','very useful tool'),
('Kitchen Twine','very useful tool'),
('Meat Thermometer','very useful tool'),
('Muffin Tin','very useful tool'),
('Pie dish','very useful tool'),
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('Baking dish','very useful tool'),
('Ladle','very useful tool'),
('Sieve','very useful tool'),
('Mortar and Pestle','Crush spices, grind herbs or make pastes.'),
('Citrus Juicer','Extract juice from citrus fruits like lemons, limes
    or oranges.'),
('Salad Spinner','Wash and dry leafy greens and herbs for salads.');

INSERT INTO cook_recipies VALUES
(1,'Spinach and Feta Quiche'),
(1,'Croissant'),
(1,'Omelette'),
(1,'Croque Monsieur'),
(1,'Beef Bourguignon'),
(1,'Cheese Soufflé'),
(1,'Chocolate Truffles'),
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;
#select cs.cuisine_nationality,count(*) from cook_specialty cs
#group by cuisine_nationality
/*
create table temp_recipe_ingredient(
rname varchar(50) not null,
iname varchar(50) not null,
quantity varchar(50),
quantity_in_grams int check (quantity_in_grams > 0),
primary key (rname,iname)
);
select * from temp_recipe_ingredient;

select distinct tri.iname from temp_recipe_ingredient tri left join
    ingredients i
on tri.iname = i.name
where i.name is null;*/

INSERT INTO recipe_ingredient VALUES
('Fluffy Pancakes','All-purpose flour','1 cup',121),
('Fluffy Pancakes','Baking powder','2 teaspoons',11),
('Fluffy Pancakes','Salt','1/2 teaspoon',3),
('Fluffy Pancakes','White sugar','2 tablespoons',25),
('Fluffy Pancakes','Milk','1 cup',241),
('Fluffy Pancakes','Egg','1 large',51),
('Tuna Salad Sandwich','Canned tuna','1 can (5 ounces)',141),
('Tuna Salad Sandwich','Mayonnaise','1/4 cup',61),
('Tuna Salad Sandwich','Celery','1 stalk',41),
('Tuna Salad Sandwich','Red onion','2 tablespoons',21),
('Tuna Salad Sandwich','Dill pickles','2 tablespoons',31),
('Tuna Salad Sandwich','Dijon mustard','1 tablespoon',15),
('Tuna Salad Sandwich','Lemon juice','1 tablespoon',15),
('Tuna Salad Sandwich','Salt',null,1),
('Tuna Salad Sandwich','Black pepper',null,1),
('Tuna Salad Sandwich','Bread slices',null,51),
('Avocado Toast','Avocado','1 medium',211),
('Avocado Toast','Bread slices','2 slices',51),
('Avocado Toast','Cherry tomatoes','1/2 cup',75),
('Avocado Toast','Red pepper flakes',null,1),
('Avocado Toast','Salt',null,1),
('Avocado Toast','Black pepper',null,1),
('Chocolate Chip Cookies','All-purpose flour','2 1/4 cups',271),
('Chocolate Chip Cookies','Baking soda','1 teaspoon',5),
('Chocolate Chip Cookies','Salt','1/2 teaspoon',3),
('Chocolate Chip Cookies','Unsalted butter','1 cup',226),
('Chocolate Chip Cookies','Granulated sugar','3/4 cup',151),
('Chocolate Chip Cookies','Brown sugar','3/4 cup',151),
('Chocolate Chip Cookies','Vanilla extract','1 teaspoon',5),
('Chocolate Chip Cookies','Eggs','2 large',111),
('Chocolate Chip Cookies','Chocolate chips','2 cups',351),
('Chicken Caesar Salad','Romaine lettuce','1 head',511),
('Chicken Caesar Salad','Grilled chicken breast','2 breasts',411),
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('Chicken Caesar Salad','Caesar dressing','1/2 cup',121),
('Chicken Caesar Salad','Parmesan cheese','1/2 cup',51),
('Chicken Caesar Salad','Croutons','1 cup',111),
('Chicken Caesar Salad','Lemon wedges',null,1),
('Lemon Bars','All-purpose flour','1 cup',121),
('Lemon Bars','Confectioners sugar',null,1),
('Lemon Bars','Unsalted butter','1/2 cup',113),
('Lemon Bars','Granulated sugar','1/4 cup',51),
('Lemon Bars','Lemon juice','1/4 cup',61),
('Lemon Bars','Lemon zest','from 2 lemons',5),
('Lemon Bars','Eggs','2 large',121),
('Blueberry Muffins','All-purpose flour','2 cups',241),
('Blueberry Muffins','Baking powder','2 teaspoons',11),
('Blueberry Muffins','Salt','1/2 teaspoon',3),
('Blueberry Muffins','Unsalted butter','1/2 cup',113),
('Blueberry Muffins','Granulated sugar','3/4 cup',151),
('Blueberry Muffins','Eggs','2 large',121),
('Blueberry Muffins','Milk','1/2 cup',121),
('Blueberry Muffins','Vanilla extract','1 teaspoon',5),
('Blueberry Muffins','Blueberries','1 1/2 cups',225),
('Chicken Noodle Soup','Chicken breasts','2',411),
('Chicken Noodle Soup','Olive oil','1 tablespoon',15),
('Chicken Noodle Soup','Onion','1 large',151),
('Chicken Noodle Soup','Carrots','2',151),
('Chicken Noodle Soup','Celery','2 stalks',111),
('Chicken Noodle Soup','Garlic','3 cloves',11),
('Chicken Noodle Soup','Chicken broth','8 cups',1921),
('Chicken Noodle Soup','Egg noodles','2 cups',241),
('Chicken Noodle Soup','Salt',null,1),
('Chicken Noodle Soup','Black pepper',null,1),
('Chicken Noodle Soup','Fresh parsley',null,1),
('Chicken Caesar Wrap','Flour tortillas','4 large',321),
('Chicken Caesar Wrap','Grilled chicken breast','2 breasts',411),
('Chicken Caesar Wrap','Romaine lettuce','2 cups',111),
('Chicken Caesar Wrap','Caesar dressing','1/2 cup',121),
('Chicken Caesar Wrap','Parmesan cheese','1/2 cup',51),
('Chicken Caesar Wrap','Croutons','1 cup',111),
('Lemon Ricotta Pancakes','All-purpose flour','1 1/2 cups',181),
('Lemon Ricotta Pancakes','Baking powder','1 tablespoon',6),
('Lemon Ricotta Pancakes','Salt','1/2 teaspoon',3),
('Lemon Ricotta Pancakes','Granulated sugar','2 tablespoons',25),
('Lemon Ricotta Pancakes','Ricotta cheese','1 cup',251),
('Lemon Ricotta Pancakes','Milk','1 cup',241),
('Lemon Ricotta Pancakes','Lemon zest','from 1 lemon',1),
('Lemon Ricotta Pancakes','Eggs','2 large',121),
('Apple Pie','All-purpose flour','2 cups',241),
('Apple Pie','Salt','1/2 teaspoon',3),
('Apple Pie','Unsalted butter','3/4 cup',171),
('Apple Pie','Ice water','6 tablespoons',91),
('Apple Pie','Apples','6 cups',911),
('Apple Pie','Granulated sugar','1/2 cup',111),
('Apple Pie','Brown sugar','1/2 cup',111),
('Apple Pie','Lemon juice','2 tablespoons',31),
('Apple Pie','Ground cinnamon','1 teaspoon',2),
('Apple Pie','Cornstarch','3 tablespoons',31),
('Apple Pie','Egg','1',51),
('Apple Pie','Demerara sugar',null,1),
('Chocolate Cake','All-purpose flour','2 cups',241),
('Chocolate Cake','Granulated sugar','2 cups',411),
('Chocolate Cake','Cocoa powder','3/4 cup',75),
('Chocolate Cake','Baking powder','2 teaspoons',11),
('Chocolate Cake','Baking soda','1 1/2 teaspoons',7),
('Chocolate Cake','Salt','1 teaspoon',6),
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('Chocolate Cake','Eggs','2 large',121),
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('Chocolate Cake','Vegetable oil','1/2 cup',121),
('Chocolate Cake','Vanilla extract','2 teaspoons',11),
('Chocolate Cake','Boiling water','1 cup',241),
('Key Lime Pie','Graham cracker crumbs','1 1/2 cups',151),
('Key Lime Pie','Granulated sugar','1/3 cup',65),
('Key Lime Pie','Unsalted butter','6 tablespoons',85),
('Key Lime Pie','Sweetened condensed milk','1 can (14 ounces)',396),
('Key Lime Pie','Key lime juice','1/2 cup',121),
('Key Lime Pie','Eggs','3 large',181),
('Key Lime Pie','Lime zest','from 2 limes',5),
('Red Velvet Cake','All-purpose flour','2 1/2 cups',311),
('Red Velvet Cake','Granulated sugar','1 1/2 cups',311),
('Red Velvet Cake','Cocoa powder','2 tablespoons',21),
('Red Velvet Cake','Baking soda','1 teaspoon',5),
('Red Velvet Cake','Salt','1 teaspoon',6),
('Red Velvet Cake','Buttermilk','1 cup',241),
('Red Velvet Cake','Vegetable oil','1 cup',241),
('Red Velvet Cake','Eggs','2 large',121),
('Red Velvet Cake','Red food coloring','2 tablespoons',31),
('Red Velvet Cake','White vinegar','1 teaspoon',5),
('Red Velvet Cake','Vanilla extract','1 teaspoon',5),
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('Empanadas','Salt','1 teaspoon',6),
('Empanadas','Unsalted butter','3/4 cup',171),
('Empanadas','Ice water','1/2 cup',121),
('Empanadas','Ground beef','1 pound',451),
('Empanadas','Onion','1 large',151),
('Empanadas','Red bell pepper','1',151),
('Empanadas','Green olives','1/2 cup',75),
('Empanadas','Raisins','1/4 cup',41),
('Empanadas','Hard-boiled eggs','2',121),
('Empanadas','Cumin','1 teaspoon',5),
('Empanadas','Paprika','1 teaspoon',5),
('Empanadas','Black pepper',null,1),
('Empanadas','Egg','1',51),
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('Asado','Salt',null,1),
('Asado','Chimichurri sauce',null,5),
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('Vegetable Stir-Fry','Olive oil','2 tablespoons',31),
('Vegetable Stir-Fry','Garlic','2 cloves',8),
('Vegetable Stir-Fry','Soy sauce','1/4 cup',61),
('Vegetable Stir-Fry','Sesame oil','1 tablespoon',15),
('Vegetable Stir-Fry','Honey','1 tablespoon',21),
('Vegetable Stir-Fry','Rice vinegar','1 tablespoon',15),
('Vegetable Stir-Fry','Cornstarch','1 tablespoon',11),
('Vegetable Stir-Fry','Water','1/4 cup',61),
('Vegetable Stir-Fry','Salt',null,1),
('Vegetable Stir-Fry','Black pepper',null,1),
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('Brigadeiro','Butter','1 tablespoon',14),
('Brigadeiro','Chocolate sprinkles',null,21),
('Feijoada','Black beans','1 pound',451),
('Feijoada','Smoked pork ribs','1 pound',451),
('Feijoada','Smoked sausage (linguiça)','1 pound',451),
('Feijoada','Bacon','1/2 pound',225),
('Feijoada','Onion','1 large',151),
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('Scones','Salt','1/2 teaspoon',3),
('Scones','Unsalted butter','1/2 cup',113),
('Scones','Heavy cream','1/2 cup',121),
('Scones','Eggs','1 large',61),
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('Scones','Raisins','1/2 cup',81),
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('Shepherds Pie','Butter','4 tablespoons',56),
('Shepherds Pie','Milk','1/2 cup',121),
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('Shepherds Pie','Onion','1 large',151),
('Shepherds Pie','Carrots','2',151),
('Shepherds Pie','Garlic','2 cloves',8),
('Shepherds Pie','Ground beef','1 pound',451),
('Shepherds Pie','Tomato paste','2 tablespoons',31),
('Shepherds Pie','Worcestershire sauce','2 teaspoons',11),
('Shepherds Pie','Frozen peas','1 cup',151),
('Shepherds Pie','Frozen corn','1 cup',151),
('Beef Wellington','Beef tenderloin','2 pounds',911),
('Beef Wellington','Olive oil','2 tablespoons',31),
('Beef Wellington','Salt',null,1),
('Beef Wellington','Black pepper',null,1),
('Beef Wellington','Unsalted butter',null,28),
('Beef Wellington','Onion','1',151),
('Beef Wellington','Mushroom','8 ounces',225),
('Beef Wellington','Garlic','2 cloves',8),
('Beef Wellington','Thyme','1 tablespoon',5),
('Beef Wellington','Puff pastry','1 sheet',225),
('Beef Wellington','Prosciutto slices','8 ounces',225),
('Beef Wellington','Dijon mustard','2 tablespoons',31),
('Beef Wellington','Egg','1',61),
('Beef Stir-Fry','Beef sirloin','1 pound',451),
('Beef Stir-Fry','Soy sauce','1/4 cup',61),
('Beef Stir-Fry','Cornstarch','2 tablespoons',21),
('Beef Stir-Fry','Brown sugar','1 tablespoon',12),
('Beef Stir-Fry','Ginger','1 tablespoon',5),
('Beef Stir-Fry','Garlic','3 cloves',13),
('Beef Stir-Fry','Vegetable oil','2 tablespoons',31),
('Beef Stir-Fry','Bell peppers','2',211),
('Beef Stir-Fry','Broccoli florets','2 cups',211),
('Beef Stir-Fry','Carrot','1',111),
('Beef Stir-Fry','Green onions',null,21),
('Fritule','All-purpose flour','2 cups',241),
('Fritule','Sugar','1/4 cup',51),
('Fritule','Lemon zest','from 1 lemon',11),
('Fritule','Baking powder','1 teaspoon',5),
('Fritule','Rum','1 tablespoon',15),
('Fritule','Eggs','2 large',121),
('Fritule','Yogurt','1/2 cup',121),
('Fritule','Raisins','1/4 cup',41),
('Fritule','Vegetable oil',null,111),
('šPaticada','Beef chuck roast','3 pounds',1351),
('šPaticada','Bacon','4 slices',111),
('šPaticada','Onion','1 large',151),
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('šPaticada','Garlic','3 cloves',14),
('šPaticada','Carrots','2',151),
('šPaticada','Red wine vinegar','1/4 cup',61),
('šPaticada','Red wine','1 cup',241),
('šPaticada','Tomato paste','2 tablespoons',31),
('šPaticada','Prunes','1/4 cup',51),
('šPaticada','Water','2 cups',481),
('šPaticada','Salt',null,1),
('šPaticada','Black pepper',null,1),
('šPaticada','Olive oil','2 tablespoons',31),
('šPaticada','Flour',null,31),
('Omelette','Eggs','4 large',241),
('Omelette','Milk','1/4 cup',61),
('Omelette','Salt',null,1),
('Omelette','Black pepper',null,1),
('Omelette','Butter','1 tablespoon',14),
('Omelette','Cheese',null,51),
('Spinach and Feta Quiche','Pie crust','1 (9-inch)',211),
('Spinach and Feta Quiche','Eggs','4 large',241),
('Spinach and Feta Quiche','Heavy cream','1 cup',241),
('Spinach and Feta Quiche','Salt',null,1),
('Spinach and Feta Quiche','Black pepper',null,1),
('Spinach and Feta Quiche','Spinach','2 cups',181),
('Spinach and Feta Quiche','Feta cheese','1 cup',151),
('Spinach and Feta Quiche','Onion','1 medium',111),
('Spinach and Feta Quiche','Garlic','2 cloves',11),
('Spinach and Feta Quiche','Olive oil','1 tablespoon',15),
('Croque Monsieur','Bread slices','8',241),
('Croque Monsieur','Ham slices','8 ounces',225),
('Croque Monsieur','Gruyère cheese','2 cups',211),
('Croque Monsieur','Butter','4 tablespoons',56),
('Croque Monsieur','Dijon mustard','2 tablespoons',31),
('Croque Monsieur','Milk','1/2 cup',121),
('Croque Monsieur','Nutmeg','a pinch',1),
('Croque Monsieur','Salt',null,1),
('Croque Monsieur','Black pepper',null,1),
('Chocolate Truffles','Heavy cream','1 cup',241),
('Chocolate Truffles','Dark chocolate','8 ounces',225),
('Chocolate Truffles','Unsalted butter','2 tablespoons',28),
('Chocolate Truffles','Cocoa powder',null,11),
('Ratatouille','Eggplant','1 medium',411),
('Ratatouille','Zucchini','2 medium',411),
('Ratatouille','Yellow bell pepper','1 large',211),
('Ratatouille','Red bell pepper','1 large',211),
('Ratatouille','Onion','1 large',151),
('Ratatouille','Garlic','3 cloves',14),
('Ratatouille','Tomato','2 large',411),
('Ratatouille','Tomato paste','2 tablespoons',31),
('Ratatouille','Olive oil','2 tablespoons',31),
('Ratatouille','Fresh thyme','1 tablespoon',5),
('Ratatouille','Fresh basil','1/4 cup',15),
('Ratatouille','Salt',null,1),
('Ratatouille','Black pepper',null,1),
('Croissant Bread Pudding','Croissants','6',311),
('Croissant Bread Pudding','Milk','2 cups',481),
('Croissant Bread Pudding','Heavy cream','1 cup',241),
('Croissant Bread Pudding','Eggs','4 large',241),
('Croissant Bread Pudding','Sugar','1 cup',211),
('Croissant Bread Pudding','Vanilla extract','2 teaspoons',11),
('Croissant Bread Pudding','Cinnamon','1 teaspoon',2),
('Croissant Bread Pudding','Salt','1/4 teaspoon',2),
('French Onion Soup','Yellow onions','3 pounds',1351),
('French Onion Soup','Butter','1/4 cup',56),
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('French Onion Soup','Olive oil','2 tablespoons',31),
('French Onion Soup','Garlic','2 cloves',8),
('French Onion Soup','All-purpose flour','2 tablespoons',15),
('French Onion Soup','Beef broth','8 cups',1921),
('French Onion Soup','Red wine','1/2 cup',121),
('French Onion Soup','Bay leaves','2',2),
('French Onion Soup','Thyme','2 sprigs',3),
('French Onion Soup','Baguette',null,111),
('French Onion Soup','Gruyère cheese',null,111),
('Beef Bourguignon','Beef chuck roast','3 pounds',1351),
('Beef Bourguignon','Bacon','8 ounces',225),
('Beef Bourguignon','Carrots','4',311),
('Beef Bourguignon','Onion','1 large',151),
('Beef Bourguignon','Garlic','4 cloves',21),
('Beef Bourguignon','All-purpose flour','1/4 cup',31),
('Beef Bourguignon','Red wine','2 cups',481),
('Beef Bourguignon','Beef broth','2 cups',481),
('Beef Bourguignon','Tomato paste','2 tablespoons',31),
('Beef Bourguignon','Thyme','4 sprigs',6),
('Beef Bourguignon','Bay leaves','2',3),
('Beef Bourguignon','Salt',null,1),
('Beef Bourguignon','Black pepper',null,1),
('Beef Bourguignon','Olive oil','2 tablespoons',31),
('Cheese Soufflé','Unsalted butter',null,51),
('Cheese Soufflé','Grated Parmesan cheese',null,51),
('Cheese Soufflé','Butter','3 tablespoons',42),
('Cheese Soufflé','All-purpose flour','1/4 cup',31),
('Cheese Soufflé','Milk','1 cup',241),
('Cheese Soufflé','Gruyère cheese','1 cup',111),
('Cheese Soufflé','Eggs','4 large',241),
('Cheese Soufflé','Salt','1/4 teaspoon',2),
('Cheese Soufflé','Black pepper','1/8 teaspoon',1),
('Spanakopita','Phyllo dough','1 pound package',451),
('Spanakopita','Spinach','2 pounds',911),
('Spanakopita','Feta cheese','8 ounces',225),
('Spanakopita','Onion','1 large',151),
('Spanakopita','Garlic','4 cloves',21),
('Spanakopita','Olive oil','2 tablespoons',31),
('Spanakopita','Eggs','3 large',181),
('Spanakopita','Dill','1/4 cup',15),
('Spanakopita','Salt',null,1),
('Spanakopita','Black pepper',null,1),
('Gyro Wrap','Pita bread','4 rounds',211),
('Gyro Wrap','Gyro meat','1 pound',451),
('Gyro Wrap','Tzatziki sauce',null,121),
('Gyro Wrap','Lettuce',null,51),
('Gyro Wrap','Tomato',null,51),
('Gyro Wrap','Onion',null,51),
('Chicken Tikka Masala','Chicken breasts','2 pounds',911),
('Chicken Tikka Masala','Yogurt','1 cup',241),
('Chicken Tikka Masala','Lemon juice','2 tablespoons',31),
('Chicken Tikka Masala','Ginger','1 tablespoon',1),
('Chicken Tikka Masala','Garlic','4 cloves',21),
('Chicken Tikka Masala','Garam masala','2 tablespoons',11),
('Chicken Tikka Masala','Paprika','1 tablespoon',5),
('Chicken Tikka Masala','Ground turmeric','1 teaspoon',5),
('Chicken Tikka Masala','Ground cumin','1 teaspoon',5),
('Chicken Tikka Masala','Salt',null,1),
('Chicken Tikka Masala','Black pepper',null,1),
('Chicken Tikka Masala','Olive oil','2 tablespoons',31),
('Chicken Tikka Masala','Tomato sauce','2 cups',481),
('Chicken Tikka Masala','Heavy cream','1 cup',241),
('Chicken Tikka Masala','Fresh cilantro',null,1),
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('Chicken Tikka Masala','Cooked rice',null,411),
('Nasi Goreng','Cooked rice','4 cups',811),
('Nasi Goreng','Chicken breasts','2',451),
('Nasi Goreng','Shrimp','1/2 pound',225),
('Nasi Goreng','Eggs','4 large',241),
('Nasi Goreng','Onion','1 large',151),
('Nasi Goreng','Garlic','4 cloves',21),
('Nasi Goreng','Carrot','1 large',151),
('Nasi Goreng','Green beans','1 cup',111),
('Nasi Goreng','Soy sauce','1/4 cup',61),
('Nasi Goreng','Ketchup','2 tablespoons',31),
('Nasi Goreng','Shrimp paste','1 tablespoon',11),
('Nasi Goreng','Vegetable oil','2 tablespoons',31),
('Nasi Goreng','Salt',null,1),
('Nasi Goreng','Black pepper',null,1),
('Nasi Goreng','Cucumber',null,51),
('Nasi Goreng','Fried shallots',null,51),
('Sate Ayam','Chicken breasts','2 pounds',911),
('Sate Ayam','Soy sauce','1/4 cup',61),
('Sate Ayam','Vegetable oil','2 tablespoons',31),
('Sate Ayam','Garlic','4 cloves',21),
('Sate Ayam','Ginger','1 tablespoon',5),
('Sate Ayam','Lemongrass','2 stalks',5),
('Sate Ayam','Turmeric powder','1 teaspoon',5),
('Sate Ayam','Brown sugar','2 tablespoons',25),
('Sate Ayam','Salt',null,1),
('Sate Ayam','Black pepper',null,1),
('Babi Guling','Pork belly','5 pounds',2251),
('Babi Guling','Garlic','6 cloves',1),
('Babi Guling','Shallots','4',81),
('Babi Guling','Turmeric','1 tablespoon',1),
('Babi Guling','Lemongrass','2 stalks',1),
('Babi Guling','Ginger','2 tablespoons',1),
('Babi Guling','Galangal','2 tablespoons',1),
('Babi Guling','Kaffir','4',3),
('Babi Guling','Coriander seeds','1 tablespoon',2),
('Babi Guling','Cumin seeds','1 tablespoon',2),
('Babi Guling','Salt',null,1),
('Babi Guling','Vegetable oil','2 tablespoons',31),
('Caprese Salad','Tomatoes','4',611),
('Caprese Salad','Fresh mozzarella cheese','8 ounces',225),
('Caprese Salad','Fresh basil leaves','1 cup',15),
('Caprese Salad','Balsamic',null,1),
('Caprese Salad','Salt',null,1),
('Caprese Salad','Black pepper',null,1),
('Margherita Pizza','Pizza dough','1 pound',451),
('Margherita Pizza','Tomato sauce','1 cup',241),
('Margherita Pizza','Fresh mozzarella cheese','8 ounces',225),
('Margherita Pizza','Fresh basil leaves','1/2 cup',15),
('Margherita Pizza','Olive oil',null,45),
('Margherita Pizza','Salt',null,1),
('Margherita Pizza','Black pepper',null,1),
('Chicken Alfredo','Fettuccine pasta','1 pound',451),
('Chicken Alfredo','Chicken breasts','1 pound',451),
('Chicken Alfredo','Heavy cream','2 cups',481),
('Chicken Alfredo','Butter','4 tablespoons',56),
('Chicken Alfredo','Garlic','4 cloves',21),
('Chicken Alfredo','Parmesan cheese','1 cup',111),
('Chicken Alfredo','Salt',null,1),
('Chicken Alfredo','Black pepper',null,1),
('Chicken Alfredo','Parsley',null,1),
('Spaghetti Carbonara','Spaghetti pasta','1 pound',451),
('Spaghetti Carbonara','Bacon','8 ounces',225),
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('Spaghetti Carbonara','Eggs','4 large',241),
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('Spaghetti Carbonara','Black pepper',null,1),
('Spaghetti Carbonara','Salt',null,1),
('Margherita Flatbread','Flatbread','1',225),
('Margherita Flatbread','Tomato sauce','1/2 cup',121),
('Margherita Flatbread','Fresh mozzarella cheese','4 ounces',112),
('Margherita Flatbread','Fresh basil leaves','1/4 cup',15),
('Margherita Flatbread','Olive oil',null,31),
('Margherita Flatbread','Salt',null,1),
('Margherita Flatbread','Black pepper',null,1),
('Pesto Pasta','Linguine pasta','1 pound',451),
('Pesto Pasta','Fresh basil leaves','2 cups',31),
('Pesto Pasta','Pine nuts','1/4 cup',31),
('Pesto Pasta','Garlic','2 cloves',11),
('Pesto Pasta','Parmesan cheese','1/2 cup',51),
('Pesto Pasta','Olive oil','1/2 cup',121),
('Pesto Pasta','Salt',null,1),
('Pesto Pasta','Black pepper',null,1),
('Tiramisu','Ladyfingers','24',241),
('Tiramisu','Espresso coffee','1 1/2 cups',361),
('Tiramisu','Sugar','1/4 cup',51),
('Tiramisu','Mascarpone cheese','16 ounces',451),
('Tiramisu','Heavy cream','1 cup',241),
('Tiramisu','Cocoa powder',null,11),
('Shrimp Scampi','Linguine pasta','1 pound',451),
('Shrimp Scampi','Shrimp','1 pound',451),
('Shrimp Scampi','Garlic','4 cloves',21),
('Shrimp Scampi','Red pepper flakes','1/4 teaspoon',1),
('Shrimp Scampi','White wine','1/2 cup',121),
('Shrimp Scampi','Lemon juice','2 tablespoons',31),
('Shrimp Scampi','Butter','4 tablespoons',56),
('Shrimp Scampi','Olive oil','2 tablespoons',31),
('Shrimp Scampi','Salt',null,1),
('Shrimp Scampi','Black pepper',null,1),
('Shrimp Scampi','Parsley',null,1),
('Lemon Chicken Piccata','Chicken breasts','4',611),
('Lemon Chicken Piccata','All-purpose flour','1/2 cup',61),
('Lemon Chicken Piccata','Salt',null,1),
('Lemon Chicken Piccata','Black pepper',null,1),
('Lemon Chicken Piccata','Butter','4 tablespoons',56),
('Lemon Chicken Piccata','Olive oil','2 tablespoons',31),
('Lemon Chicken Piccata','Garlic','4 cloves',21),
('Lemon Chicken Piccata','Chicken broth','1 cup',241),
('Lemon Chicken Piccata','Lemon juice','1/4 cup',61),
('Lemon Chicken Piccata','Capers','1/4 cup',45),
('Lemon Chicken Piccata','Fresh parsley',null,1),
('Mushroom Risotto','Arborio rice','1 cup',211),
('Mushroom Risotto','Olive oil','2 tablespoons',31),
('Mushroom Risotto','Butter','2 tablespoons',28),
('Mushroom Risotto','Onion','1 medium',111),
('Mushroom Risotto','Garlic','2 cloves',11),
('Mushroom Risotto','White mushrooms','8 ounces',225),
('Mushroom Risotto','Chicken or vegetable broth','4 cups',961),
('Mushroom Risotto','Dry white wine','1/2 cup',121),
('Mushroom Risotto','Parmesan cheese','1/2 cup',51),
('Mushroom Risotto','Salt',null,1),
('Mushroom Risotto','Black pepper',null,1),
('Mushroom Risotto','Fresh parsley',null,1),
('Miso Soup','Dashi stock','4 cups',961),
('Miso Soup','Miso paste','1/4 cup',61),
('Miso Soup','Tofu','8 ounces',225),
('Miso Soup','Wakame seaweed','2 tablespoons',11),
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('Miso Soup','Green onions',null,15),
('Sushi Rolls','Sushi rice','2 cups',451),
('Sushi Rolls','Nori seaweed sheets','4 sheets',11),
('Sushi Rolls','Sushi grade fish',null,511),
('Sushi Rolls','Avocado',null,111),
('Sushi Rolls','Cucumber',null,51),
('Sushi Rolls','Crab sticks',null,211),
('Sushi Rolls','Soy sauce',null,51),
('Sushi Rolls','Wasabi paste',null,5),
('Sushi Rolls','Pickled ginger',null,15),
('Beef Bulgogi','Beef sirloin','1 pound',451),
('Beef Bulgogi','Soy sauce','1/4 cup',61),
('Beef Bulgogi','Brown sugar','2 tablespoons',25),
('Beef Bulgogi','Sesame oil','1 tablespoon',15),
('Beef Bulgogi','Garlic','2 cloves',11),
('Beef Bulgogi','Ginger','1 tablespoon',4),
('Beef Bulgogi','Green onions','4',41),
('Beef Bulgogi','Sesame seeds','1 tablespoon',5),
('Beef Bulgogi','Black pepper',null,1),
('Beef Tacos','Ground beef','1 pound',451),
('Beef Tacos','Taco seasoning','1 packet',11),
('Beef Tacos','Onion','1 medium',111),
('Beef Tacos','Garlic','2 cloves',11),
('Beef Tacos','Tomato','2 medium',411),
('Beef Tacos','Lettuce','2 cups',61),
('Beef Tacos','Cheddar cheese','1 cup',111),
('Beef Tacos','Tortillas','8',321),
('Beef Tacos','Sour cream',null,51),
('Beef Tacos','Salsa',null,111),
('Beef Tacos','Guacamole',null,251),
('Huevos Rancheros','Corn tortillas','4',241),
('Huevos Rancheros','Eggs','4 large',241),
('Huevos Rancheros','Refried beans','1 cup',241),
('Huevos Rancheros','Tomato salsa','1 cup',241),
('Huevos Rancheros','Avocado','1',151),
('Huevos Rancheros','Jalapeño peppers',null,71),
('Huevos Rancheros','Cilantro',null,1),
('Chicken Quesadilla','Flour tortillas','4',321),
('Chicken Quesadilla','Chicken breasts','2',611),
('Chicken Quesadilla','Cheddar cheese','2 cups',211),
('Chicken Quesadilla','Onion','1 medium',111),
('Chicken Quesadilla','Bell pepper','1',211),
('Chicken Quesadilla','Olive oil','2 tablespoons',31),
('Chicken Quesadilla','Salt',null,1),
('Chicken Quesadilla','Black pepper',null,1),
('Chicken Quesadilla','Sour cream',null,1),
('Chicken Quesadilla','Salsa',null,151),
('Chicken Quesadilla','Guacamole',null,111),
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('Chicken Enchiladas','Enchilada sauce','2 cups',481),
('Chicken Enchiladas','Flour tortillas','8',641),
('Chicken Enchiladas','Cheddar cheese','2 cups',211),
('Chicken Enchiladas','Onion','1 medium',111),
('Chicken Enchiladas','Olive oil','2 tablespoons',31),
('Chicken Enchiladas','Salt',null,1),
('Chicken Enchiladas','Black pepper',null,1),
('Chicken Enchiladas','Sour cream',null,111),
('Chicken Enchiladas','Fresh cilantro',null,1),
('Falafel Wrap','Falafel','4 pieces',411),
('Falafel Wrap','Pita bread','4 rounds',361),
('Falafel Wrap','Hummus','1 cup',241),
('Falafel Wrap','Tomato','1',151),
('Falafel Wrap','Cucumber','1/2',75),
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('Falafel Wrap','Lettuce','2 cups',61),
('Falafel Wrap','Red onion','1/2',51),
('Falafel Wrap','Tahini sauce',null,51),
('Falafel Wrap','Lemon wedges',null,1),
('Falafel','Chickpeas','2 cups',411),
('Falafel','Onion','1 medium',111),
('Falafel','Garlic','3 cloves',15),
('Falafel','Fresh parsley','1/2 cup',15),
('Falafel','Cumin','2 teaspoons',11),
('Falafel','Coriander','2 teaspoons',11),
('Falafel','Salt',null,1),
('Falafel','Black pepper',null,1),
('Falafel','Olive oil',null,15),
('Chicken Shawarma','Chicken thighs','1 pound',451),
('Chicken Shawarma','Greek yogurt','1/2 cup',121),
('Chicken Shawarma','Lemon juice','3 tablespoons',45),
('Chicken Shawarma','Garlic','4 cloves',21),
('Chicken Shawarma','Olive oil','2 tablespoons',31),
('Chicken Shawarma','Cumin','1 teaspoon',5),
('Chicken Shawarma','Paprika','1 teaspoon',5),
('Chicken Shawarma','Turmeric','1/2 teaspoon',3),
('Chicken Shawarma','Cinnamon','1/2 teaspoon',3),
('Chicken Shawarma','Salt',null,1),
('Chicken Shawarma','Black pepper',null,1),
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('Chicken Shawarma','Tzatziki sauce',null,61),
('Chicken Shawarma','Tomato',null,151),
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('Ameijoas à Bulhão Pato','Garlic','4 cloves',21),
('Ameijoas à Bulhão Pato','Olive oil','1/4 cup',61),
('Ameijoas à Bulhão Pato','White wine','1/2 cup',121),
('Ameijoas à Bulhão Pato','Fresh parsley','1/4 cup',15),
('Ameijoas à Bulhão Pato','Salt',null,1),
('Ameijoas à Bulhão Pato','Black pepper',null,1),
('Ameijoas à Bulhão Pato','Lemon wedges',null,1),
('Ameijoas à Bulhão Pato','Crusty bread',null,111),
('Pão de Ló','Eggs','6 large',361),
('Pão de Ló','Sugar','1 cup',211),
('Pão de Ló','All-purpose flour','1 cup',121),
('Pão de Ló','Cornstarch','1/2 cup',61),
('Pão de Ló','Baking powder','1 teaspoon',5),
('Pão de Ló','Salt',null,1),
('Pão de Ló','Vanilla extract','1 teaspoon',5),
('Queijadas de Sintra','Puff pastry','1 sheet',225),
('Queijadas de Sintra','Cream cheese','8 ounces',225),
('Queijadas de Sintra','Sugar','1 cup',211),
('Queijadas de Sintra','Eggs','2 large',121),
('Queijadas de Sintra','Lemon juice','2 tablespoons',31),
('Queijadas de Sintra','Cinnamon','1 teaspoon',5),
('Queijadas de Sintra','Lemon zest','1 lemon',15),
('Churros','Water','1 cup',241),
('Churros','Unsalted butter','1/2 cup',113),
('Churros','All-purpose flour','1 cup',121),
('Churros','Eggs','4 large',241),
('Churros','Sugar','1/4 cup',51),
('Churros','Salt','1/4 teaspoon',2),
('Churros','Vegetable oil',null,51),
('Churros','Cinnamon sugar',null,21),
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('Paella','Chorizo sausage','8 ounces',225),
('Paella','Olive oil','1/4 cup',61),
('Paella','Onion','1 large',151),
('Paella','Bell pepper','1',211),
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('Paella','Garlic','4 cloves',21),
('Paella','Arborio rice','2 cups',411),
('Paella','Saffron threads','1/2 teaspoon',3),
('Paella','Chicken broth','4 cups',961),
('Paella','Tomatoes','2 large',411),
('Paella','Green peas','1 cup',111),
('Paella','Lemon wedges',null,1),
('Chicken Pad Thai','Rice noodles','8 ounces',225),
('Chicken Pad Thai','Chicken breasts','1 pound',451),
('Chicken Pad Thai','Vegetable oil','2 tablespoons',31),
('Chicken Pad Thai','Garlic','4 cloves',21),
('Chicken Pad Thai','Eggs','2 large',121),
('Chicken Pad Thai','Bean sprouts','1 cup',71),
('Chicken Pad Thai','Green onions','1/2 cup',51),
('Chicken Pad Thai','Peanuts','1/4 cup',31),
('Chicken Pad Thai','Lime wedges',null,1),
('Chicken Pad Thai','Cilantro',null,1),
('Pad See Ew','Wide rice noodles','8 ounces',225),
('Pad See Ew','Chicken breasts','1 pound',451),
('Pad See Ew','Broccoli florets','2 cups',181),
('Pad See Ew','Vegetable oil','2 tablespoons',31),
('Pad See Ew','Garlic','4 cloves',21),
('Pad See Ew','Eggs','2 large',121),
('Pad See Ew','Soy sauce','1/4 cup',61),
('Pad See Ew','Oyster sauce','2 tablespoons',31),
('Pad See Ew','Brown sugar','2 tablespoons',25),
('Pad See Ew','White pepper',null,1),
('Baklava','Phyllo dough','1 pound package',451),
('Baklava','Walnuts','2 cups',211),
('Baklava','Almonds','1 cup',111),
('Baklava','Sugar','1/2 cup',111),
('Baklava','Ground cinnamon','1 teaspoon',5),
('Baklava','Unsalted butter','1 cup',225),
('Baklava','Honey',null,15),
('Baklava','Lemon juice','1/4 cup',61),
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('Croissant','Active dry yeast','2 1/4 teaspoons',7),
('Croissant','Sugar','1/4 cup',51),
('Croissant','Salt','1 teaspoon',5),
('Croissant','Milk','1 cup',241),
('Croissant','Unsalted butter','1 cup',225);

INSERT INTO recipies_meal_type VALUES
('Fluffy Pancakes','Breakfast'),
('Fluffy Pancakes','Brunch'),
('Spinach and Feta Quiche','Breakfast'),
('Spinach and Feta Quiche','Brunch'),
('Spinach and Feta Quiche','Lunch'),
('Beef Wellington','Dinner'),
('Chocolate Chip Cookies','Snack'),
('Chicken Pad Thai','Dinner'),
('Croissant','Breakfast'),
('Croissant','Brunch'),
('Tiramisu','Snack'),
('Sushi Rolls','Lunch'),
('Sushi Rolls','Dinner'),
('Spanakopita','Snack'),
('Spanakopita','Lunch'),
('Spanakopita','Dinner'),
('Baklava','Snack'),
('Omelette','Breakfast'),
('Omelette','Brunch'),
('Margherita Pizza','Dinner'),
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('Chicken Caesar Salad','Lunch'),
('Chicken Caesar Salad','Dinner'),
('Apple Pie','Snack'),
('Beef Stir-Fry','Dinner'),
('Chocolate Cake','Snack'),
('Falafel','Snack'),
('Falafel','Lunch'),
('Falafel','Dinner'),
('Lemon Bars','Snack'),
('Shrimp Scampi','Dinner'),
('Beef Tacos','Dinner'),
('Croque Monsieur','Lunch'),
('Croque Monsieur','Dinner'),
('Chicken Enchiladas','Dinner'),
('Blueberry Muffins','Breakfast'),
('Blueberry Muffins','Brunch'),
('Blueberry Muffins','Snack'),
('Pad See Ew','Dinner'),
('Shepherds Pie','Dinner'),
('Tuna Salad Sandwich','Lunch'),
('Miso Soup','Dinner'),
('Miso Soup','Lunch'),
('Key Lime Pie','Snack'),
('Chicken Tikka Masala','Dinner'),
('Beef Bourguignon','Dinner'),
('Cheese Soufflé','Dinner'),
('Scones','Breakfast'),
('Scones','Brunch'),
('Scones','Snack'),
('Caprese Salad','Lunch'),
('Caprese Salad','Dinner'),
('Beef Bulgogi','Dinner'),
('Chicken Noodle Soup','Lunch'),
('Chicken Noodle Soup','Dinner'),
('Chocolate Truffles','Snack'),
('Huevos Rancheros','Breakfast'),
('Huevos Rancheros','Brunch'),
('Ratatouille','Dinner'),
('Falafel Wrap','Lunch'),
('Falafel Wrap','Dinner'),
('Lemon Chicken Piccata','Dinner'),
('Vegetable Stir-Fry','Dinner'),
('Chicken Alfredo','Dinner'),
('Croissant Bread Pudding','Snack'),
('Spaghetti Carbonara','Dinner'),
('Chicken Shawarma','Dinner'),
('Red Velvet Cake','Snack'),
('Margherita Flatbread','Lunch'),
('Margherita Flatbread','Dinner'),
('Gyro Wrap','Lunch'),
('Pesto Pasta','Dinner'),
('Chicken Caesar Wrap','Lunch'),
('Mushroom Risotto','Dinner'),
('Avocado Toast','Breakfast'),
('Avocado Toast','Brunch'),
('Avocado Toast','Snack'),
('Chicken Quesadilla','Lunch'),
('Chicken Quesadilla','Dinner'),
('French Onion Soup','Lunch'),
('French Onion Soup','Dinner'),
('Lemon Ricotta Pancakes','Breakfast'),
('Lemon Ricotta Pancakes','Brunch');
#select * from recipe_meal_type;
```

```sql
/*
create table temp_recipe_step(
rname varchar(50) not null,
step_id int not null,
step_number int check(step_number > 0),
primary key (rname,step_id,step_number)
);

select * from temp_recipe_step rs left join steps s
on rs.step_id = s.id where s.id is null;
*/

#select * from recipe_step;
INSERT INTO recipe_step(rname,step_id,step_number) VALUES
('Fluffy Pancakes','1','1'),
('Fluffy Pancakes','2','2'),
('Fluffy Pancakes','3','3'),
('Fluffy Pancakes','4','4'),
('Fluffy Pancakes','5','5'),
('Fluffy Pancakes','6','6'),
('Fluffy Pancakes','7','7'),
('Fluffy Pancakes','8','8'),
('Fluffy Pancakes','9','9'),
('Fluffy Pancakes','10','10'),
('Fluffy Pancakes','11','11'),
('Fluffy Pancakes','12','12'),
('Fluffy Pancakes','13','13'),
('Spinach and Feta Quiche','14','1'),
('Spinach and Feta Quiche','15','2'),
('Spinach and Feta Quiche','16','3'),
('Spinach and Feta Quiche','17','4'),
('Spinach and Feta Quiche','18','5'),
('Spinach and Feta Quiche','19','6'),
('Spinach and Feta Quiche','20','7'),
('Spinach and Feta Quiche','21','8'),
('Spinach and Feta Quiche','22','9'),
('Spinach and Feta Quiche','23','10'),
('Spinach and Feta Quiche','24','11'),
('Beef Wellington','25','1'),
('Beef Wellington','26','2'),
('Beef Wellington','27','3'),
('Beef Wellington','28','4'),
('Beef Wellington','29','5'),
('Beef Wellington','30','6'),
('Beef Wellington','31','7'),
('Beef Wellington','32','8'),
('Beef Wellington','33','9'),
('Chocolate Chip Cookies','34','1'),
('Chocolate Chip Cookies','35','2'),
('Chocolate Chip Cookies','36','3'),
('Chocolate Chip Cookies','37','4'),
('Chocolate Chip Cookies','38','5'),
('Chocolate Chip Cookies','39','6'),
('Chocolate Chip Cookies','40','7'),
('Chocolate Chip Cookies','41','8'),
('Chicken Pad Thai','42','1'),
('Chicken Pad Thai','43','2'),
('Chicken Pad Thai','44','3'),
('Chicken Pad Thai','45','4'),
('Chicken Pad Thai','46','5'),
('Chicken Pad Thai','47','6'),
('Chicken Pad Thai','48','7'),
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('Chicken Pad Thai','51','10'),
('Chicken Pad Thai','52','11'),
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('Croissant','59','7'),
('Croissant','60','8'),
('Croissant','61','9'),
('Croissant','62','10'),
('Croissant','63','11'),
('Croissant','64','12'),
('Croissant','65','13'),
('Croissant','66','14'),
('Croissant','67','15'),
('Croissant','68','16'),
('Croissant','69','17'),
('Tiramisu','70','1'),
('Tiramisu','71','2'),
('Tiramisu','72','3'),
('Tiramisu','73','4'),
('Tiramisu','74','5'),
('Tiramisu','75','6'),
('Tiramisu','76','7'),
('Sushi Rolls','77','1'),
('Sushi Rolls','78','2'),
('Sushi Rolls','79','3'),
('Sushi Rolls','80','4'),
('Sushi Rolls','81','5'),
('Spanakopita','82','1'),
('Spanakopita','83','2'),
('Spanakopita','84','3'),
('Spanakopita','85','4'),
('Spanakopita','86','5'),
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('Baklava','88','2'),
('Baklava','89','3'),
('Baklava','90','4'),
('Baklava','91','5'),
('Baklava','92','6'),
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('Omelette','98','6'),
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('Margherita Pizza','101','3'),
('Margherita Pizza','102','4'),
('Margherita Pizza','103','5'),
('Margherita Pizza','104','6'),
('Chicken Caesar Salad','105','1'),
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('Chicken Caesar Salad','108','4'),
('Apple Pie','109','1'),
('Apple Pie','110','2'),
('Apple Pie','111','3'),
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('Apple Pie','112','4'),
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('Chocolate Cake','125','6'),
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('Lemon Bars','136','5'),
('Lemon Bars','137','6'),
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('Lemon Bars','139','8'),
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('Shrimp Scampi','145','6'),
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('Croque Monsieur','156','6'),
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('Blueberry Muffins','168','6'),
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('Pad See Ew','171','3'),
('Pad See Ew','172','4'),
('Pad See Ew','173','5'),
('Pad See Ew','174','6'),
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('Pad See Ew','177','9'),
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('Tuna Salad Sandwich','184','2'),
('Tuna Salad Sandwich','185','3'),
('Tuna Salad Sandwich','186','4'),
('Miso Soup','187','1'),
('Miso Soup','188','2'),
('Miso Soup','189','3'),
('Miso Soup','190','4'),
('Key Lime Pie','34','1'),
('Key Lime Pie','192','2'),
('Key Lime Pie','193','3'),
('Key Lime Pie','194','4'),
('Key Lime Pie','195','5'),
('Key Lime Pie','196','6'),
('Key Lime Pie','197','7'),
('Chicken Tikka Masala','198','1'),
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('Chicken Tikka Masala','203','6'),
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('Scones','223','4'),
('Scones','224','5'),
('Scones','225','6'),
('Scones','226','7'),
('Scones','227','8'),
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('Caprese Salad','230','3'),
('Caprese Salad','231','4'),
('Caprese Salad','232','5'),
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('Beef Bulgogi','235','3'),
('Beef Bulgogi','236','4'),
('Chicken Noodle Soup','237','1'),
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2712  ('Chicken Noodle Soup','238','2'),
2713  ('Chicken Noodle Soup','239','3'),
2714  ('Chicken Noodle Soup','240','4'),
2715  ('Chocolate Truffles','241','1'),
2716  ('Chocolate Truffles','242','2'),
2717  ('Chocolate Truffles','243','3'),
2718  ('Chocolate Truffles','244','4'),
2719  ('Huevos Rancheros','245','1'),
2720  ('Huevos Rancheros','246','2'),
2721  ('Huevos Rancheros','247','3'),
2722  ('Huevos Rancheros','248','4'),
2723  ('Ratatouille','249','1'),
2724  ('Ratatouille','250','2'),
2725  ('Ratatouille','251','3'),
2726  ('Ratatouille','252','4'),
2727  ('Ratatouille','253','5'),
2728  ('Falafel Wrap','254','1'),
2729  ('Falafel Wrap','255','2'),
2730  ('Falafel Wrap','256','3'),
2731  ('Falafel Wrap','257','4'),
2732  ('Lemon Chicken Piccata','258','1'),
2733  ('Lemon Chicken Piccata','259','2'),
2734  ('Lemon Chicken Piccata','260','3'),
2735  ('Lemon Chicken Piccata','261','4'),
2736  ('Lemon Chicken Piccata','262','5'),
2737  ('Lemon Chicken Piccata','263','6'),
2738  ('Lemon Chicken Piccata','264','7'),
2739  ('Lemon Chicken Piccata','265','8'),
2740  ('Vegetable Stir-Fry','116','1'),
2741  ('Vegetable Stir-Fry','267','2'),
2742  ('Vegetable Stir-Fry','268','3'),
2743  ('Vegetable Stir-Fry','269','4'),
2744  ('Vegetable Stir-Fry','270','5'),
2745  ('Chicken Alfredo','140','1'),
2746  ('Chicken Alfredo','272','2'),
2747  ('Chicken Alfredo','273','3'),
2748  ('Chicken Alfredo','274','4'),
2749  ('Chicken Alfredo','261','5'),
2750  ('Chicken Alfredo','276','6'),
2751  ('Chicken Alfredo','277','7'),
2752  ('Chicken Alfredo','278','8'),
2753  ('Chicken Alfredo','279','9'),
2754  ('Croissant Bread Pudding','34','1'),
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2756  ('Croissant Bread Pudding','282','3'),
2757  ('Croissant Bread Pudding','283','4'),
2758  ('Croissant Bread Pudding','284','5'),
2759  ('Croissant Bread Pudding','285','6'),
2760  ('Spaghetti Carbonara','286','1'),
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2762  ('Spaghetti Carbonara','288','3'),
2763  ('Spaghetti Carbonara','289','4'),
2764  ('Spaghetti Carbonara','290','5'),
2765  ('Spaghetti Carbonara','291','6'),
2766  ('Spaghetti Carbonara','292','7'),
2767  ('Chicken Shawarma','293','1'),
2768  ('Chicken Shawarma','294','2'),
2769  ('Chicken Shawarma','295','3'),
2770  ('Chicken Shawarma','296','4'),
2771  ('Red Velvet Cake','34','1'),
2772  ('Red Velvet Cake','298','2'),
2773  ('Red Velvet Cake','299','3'),
2774  ('Red Velvet Cake','300','4'),
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('Red Velvet Cake','125','7'),
('Red Velvet Cake','126','8'),
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('Margherita Flatbread','102','4'),
('Margherita Flatbread','309','5'),
('Margherita Flatbread','310','6'),
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('Gyro Wrap','312','2'),
('Gyro Wrap','313','3'),
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('Pesto Pasta','315','2'),
('Pesto Pasta','316','3'),
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('Chicken Caesar Wrap','318','1'),
('Chicken Caesar Wrap','319','2'),
('Chicken Caesar Wrap','320','3'),
('Chicken Caesar Wrap','321','4'),
('Mushroom Risotto','322','1'),
('Mushroom Risotto','323','2'),
('Mushroom Risotto','324','3'),
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('Mushroom Risotto','327','6'),
('Mushroom Risotto','328','7'),
('Mushroom Risotto','329','8'),
('Avocado Toast','330','1'),
('Avocado Toast','331','2'),
('Avocado Toast','332','3'),
('Avocado Toast','333','4'),
('Chicken Quesadilla','334','1'),
('Chicken Quesadilla','335','2'),
('Chicken Quesadilla','336','3'),
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('Chicken Quesadilla','338','5'),
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('French Onion Soup','344','5'),
('French Onion Soup','345','6'),
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('French Onion Soup','348','9'),
('Lemon Ricotta Pancakes','349','1'),
('Lemon Ricotta Pancakes','350','2'),
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('Lemon Ricotta Pancakes','353','5'),
('Lemon Ricotta Pancakes','354','6'),
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('Pão de Ló','359','5'),
('Pão de Ló','360','6'),
('Pão de Ló','361','7'),
('Ameijoas à Bulhão Pato','362','1'),
('Ameijoas à Bulhão Pato','363','2'),
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('Ameijoas à Bulhão Pato','365','4'),
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('Sate Ayam','388','4'),
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('Paella','403','5'),
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('Empanadas','424','5'),
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```sql
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('Empanadas','428','9'),
('Feijoada','429','1'),
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('šPaticada','440','1'),
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('Fritule','445','1'),
('Fritule','446','2'),
('Fritule','447','3'),
('Fritule','448','4'),
('Fritule','449','5'),
('Fritule','450','6'),
('Fritule','451','7');

INSERT INTO recipe_theme VALUES
('Fluffy Pancakes','Sweet Treats'),
('Spinach and Feta Quiche','Savory Main Dishes'),
('Beef Wellington','Savory Main Dishes'),
('Chocolate Chip Cookies','Sweet Treats'),
('Chicken Pad Thai','Savory Main Dishes'),
('Croissant','Baked Goods'),
('Tiramisu','Sweet Treats'),
('Sushi Rolls','Small bites'),
('Spanakopita','Traditional Recipes'),
('Baklava','Sweet Treats'),
('Omelette','Savory Main Dishes'),
('Margherita Pizza','Traditional Recipes'),
('Chicken Caesar Salad','Savory Main Dishes'),
('Apple Pie','Sweet Treats'),
('Beef Stir-Fry','Savory Main Dishes'),
('Chocolate Cake','Sweet Treats'),
('Falafel','Small bites'),
('Lemon Bars','Sweet Treats'),
('Shrimp Scampi','Savory Main Dishes'),
('Beef Tacos','Traditional Recipes'),
('Croque Monsieur','Savory Main Dishes'),
('Chicken Enchiladas','Traditional Recipes'),
('Blueberry Muffins','Sweet Treats'),
('Pad See Ew','Traditional Recipes'),
('Shepherds Pie','Traditional Recipes'),
('Tuna Salad Sandwich','Wraps and Sandwiches'),
('Miso Soup','Soups'),
('Key Lime Pie','Sweet Treats'),
('Chicken Tikka Masala','Traditional Recipes'),
('Beef Bourguignon','Traditional Recipes'),
('Cheese Soufflé','Savory Main Dishes'),
('Scones','Baked Goods'),
('Caprese Salad','Traditional Recipes'),
('Beef Bulgogi','Traditional Recipes'),
('Chicken Noodle Soup','Soups'),
('Chocolate Truffles','Sweet Treats'),
```

```sql
('Huevos Rancheros','Traditional Recipes'),
('Ratatouille','Traditional Recipes'),
('Falafel Wrap','Wraps and Sandwiches'),
('Lemon Chicken Piccata','Savory Main Dishes'),
('Vegetable Stir-Fry','Savory Main Dishes'),
('Chicken Alfredo','Traditional Recipes'),
('Croissant Bread Pudding','Baked Goods'),
('Spaghetti Carbonara','Traditional Recipes'),
('Chicken Shawarma','Wraps and Sandwiches'),
('Red Velvet Cake','Sweet Treats'),
('Margherita Flatbread','Traditional Recipes'),
('Gyro Wrap','Wraps and Sandwiches'),
('Pesto Pasta','Traditional Recipes'),
('Chicken Caesar Wrap','Wraps and Sandwiches'),
('Mushroom Risotto','Risotto Recipes'),
('Avocado Toast','Small bites'),
('Chicken Quesadilla','Wraps and Sandwiches'),
('French Onion Soup','Soups'),
('Lemon Ricotta Pancakes','Sweet Treats');

/*
create table temp_recipe_tool(
rname varchar(50) not null,
tname varchar(50) not null,
primary key (rname,tname)
);

use project;
truncate table temp_recipe_tool;
#insert into tools
select distinct trt.tname
from temp_recipe_tool trt left join tools t
on trt.tname=t.name where t.name is null;
*/

INSERT INTO recipe_tool VALUES
('Fluffy Pancakes','Mixing Bowls'),
('Fluffy Pancakes','Measuring Cups and Spoons'),
('Fluffy Pancakes','Whisk'),
('Fluffy Pancakes','Wooden Spoon'),
('Fluffy Pancakes','Skillet/Frying Pan'),
('Fluffy Pancakes','Spatula'),
('Fluffy Pancakes','Oven Mitts'),
('Spinach and Feta Quiche','Chefs Knife'),
('Spinach and Feta Quiche','Cutting Board'),
('Spinach and Feta Quiche','Mixing Bowls'),
('Spinach and Feta Quiche','Whisk'),
('Spinach and Feta Quiche','Pie Dish'),
('Spinach and Feta Quiche','Rolling Pin'),
('Spinach and Feta Quiche','Baking Sheets'),
('Spinach and Feta Quiche','Skillet/Frying Pan'),
('Spinach and Feta Quiche','Spatula'),
('Spinach and Feta Quiche','Oven Mitts'),
('Spinach and Feta Quiche','Timer'),
('Spinach and Feta Quiche','Kitchen Scale'),
('Spinach and Feta Quiche','Pastry Brush'),
('Beef Wellington','Chefs Knife'),
('Beef Wellington','Cutting Board'),
('Beef Wellington','Rolling Pin'),
('Beef Wellington','Kitchen Twine'),
('Beef Wellington','Skillet/Frying Pan'),
('Beef Wellington','Baking Sheets'),
('Beef Wellington','Pastry Brush'),
```

```
3027  ('Beef Wellington','Meat Thermometer'),
3028  ('Beef Wellington','Timer'),
3029  ('Beef Wellington','Oven Mitts'),
3030  ('Chocolate Chip Cookies','Mixing Bowls'),
3031  ('Chocolate Chip Cookies','Measuring Cups and Spoons'),
3032  ('Chocolate Chip Cookies','Whisk'),
3033  ('Chocolate Chip Cookies','Spatula'),
3034  ('Chocolate Chip Cookies','Baking Sheets'),
3035  ('Chocolate Chip Cookies','Wooden Spoon'),
3036  ('Chocolate Chip Cookies','Oven Mitts'),
3037  ('Chocolate Chip Cookies','Timer'),
3038  ('Chicken Pad Thai','Chefs Knife'),
3039  ('Chicken Pad Thai','Cutting Board'),
3040  ('Chicken Pad Thai','Skillet/Frying Pan'),
3041  ('Chicken Pad Thai','Spatula'),
3042  ('Chicken Pad Thai','Mixing Bowls'),
3043  ('Chicken Pad Thai','Whisk'),
3044  ('Chicken Pad Thai','Measuring Cups and Spoons'),
3045  ('Chicken Pad Thai','Kitchen Shears'),
3046  ('Chicken Pad Thai','Saucepan'),
3047  ('Chicken Pad Thai','Colander'),
3048  ('Croissant','Chefs Knife'),
3049  ('Croissant','Cutting Board'),
3050  ('Croissant','Mixing Bowls'),
3051  ('Croissant','Measuring Cups and Spoons'),
3052  ('Croissant','Whisk'),
3053  ('Croissant','Wooden Spoon'),
3054  ('Croissant','Spatula'),
3055  ('Croissant','Rolling Pin'),
3056  ('Croissant','Baking Sheets'),
3057  ('Croissant','Pastry Brush'),
3058  ('Croissant','Oven Mitts'),
3059  ('Croissant','Timer'),
3060  ('Tiramisu','Mixing Bowls'),
3061  ('Tiramisu','Whisk'),
3062  ('Tiramisu','Measuring Cups and Spoons'),
3063  ('Tiramisu','Spatula'),
3064  ('Tiramisu','Chefs Knife'),
3065  ('Tiramisu','Cutting Board'),
3066  ('Tiramisu','Pie dish'),
3067  ('Tiramisu','Sieve'),
3068  ('Tiramisu','Pastry Brush'),
3069  ('Tiramisu','Oven Mitts'),
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3071  ('Sushi Rolls','Chefs Knife'),
3072  ('Sushi Rolls','Cutting Board'),
3073  ('Sushi Rolls','Mixing Bowls'),
3074  ('Sushi Rolls','Measuring Cups and Spoons'),
3075  ('Sushi Rolls','Wooden Spoon'),
3076  ('Sushi Rolls','Spatula'),
3077  ('Sushi Rolls','Rolling Pin'),
3078  ('Sushi Rolls','Skillet/Frying Pan'),
3079  ('Sushi Rolls','Blender'),
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3081  ('Sushi Rolls','Grater'),
3082  ('Sushi Rolls','Colander'),
3083  ('Sushi Rolls','Pastry Brush'),
3084  ('Sushi Rolls','Kitchen Scale'),
3085  ('Sushi Rolls','Timer'),
3086  ('Spanakopita','Chefs Knife'),
3087  ('Spanakopita','Cutting Board'),
3088  ('Spanakopita','Mixing Bowls'),
3089  ('Spanakopita','Measuring Cups and Spoons'),
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3094 ('Spanakopita','Oven Mitts'),
3095 ('Spanakopita','Timer'),
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3103 ('Baklava','Oven Mitts'),
3104 ('Baklava','Timer'),
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3106 ('Omelette','Cutting Board'),
3107 ('Omelette','Mixing Bowls'),
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3111 ('Omelette','Spatula'),
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3131 ('Chicken Caesar Salad','Salad Spinner'),
3132 ('Chicken Caesar Salad','Tongs'),
3133 ('Apple Pie','Chefs Knife'),
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3138 ('Apple Pie','Baking Sheets'),
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3152 ('Chocolate Cake','Measuring Cups and Spoons'),
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('Falafel','Mixing Bowls'),
('Falafel','Measuring Cups and Spoons'),
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('Falafel','Spatula'),
('Falafel','Kitchen Scale'),
('Falafel','Pastry Brush'),
('Falafel','Oven Mitts'),
('Falafel','Timer'),
('Lemon Bars','Chefs Knife'),
('Lemon Bars','Cutting Board'),
('Lemon Bars','Mixing Bowls'),
('Lemon Bars','Measuring Cups and Spoons'),
('Lemon Bars','Whisk'),
('Lemon Bars','Pie dish'),
('Lemon Bars','Baking Sheets'),
('Lemon Bars','Spatula'),
('Lemon Bars','Oven Mitts'),
('Lemon Bars','Timer'),
('Shrimp Scampi','Chefs Knife'),
('Shrimp Scampi','Cutting Board'),
('Shrimp Scampi','Mixing Bowls'),
('Shrimp Scampi','Measuring Cups and Spoons'),
('Shrimp Scampi','Skillet/Frying Pan'),
('Shrimp Scampi','Wooden Spoon'),
('Shrimp Scampi','Tongs'),
('Shrimp Scampi','Kitchen Scale'),
('Shrimp Scampi','Oven Mitts'),
('Shrimp Scampi','Timer'),
('Beef Tacos','Chefs Knife'),
('Beef Tacos','Cutting Board'),
('Beef Tacos','Mixing Bowls'),
('Beef Tacos','Measuring Cups and Spoons'),
('Beef Tacos','Skillet/Frying Pan'),
('Beef Tacos','Wooden Spoon'),
('Beef Tacos','Tongs'),
('Croque Monsieur','Chefs Knife'),
('Croque Monsieur','Cutting Board'),
('Croque Monsieur','Skillet/Frying Pan'),
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('Croque Monsieur','Mixing Bowls'),
('Croque Monsieur','Whisk'),
('Croque Monsieur','Oven Mitts'),
('Croque Monsieur','Baking Sheets'),
('Croque Monsieur','Timer'),
('Chicken Enchiladas','Chefs Knife'),
('Chicken Enchiladas','Cutting Board'),
('Chicken Enchiladas','Mixing Bowls'),
('Chicken Enchiladas','Measuring Cups and Spoons'),
('Chicken Enchiladas','Skillet/Frying Pan'),
('Chicken Enchiladas','Wooden Spoon'),
('Chicken Enchiladas','Baking Dish'),
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('Chicken Enchiladas','Timer'),
('Blueberry Muffins','Mixing Bowls'),
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3216 ('Blueberry Muffins','Measuring Cups and Spoons'),
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3221 ('Blueberry Muffins','Timer'),
3222 ('Pad See Ew','Chefs Knife'),
3223 ('Pad See Ew','Cutting Board'),
3224 ('Pad See Ew','Skillet/Frying Pan'),
3225 ('Pad See Ew','Tongs'),
3226 ('Pad See Ew','Mixing Bowls'),
3227 ('Pad See Ew','Measuring Cups and Spoons'),
3228 ('Pad See Ew','Wooden Spoon'),
3229 ('Pad See Ew','Kitchen Scale'),
3230 ('Pad See Ew','Timer'),
3231 ('Shepherds Pie','Chefs Knife'),
3232 ('Shepherds Pie','Cutting Board'),
3233 ('Shepherds Pie','Skillet/Frying Pan'),
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3236 ('Shepherds Pie','Measuring Cups and Spoons'),
3237 ('Shepherds Pie','Baking Dish'),
3238 ('Shepherds Pie','Hand Mixer'),
3239 ('Shepherds Pie','Oven Mitts'),
3240 ('Shepherds Pie','Timer'),
3241 ('Tuna Salad Sandwich','Chefs Knife'),
3242 ('Tuna Salad Sandwich','Cutting Board'),
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3244 ('Tuna Salad Sandwich','Measuring Cups and Spoons'),
3245 ('Tuna Salad Sandwich','Wooden Spoon'),
3246 ('Miso Soup','Chefs Knife'),
3247 ('Miso Soup','Cutting Board'),
3248 ('Miso Soup','Stockpot'),
3249 ('Miso Soup','Wooden Spoon'),
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3255 ('Key Lime Pie','Mixing Bowls'),
3256 ('Key Lime Pie','Measuring Cups and Spoons'),
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3258 ('Key Lime Pie','Pie Dish'),
3259 ('Key Lime Pie','Oven Mitts'),
3260 ('Key Lime Pie','Timer'),
3261 ('Chicken Tikka Masala','Chefs Knife'),
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3263 ('Chicken Tikka Masala','Mixing Bowls'),
3264 ('Chicken Tikka Masala','Skillet/Frying Pan'),
3265 ('Chicken Tikka Masala','Wooden Spoon'),
3266 ('Chicken Tikka Masala','Measuring Cups and Spoons'),
3267 ('Chicken Tikka Masala','Blender'),
3268 ('Chicken Tikka Masala','Kitchen Scale'),
3269 ('Chicken Tikka Masala','Timer'),
3270 ('Beef Bourguignon','Chefs Knife'),
3271 ('Beef Bourguignon','Cutting Board'),
3272 ('Beef Bourguignon','Stockpot'),
3273 ('Beef Bourguignon','Wooden Spoon'),
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3276 ('Beef Bourguignon','Skillet/Frying Pan'),
3277 ('Beef Bourguignon','Kitchen Scale'),
3278 ('Beef Bourguignon','Timer'),
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('Cheese Soufflé','Mixing Bowls'),
('Cheese Soufflé','Measuring Cups and Spoons'),
('Cheese Soufflé','Saucepan'),
('Cheese Soufflé','Whisk'),
('Cheese Soufflé','Pie Dish'),
('Cheese Soufflé','Baking Sheets'),
('Cheese Soufflé','Stand Mixer'),
('Cheese Soufflé','Kitchen Scale'),
('Cheese Soufflé','Timer'),
('Scones','Chefs Knife'),
('Scones','Cutting Board'),
('Scones','Mixing Bowls'),
('Scones','Measuring Cups and Spoons'),
('Scones','Baking Sheets'),
('Scones','Pastry Brush'),
('Scones','Rolling Pin'),
('Scones','Oven Mitts'),
('Scones','Timer'),
('Caprese Salad','Chefs Knife'),
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('Caprese Salad','Mixing Bowls'),
('Caprese Salad','Measuring Cups and Spoons'),
('Caprese Salad','Whisk'),
('Caprese Salad','Kitchen Scale'),
('Caprese Salad','Timer'),
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('Beef Bulgogi','Mixing Bowls'),
('Beef Bulgogi','Skillet/Frying Pan'),
('Beef Bulgogi','Tongs'),
('Beef Bulgogi','Measuring Cups and Spoons'),
('Beef Bulgogi','Wooden Spoon'),
('Beef Bulgogi','Kitchen Scale'),
('Beef Bulgogi','Timer'),
('Chicken Noodle Soup','Chefs Knife'),
('Chicken Noodle Soup','Cutting Board'),
('Chicken Noodle Soup','Stockpot'),
('Chicken Noodle Soup','Wooden Spoon'),
('Chicken Noodle Soup','Mixing Bowls'),
('Chicken Noodle Soup','Measuring Cups and Spoons'),
('Chicken Noodle Soup','Skillet/Frying Pan'),
('Chicken Noodle Soup','Kitchen Scale'),
('Chicken Noodle Soup','Timer'),
('Chocolate Truffles','Chefs Knife'),
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('Chocolate Truffles','Mixing Bowls'),
('Chocolate Truffles','Measuring Cups and Spoons'),
('Chocolate Truffles','Saucepan'),
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('Chocolate Truffles','Baking Sheets'),
('Chocolate Truffles','Kitchen Scale'),
('Chocolate Truffles','Timer'),
('Huevos Rancheros','Chefs Knife'),
('Huevos Rancheros','Cutting Board'),
('Huevos Rancheros','Skillet/Frying Pan'),
('Huevos Rancheros','Spatula'),
('Huevos Rancheros','Mixing Bowls'),
('Huevos Rancheros','Measuring Cups and Spoons'),
('Huevos Rancheros','Wooden Spoon'),
('Huevos Rancheros','Oven Mitts'),
('Huevos Rancheros','Timer'),
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('Ratatouille','Mixing Bowls'),
('Ratatouille','Measuring Cups and Spoons'),
('Ratatouille','Pie dish'),
('Ratatouille','Kitchen Scale'),
('Ratatouille','Timer'),
('Falafel Wrap','Chefs Knife'),
('Falafel Wrap','Cutting Board'),
('Falafel Wrap','Mixing Bowls'),
('Falafel Wrap','Measuring Cups and Spoons'),
('Falafel Wrap','Skillet/Frying Pan'),
('Falafel Wrap','Spatula'),
('Lemon Chicken Piccata','Chefs Knife'),
('Lemon Chicken Piccata','Cutting Board'),
('Lemon Chicken Piccata','Skillet/Frying Pan'),
('Lemon Chicken Piccata','Tongs'),
('Lemon Chicken Piccata','Mixing Bowls'),
('Lemon Chicken Piccata','Measuring Cups and Spoons'),
('Lemon Chicken Piccata','Kitchen Scale'),
('Lemon Chicken Piccata','Wooden Spoon'),
('Lemon Chicken Piccata','Timer'),
('Vegetable Stir-Fry','Chefs Knife'),
('Vegetable Stir-Fry','Cutting Board'),
('Vegetable Stir-Fry','Skillet/Frying Pan'),
('Vegetable Stir-Fry','Wooden Spoon'),
('Vegetable Stir-Fry','Mixing Bowls'),
('Vegetable Stir-Fry','Measuring Cups and Spoons'),
('Vegetable Stir-Fry','Tongs'),
('Vegetable Stir-Fry','Kitchen Scale'),
('Vegetable Stir-Fry','Timer'),
('Chicken Alfredo','Chefs Knife'),
('Chicken Alfredo','Cutting Board'),
('Chicken Alfredo','Stockpot'),
('Chicken Alfredo','Skillet/Frying Pan'),
('Chicken Alfredo','Wooden Spoon'),
('Chicken Alfredo','Mixing Bowls'),
('Chicken Alfredo','Measuring Cups and Spoons'),
('Chicken Alfredo','Tongs'),
('Chicken Alfredo','Kitchen Scale'),
('Chicken Alfredo','Timer'),
('Croissant Bread Pudding','Chefs Knife'),
('Croissant Bread Pudding','Cutting Board'),
('Croissant Bread Pudding','Mixing Bowls'),
('Croissant Bread Pudding','Whisk'),
('Croissant Bread Pudding','Pie dish'),
('Croissant Bread Pudding','Measuring Cups and Spoons'),
('Croissant Bread Pudding','Kitchen Scale'),
('Croissant Bread Pudding','Timer'),
('Spaghetti Carbonara','Chefs Knife'),
('Spaghetti Carbonara','Cutting Board'),
('Spaghetti Carbonara','Stockpot'),
('Spaghetti Carbonara','Skillet/Frying Pan'),
('Spaghetti Carbonara','Mixing Bowls'),
('Spaghetti Carbonara','Measuring Cups and Spoons'),
('Spaghetti Carbonara','Wooden Spoon'),
('Spaghetti Carbonara','Kitchen Scale'),
('Spaghetti Carbonara','Timer'),
('Chicken Shawarma','Chefs Knife'),
('Chicken Shawarma','Cutting Board'),
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('Red Velvet Cake','Cutting Board'),
('Red Velvet Cake','Mixing Bowls'),
('Red Velvet Cake','Measuring Cups and Spoons'),
('Red Velvet Cake','Stand Mixer'),
('Red Velvet Cake','Pie dish'),
('Red Velvet Cake','Oven Mitts'),
('Red Velvet Cake','Timer'),
('Margherita Flatbread','Chefs Knife'),
('Margherita Flatbread','Cutting Board'),
('Margherita Flatbread','Baking Sheets'),
('Margherita Flatbread','Rolling Pin'),
('Margherita Flatbread','Mixing Bowls'),
('Margherita Flatbread','Measuring Cups and Spoons'),
('Margherita Flatbread','Oven Mitts'),
('Margherita Flatbread','Timer'),
('Gyro Wrap','Chefs Knife'),
('Gyro Wrap','Cutting Board'),
('Gyro Wrap','Skillet/Frying Pan'),
('Gyro Wrap','Tongs'),
('Gyro Wrap','Mixing Bowls'),
('Gyro Wrap','Measuring Cups and Spoons'),
('Gyro Wrap','Kitchen Scale'),
('Gyro Wrap','Timer'),
('Pesto Pasta','Chefs Knife'),
('Pesto Pasta','Cutting Board'),
('Pesto Pasta','Stockpot'),
('Pesto Pasta','Mixing Bowls'),
('Pesto Pasta','Colander'),
('Pesto Pasta','Skillet/Frying Pan'),
('Pesto Pasta','Tongs'),
('Pesto Pasta','Measuring Cups and Spoons'),
('Pesto Pasta','Kitchen Scale'),
('Pesto Pasta','Timer'),
('Chicken Caesar Wrap','Chefs Knife'),
('Chicken Caesar Wrap','Cutting Board'),
('Chicken Caesar Wrap','Skillet/Frying Pan'),
('Chicken Caesar Wrap','Mixing Bowls'),
('Chicken Caesar Wrap','Measuring Cups and Spoons'),
('Chicken Caesar Wrap','Kitchen Scale'),
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('Chicken Caesar Wrap','Tongs'),
('Mushroom Risotto','Chefs Knife'),
('Mushroom Risotto','Cutting Board'),
('Mushroom Risotto','Saucepan'),
('Mushroom Risotto','Wooden Spoon'),
('Mushroom Risotto','Measuring Cups and Spoons'),
('Mushroom Risotto','Skillet/Frying Pan'),
('Mushroom Risotto','Mixing Bowls'),
('Mushroom Risotto','Kitchen Scale'),
('Mushroom Risotto','Timer'),
('Avocado Toast','Chefs Knife'),
('Avocado Toast','Cutting Board'),
('Avocado Toast','Mixing Bowls'),
('Avocado Toast','Measuring Cups and Spoons'),
('Chicken Quesadilla','Chefs Knife'),
('Chicken Quesadilla','Cutting Board'),
('Chicken Quesadilla','Skillet/Frying Pan'),
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('Chicken Quesadilla','Spatula'),
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('Chicken Quesadilla','Kitchen Scale'),
('Chicken Quesadilla','Timer'),
('French Onion Soup','Chefs Knife'),
('French Onion Soup','Cutting Board'),
('French Onion Soup','Stockpot'),
('French Onion Soup','Ladle'),
('French Onion Soup','Measuring Cups and Spoons'),
('French Onion Soup','Baking Sheets'),
('French Onion Soup','Timer'),
('Lemon Ricotta Pancakes','Mixing Bowls'),
('Lemon Ricotta Pancakes','Whisk'),
('Lemon Ricotta Pancakes','Skillet/Frying Pan'),
('Lemon Ricotta Pancakes','Spatula'),
('Lemon Ricotta Pancakes','Measuring Cups and Spoons'),
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('Lemon Ricotta Pancakes','Chefs Knife'),
('Lemon Ricotta Pancakes','Cutting Board');
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('Beef Wellington','3'),
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('Chicken Pad Thai','3'),
('Chicken Pad Thai','5'),
('Croissant','6'),
('Croissant','5'),
('Tiramisu','4'),
('Sushi Rolls','2'),
('Sushi Rolls','3'),
('Spanakopita','2'),
('Spanakopita','3'),
('Baklava','4'),
('Omelette','5'),
('Omelette','6'),
('Margherita Pizza','3'),
('Chicken Caesar Salad','2'),
('Chicken Caesar Salad','7'),
('Apple Pie','4'),
('Beef Stir-Fry','5'),
('Beef Stir-Fry','3'),
('Chocolate Cake','4'),
('Falafel','5'),
('Falafel','3'),
('Lemon Bars','4'),
('Shrimp Scampi','3'),
('Beef Tacos','5'),
('Beef Tacos','3'),
('Croque Monsieur','7'),
('Chicken Enchiladas','3'),
('Blueberry Muffins','5'),
('Blueberry Muffins','6'),
('Pad See Ew','5'),
('Pad See Ew','3'),
('Shepherds Pie','3'),
('Tuna Salad Sandwich','7'),
('Tuna Salad Sandwich','5'),
('Miso Soup','3'),
('Miso Soup','2'),
('Key Lime Pie','4'),
('Chicken Tikka Masala','3'),
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('Beef Bourguignon','3'),
('Cheese Soufflé','3'),
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('Scones','5'),
('Caprese Salad','7'),
('Caprese Salad','2'),
('Beef Bulgogi','3'),
('Chicken Noodle Soup','7'),
('Chicken Noodle Soup','2'),
('Chocolate Truffles','4'),
('Huevos Rancheros','1'),
('Huevos Rancheros','6'),
('Ratatouille','2'),
('Ratatouille','3'),
('Falafel Wrap','5'),
('Falafel Wrap','3'),
('Lemon Chicken Piccata','3'),
('Vegetable Stir-Fry','3'),
('Vegetable Stir-Fry','5'),
('Chicken Alfredo','3'),
('Croissant Bread Pudding','4'),
('Spaghetti Carbonara','3'),
('Chicken Shawarma','3'),
('Chicken Shawarma','5'),
('Red Velvet Cake','4'),
('Margherita Flatbread','3'),
('Gyro Wrap','3'),
('Gyro Wrap','5'),
('Pesto Pasta','3'),
('Chicken Caesar Wrap','7'),
('Chicken Caesar Wrap','5'),
('Mushroom Risotto','3'),
('Avocado Toast','6'),
('Avocado Toast','5'),
('Chicken Quesadilla','3'),
('Chicken Quesadilla','5'),
('French Onion Soup','3'),
('French Onion Soup','2'),
('Lemon Ricotta Pancakes','6'),
('Empanadas','2'),
('Empanadas','5'),
('Lemon Ricotta Pancakes','1'),
('Asado','3'),
('Brigadeiro','4'),
('Feijoada','3'),
('Fritule','4'),
('šPaticada','3'),
('Nasi Goreng','3'),
('Nasi Goreng','5'),
('Sate Ayam','3'),
('Sate Ayam','5'),
('Babi Guling','3'),
('Babi Guling','7'),
('Ameijoas à Bulhão Pato','3'),
('Pão de Ló','1'),
('Pão de Ló','4'),
('Queijadas de Sintra','1'),
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('Churros','4'),
('Paella','3');

INSERT INTO recipe_tip VALUES
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('Chocolate Chip Cookies','14'),
('Chicken Pad Thai','4'),
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('Croissant','5'),
('Croissant','16'),
('Croissant','37'),
('Tiramisu','6'),
('Tiramisu','17'),
('Tiramisu','38'),
('Sushi Rolls','7'),
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('Sushi Rolls','37'),
('Spanakopita','8'),
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('Spanakopita','35'),
('Baklava','3'),
('Baklava','7'),
('Baklava','20'),
('Omelette','3'),
('Omelette','15'),
('Omelette','37'),
('Margherita Pizza','7'),
('Margherita Pizza','20'),
('Margherita Pizza','40'),
('Chicken Caesar Salad','7'),
('Chicken Caesar Salad','15'),
('Chicken Caesar Salad','41'),
('Apple Pie','15'),
('Apple Pie','35'),
('Beef Stir-Fry','7'),
('Beef Stir-Fry','15'),
('Beef Stir-Fry','43'),
('Chocolate Cake','7'),
('Chocolate Cake','19'),
('Chocolate Cake','44'),
('Falafel','10'),
('Falafel','20'),
('Falafel','45'),
('Lemon Bars','11'),
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('Lemon Bars','46'),
('Shrimp Scampi','7'),
('Shrimp Scampi','4'),
('Shrimp Scampi','47'),
('Beef Tacos','7'),
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('Beef Tacos','15'),
('Croque Monsieur','7'),
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('Pad See Ew','15'),
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('Shepherds Pie','15'),
('Shepherds Pie','35'),
('Tuna Salad Sandwich','7'),
('Tuna Salad Sandwich','15'),
('Tuna Salad Sandwich','53'),
('Miso Soup','7'),
('Miso Soup','15'),
('Miso Soup','54'),
('Key Lime Pie','12'),
('Key Lime Pie','15'),
('Key Lime Pie','35'),
('Chicken Tikka Masala','7'),
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('Scones','7'),
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('Scones','58'),
('Caprese Salad','7'),
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('Beef Bulgogi','15'),
('Beef Bulgogi','60'),
('Chicken Noodle Soup','7'),
('Chicken Noodle Soup','15'),
('Chicken Noodle Soup','35'),
('Chocolate Truffles','7'),
('Chocolate Truffles','27'),
('Chocolate Truffles','61'),
('Huevos Rancheros','7'),
('Huevos Rancheros','15'),
('Huevos Rancheros','62'),
('Ratatouille','7'),
('Ratatouille','1'),
('Ratatouille','63'),
('Falafel Wrap','10'),
('Falafel Wrap','1'),
('Falafel Wrap','64'),
('Lemon Chicken Piccata','7'),
('Lemon Chicken Piccata','15'),
('Lemon Chicken Piccata','66'),
('Vegetable Stir-Fry','7'),
('Vegetable Stir-Fry','15'),
('Vegetable Stir-Fry','67'),
('Chicken Alfredo','7'),
('Chicken Alfredo','15'),
('Chicken Alfredo','68'),
('Croissant Bread Pudding','2'),
('Croissant Bread Pudding','30'),
('Croissant Bread Pudding','1'),
('Spaghetti Carbonara','7'),
```

```
('Spaghetti Carbonara','15'),
('Spaghetti Carbonara','69'),
('Chicken Shawarma','7'),
('Chicken Shawarma','15'),
('Chicken Shawarma','70'),
('Red Velvet Cake','7'),
('Red Velvet Cake','1'),
('Red Velvet Cake','71'),
('Margherita Flatbread','7'),
('Margherita Flatbread','18'),
('Margherita Flatbread','40'),
('Gyro Wrap','7'),
('Gyro Wrap','15'),
('Gyro Wrap','64'),
('Pesto Pasta','7'),
('Pesto Pasta','15'),
('Pesto Pasta','72'),
('Chicken Caesar Wrap','7'),
('Chicken Caesar Wrap','15'),
('Chicken Caesar Wrap','41'),
('Mushroom Risotto','7'),
('Mushroom Risotto','1'),
('Mushroom Risotto','69'),
('Avocado Toast','7'),
('Avocado Toast','15'),
('Avocado Toast','73'),
('Chicken Quesadilla','7'),
('Chicken Quesadilla','15'),
('Chicken Quesadilla','74'),
('French Onion Soup','7'),
('French Onion Soup','1'),
('French Onion Soup','75'),
('Lemon Ricotta Pancakes','13'),
('Lemon Ricotta Pancakes','33'),
('Lemon Ricotta Pancakes','76'),
('Empanadas','11'),
('Empanadas','6'),
('Asado','60'),
('Asado','57'),
('Brigadeiro','17'),
('Brigadeiro','14'),
('Feijoada','17'),
('Feijoada','51'),
('Fritule','20'),
('Fritule','54'),
('šPaticada','25'),
('šPaticada','53'),
('Nasi Goreng','15'),
('Nasi Goreng','67'),
('Sate Ayam','65'),
('Sate Ayam','61'),
('Babi Guling','52'),
('Babi Guling','39'),
('Ameijoas à Bulhão Pato','47'),
('Ameijoas à Bulhão Pato','48'),
('Pão de Ló','13'),
('Pão de Ló','14'),
('Queijadas de Sintra','42'),
('Queijadas de Sintra','41'),
('Churros','20'),
('Churros','22'),
('Paella','18'),
('Paella','51');
```

5 Κλήρωση

Για την κλήρωση των επεισοδίων, ακολουθήσαμε την εξής διαδικασία:

Για κάθε επεισόδιο, επιλέγονται τυχαία 10 εθνικές κουζίνες. Στη συνέχεια, για κάθε εθνική κουζίνα επιλέγονται οι μάγειρες που έχουν ειδίκευση σε αυτή την κουζίνα. Έπειτα, επιλέγεται τυχαία ένας μάγειρας για κάθε εθνική κουζίνα. Ακολούθως, για κάθε εθνική κουζίνα επιλέγονται οι συνταγές που ανήκουν σε αυτή και από αυτές επιλέγεται τυχαία μία, η οποία και ανατίθεται στον μάγειρα.

Επιπλέον, για κάθε επεισόδιο, επιλέγονται τυχαία 3 κριτές από το σύνολο των μαγείρων (εκτός των 10 συμμετεχόντων στο επεισόδιο). Κάθε τριάδα (επεισόδιο,κριτής,μάγειρας) εισάγεται στον αντίστοιχο πίνακα.

Ο κώδικας σε sql για την τυχαία κλήρωση ακολουθεί παρακάτω:

```sql
use project;
#show tables;

#select * from ran_nationalities rn join cook_specialty cs
#on rn.nationality=cs.cuisine_nationality
#order by rn.nationality;

#select * from nationality join cook_specialty cs
#on nationality.name = cs.cuisine_nationality;

#CREATE 100 episodes, 10 for each year
DELIMITER //
CREATE PROCEDURE insert_episodes()
BEGIN
    DECLARE i INT DEFAULT 1;
    DECLARE s INT DEFAULT 1;
    WHILE i <= 100 DO
        IF i % 10 = 1 THEN
            SET s = CEIL(i / 10);
        END IF;
        INSERT INTO episode (season) VALUES (s);
        SET i = i + 1;
    END WHILE;
END //
DELIMITER ;

# Call the stored procedure to insert the episodes
CALL insert_episodes();
#select * from episode;

DELIMITER //
create procedure episodes_random_fill()
begin
  declare i int default 1;
    while i <=100 do
    insert into ep_data (ep_id,cook_id,recipe_name)
    with
    #choose randomly 10 nationalities
    random_nationalities as (
    select name "nationality" from nationality order by rand() limit 10
        ),
    #find all the cooks for each nationality
    ranked_cooks as (
      select
        cs.cook_id "cook_id",
        cs.cuisine_nationality "nationality",
```

```sql
        ROW_NUMBER() OVER (PARTITION BY cs.cuisine_nationality ORDER BY
            RAND()) AS ro
      from
        cook_specialty cs
      join
        random_nationalities rnat on cs.cuisine_nationality = rnat.
            nationality
    ),
    #choose randomly one cook for each nationality
    selected_cooks as (
      select
        cook_id,
        nationality
      from
        ranked_cooks
      WHERE
        ro = 1
    ),
    #find all recipies for each nationality
    ranked_recipies as (
      select
        recipies.name "recipe",
        recipies.nationality "nationality",
        row_number() over (partition by recipies.nationality order by
            rand()) as roo
      from
        recipies join random_nationalities rnat on rnat.nationality=
            recipies.nationality
    ),
    #randomly choose one recipe for each nationality
    selected_recipies as (
      select rr.recipe, rr.nationality
      from ranked_recipies rr
      where roo=1
    )
    #insert into ep_data (ep_id,cook_id,recipe_name)
    #create temporary table temp as
    select i,sc.cook_id, sr.recipe
    from selected_cooks sc join selected_recipies sr
    on sc.nationality = sr.nationality;

        set i=i+1;
  end while;
end //
DELMITER ;

DELIMITER ;
#drop procedure episodes_random_fill;
call episodes_random_fill();
#truncate table ep_data;
#select * from ep_data order by 1,2;

#CHOOSE JUJDES AND RATING FOR EACH COOK AND EACH EPISODE

#fill the rating table
insert into rating
#find which cooks can take the role of judge at each episode
with possible_judges as(
select ed.ep_id "ep_id", cook.id "judge", count(*), ROW_NUMBER() OVER (
    PARTITION BY ed.ep_id ORDER BY RAND()) AS ro from
ep_data ed join cook
on ed.cook_id<>cook.id
group by ep_id,judge
```

```
105  having count(*)=10),
106  #select randomly 3 judges (from the 90 possible) for each episode
107  ep_judges as(
108  select pj.ep_id, pj.judge from possible_judges pj where pj.ro=1 or pj.
        ro=2 or pj.ro=3)
109  #insert data into rating table
110  select ed.ep_id, ed.cook_id, ej.judge, floor(1+5*rand()) "rate" from
        ep_judges ej join ep_data ed on ej.ep_id=ed.ep_id
111  ;
```

Listing 4: Κώδικας για την κλήρωση

6   Queries & Indexes

Ο κώδικας για τα ζητούμενα ερωτήματα παρατίθεται παρακάτω. Για κάθε ερώτημα γίνεται η ανάλογη επεξήγηση σε μορφή σχολίων. Στην αρχή του κώδικα δημιουργούνται τα κατάλληλα ευρετήρια. Για κάθε ευρετήριο που δημιουργείται αναφέρονται τα κυριότερα queries στα οποία χρησιμοποιείται. Προκειμένου να αποφύγουμε την δημιουργία πολλών ευρετηρίων, επιλέξαμε να δημιουργήσουμε αυτά που θεωρήσαμε ως πιο σημαντικά. Το κύριο κριτήριο σημαντικότητας ήταν το πλήθος των ερωτημάτων στα οποία τα ευρετήρια αυτά θα έπαιζαν καθοριστικό ρόλο στην ταχύτερη εύρεση αποτελέσματος.

```
1   create index idx_cook_age on cook(age);            #used in query 3.3
2   create index idx_ep_data_cook_id on ep_data(cook_id);   #used in
        queries 3.7,3.11,3.13
3   create index idx_ep_data_recipe on ep_data(recipe_name);  #used in
        query 3.6
4   create index idx_rating_judge_id on rating(judge_id);    #used in
        queries 3.4,3.5,3.11
5
6   #QUERY 3.1
7
8   #a
9   create view q31a as
10  select a.cook_id,b.name,b.surname,a.Average_rate from
11  (select cook_id,sum(rate)/count(ep_id) as Average_rate
12  from rating group by cook_id) as a inner join cook as b on a.cook_id=b.
        id;
13  #show result
14  select * from q31a;
15
16  #b
17  create view q31b as
18  select e.nationality,sum(e.rate)/count(e.nationality) as
        nationality_score from
19  (select d.nationality,c.rate from (select b.recipe_name,a.rate from
        rating as a
20  inner join ep_data as b on (a.ep_id=b.ep_id and a.cook_id=b.cook_id))
        as c
21  inner join recipies as d on c.recipe_name=d.name) as e group by
        nationality;
22  #show result
23  select * from q31b;
24
25  #QUERY 3.2.
26
27  #a
28  create view q32a as
29  select ck.id"cook_id",ck.name"cook_name", ck.surname "cook_surname",
30  cs.cuisine_nationality "nationality"
31  from cook_specialty cs join cook ck
32  #Croatian cuisine below is used as an example. It can be replaced by
        any other cuisine
```

```sql
on ck.id=cs.cook_id and cs.cuisine_nationality="Croatian cuisine";
#show result
select * from q32a;

#b
#cooks specialized in Croatian cuisine that took part in episodes of
    season 1
create view q32b as
select distinct q32a.cook_id, q32a.cook_name, q32a.cook_surname from
q32a join rating
on q32a.cook_id = rating.cook_id
join episode ep
on ep.ep_id = rating.ep_id and ep.season=2
#group by q32a.cook_id
;
#show result
select * from q32b;

#QUERY 3.3

#find the cooks that are younger than 30 years old and their recipies
create view q33 as
with youngsters as(
select ck.id "id",ck.name "name",ck.surname "surname" from cook ck join
    cook_recipies cr
on ck.id=cr.cook_id and ck.age<30),
#find the number of recipies per young cook
no_of_recipies as(
select count(*) "count" from youngsters
group by youngsters.id)
#find the young cooks with the max number of recipies
select youngsters.id, youngsters.name, youngsters.surname,count(*) from
    youngsters
group by youngsters.id
having count(*)=(select max(count) from no_of_recipies);
#show result
select * from q33;

#QUERY 3.4
create view q34 as
select a.id,b.name,b.surname from
(select id from cook where id not in(select judge_id from rating)) as a
inner join cook as b on a.id=b.id;
#show result
select * from q34;

#QUERY 3.5

#find the episodes that each judge has participated
create view q35 as
with ep_same_year as(
select distinct r.judge_id "judge_id", ep.season "season", ep.ep_id
from episode ep join rating r
on ep.ep_id = r.ep_id group by r.judge_id,ep.ep_id)
#find the number of episodes each judge took part per season
select esy.judge_id,esy.season,count(*) from ep_same_year esy
group by esy.judge_id,esy.season having count(*)>3
#order by 1
;
#show result
select * from q35;

#QUERY 3.6
```

```sql
#find all the label pairs that refer to the same recipe and the recipe
create view q36 as
with label_pair_recipe as(
select l1.id "l1_id",l2.id "l2_id",rl1.rname "recipe"
from labels l1 join labels l2 on l1.id<l2.id
join recipe_label rl1 on rl1.label_id=l1.id
join recipe_label rl2
on rl1.rname=rl2.rname and rl2.label_id=l2.id)
#for each label_pair, count how many times its recipes were used in
    episodes
select lpc.l1_id,lpc.l2_id,count(*) from label_pair_recipe lpc join
    ep_data ed
on lpc.recipe=ed.recipe_name
group by lpc.l1_id,lpc.l2_id
order by count(*) desc limit 3;
#show result
select * from q36;

#QUERY 3.7
create view q37 as
select e.id,e.name,e.surname
from cook as e inner join
(select d.cook_id from(
select cook_id,sum(count) as count
from (select cook_id,count(*)/3 as count from rating as a group by
    cook_id
union all
select judge_id as cook_id,count(*)/10 as count from
rating as b group by judge_id) as c
group by cook_id having count<=(select max(count) as count
from (select cook_id,count(*)/3 as count from rating as a
group by cook_id
union all
select judge_id as cook_id,count(*)/10 as count from rating as b group
    by judge_id) as c)) as d) as f on f.cook_id=e.id;
#show result
select * from q37;

#QUERY 3.8

#find the number of tools used in each episode
create view q38 as
with episode_tool as(
select ed.ep_id "ep_id",count(*) "countt" from ep_data ed join
    recipe_tool rt
on ed.recipe_name = rt.rname
group by ed.ep_id)
#select the ones with the max number of tools
select et.ep_id, et.countt from episode_tool et
where et.countt=(select max(countt) from episode_tool);
#show result
select * from q38;

#QUERY 3.9

                #carbs per recipe
create view q39 as
select ep.season "season", avg(r.carbs_per_portion*r.portions) "carbs"
from ep_data ed join recipies r
on ed.recipe_name=r.name
join episode ep
on ep.ep_id=ed.ep_id
```

```
151  group by season;
152  #show result
153  select * from q39;
154
155  #QUERY 3.10
156  create view q310 as
157  select distinct f.nationality from ((select season,nationality,count(*)
         as count
158  from (select d.season,c.nationality from (select a.ep_id,b.nationality
159  from ep_data as a inner join recipies as b on b.name=a.recipe_name) as
         c
160  inner join episode as d on c.ep_id=d.ep_id) as e
161  group by season,nationality having count>=3) as f
162  inner join (select season,nationality,count(*) as count
163  from (select d.season,c.nationality from (select a.ep_id,b.nationality
164  from ep_data as a inner join recipies as b on b.name=a.recipe_name) as
         c
165  inner join episode as d on c.ep_id=d.ep_id) as e
166  group by season,nationality having count>=3) as g
167  on (f.nationality=g.nationality and f.season=g.season-1 and f.count=g.
         count));
168  #show result
169  select * from q310;
170
171  #QUERY 3.11
172
173  #find the total rating that each judge put to each cook and rank the
         ratings per judge
174  create view q311 as
175  with judge_rates as(
176  select judge.id "judge_id",judge.name "judge_name",ck.id "cook_id",ck.
         name "cook_name",
177  sum(r.rate) "total",
178  row_number() over (partition by judge.id order by sum(r.rate) desc) "rn
         "
179  from rating r join cook judge
180  on r.judge_id=judge.id
181  join cook ck
182  on ck.id=r.cook_id
183  group by r.judge_id,r.cook_id)
184  #select the highest total rate of the top 5 judges
185  select jr.judge_id,jr.judge_name,jr.cook_id,jr.cook_name,jr.total
186  from judge_rates jr
187  where rn=1
188  order by total desc limit 5
189  ;
190  #show result
191  select * from q311;
192
193  #QUERY 3.12
194
195  #compute the total difficulty for each episode
196  create view q312 as
197  with ep_diff as(
198  select ep.season "season",ed.ep_id "ep_id",sum(r.difficulty) "
         total_difficulty"
199  from ep_data ed join recipies r
200  on ed.recipe_name=r.name
201  join episode ep on ed.ep_id=ep.ep_id
202  group by ed.ep_id)
203  #compute the max episode difficulty for each season
204  ,season_max as(
205  select ed.season,max(ed.total_difficulty) "max_difficulty"
```

```
206 from ep_diff ed group by ed.season)
207 #select the episodes from each season that have max difficulty
208 select ed.season,ed.ep_id,ed.total_difficulty
209 from ep_diff ed join season_max sm
210 on ed.season=sm.season and ed.total_difficulty=sm.max_difficulty;
211 #show result
212 select * from q312;
213
214 #QUERY 3.13
215 create view q313 as
216 select ep_id from (
217 select ep_id,sum(score) as score from (
218 (select distinct a.ep_id,a.cook_id,b.score from rating as a inner join
        (
219 select id,
220     case
221         when level='Cook C' then 11
222         when level='Cook B' then 12
223         when level='Cook A' then 13
224         when level='Chef Assistant' then 14
225         else 15
226     end as score
227 from cook
228 ) as b on (b.id=a.cook_id))
229 union(
230 select distinct a.ep_id,a.judge_id,b.score from rating as a inner join
        (
231 select id,
232     CASE
233         when level='Cook C' then 11
234         when level='Cook B' then 12
235         when level='Cook A' then 13
236         when level='Chef Assistant' then 14
237         else 15
238     end as score
239 from cook
240 ) as b on (b.id=a.judge_id))) as g group by ep_id) as h where score=
241 ( select max(score) from (
242 select ep_id,sum(score) as score from (
243 (select distinct a.ep_id,a.cook_id,b.score from rating as a inner join
        (
244 select id,
245     CASE
246         when level='Cook C' then 11
247         when level='Cook B' then 12
248         when level='Cook A' then 13
249         when level='Chef Assistant' then 14
250         else 15
251     end as score
252 from cook
253 ) as b on (b.id=a.cook_id))
254 union(
255 select distinct a.ep_id,a.judge_id,b.score from rating as a inner join
        (
256 select id,
257     case
258         when level='Cook C' then 11
259         when level='Cook B' then 12
260         when level='Cook A' then 13
261         when level='Chef Assistant' then 14
262         else 15
263     end as score
264 from cook
```

```
265 ) as b on (b.id=a.judge_id))) as g group by ep_id) as i
266 );
267 #show result
268 select * from q313;
269
270 #QUERY 3.14
271
272 #find the total participation of each theme in episodes
273 create view q314 as
274 select rt.tname, count(*)
275 from ep_data ed join recipe_theme rt
276 on ed.recipe_name=rt.rname
277 group by rt.tname
278 #select the one with the highest number of episodes
279 order by count(*) desc limit 1;
280
281 #QUERY 3.15
282 #find how many times each category was used in episodes
283 create view q315 as
284 with categories_participated as(
285 select i.category "category",count(*) from ep_data ed join
        recipe_ingredient ri
286 on ed.recipe_name=ri.rname
287 join ingredients i
288 on ri.iname=i.name
289 group by i.category)
290 #use left join to find which categories are not in the table above
291 select c.name from categories c left join categories_participated cp
292 on c.name=cp.category
293 where cp.category is null;
294 #show result
295 select * from q314;
```

<div align="center">Listing 5: Κώδικας για τα queries</div>

Χρήστες

Για τη δημιουργία χρηστών της εφαρμογής (ενός διαχειριστή και των μαγείρων) χρησιμοποιήθηκε
ο ακόλουθος κώδικας σε sql.

```
1 #USERS
2
3 SELECT user, host FROM mysql.user WHERE user = 'Admin';
4 create user 'Admin'@'%' identified by 'Admin1234';
5 grant insert,update on project.* to 'Admin'@'%';
6 grant select, lock tables, reload on *.* to 'Admin'@'%';
7
8 CREATE USER 'cook_1'@'%' IDENTIFIED BY 'pass1';
9 CREATE USER 'cook_2'@'%' IDENTIFIED BY 'word2';
10 CREATE USER 'cook_3'@'%' IDENTIFIED BY 'key3';
11 CREATE USER 'cook_4'@'%' IDENTIFIED BY 'code4';
12 CREATE USER 'cook_5'@'%' IDENTIFIED BY 'lock5';
13 CREATE USER 'cook_6'@'%' IDENTIFIED BY 'data6';
14 CREATE USER 'cook_7'@'%' IDENTIFIED BY 'test7';
15 CREATE USER 'cook_8'@'%' IDENTIFIED BY 'user8';
16 CREATE USER 'cook_9'@'%' IDENTIFIED BY 'file9';
17 CREATE USER 'cook_10'@'%' IDENTIFIED BY 'line10';
18 CREATE USER 'cook_11'@'%' IDENTIFIED BY 'work11';
19 CREATE USER 'cook_12'@'%' IDENTIFIED BY 'note12';
20 CREATE USER 'cook_13'@'%' IDENTIFIED BY 'base13';
21 CREATE USER 'cook_14'@'%' IDENTIFIED BY 'view14';
22 CREATE USER 'cook_15'@'%' IDENTIFIED BY 'save15';
23 CREATE USER 'cook_16'@'%' IDENTIFIED BY 'info16';
```

```sql
24  CREATE USER 'cook_17'@'%' IDENTIFIED BY 'edit17';
25  CREATE USER 'cook_18'@'%' IDENTIFIED BY 'task18';
26  CREATE USER 'cook_19'@'%' IDENTIFIED BY 'post19';
27  CREATE USER 'cook_20'@'%' IDENTIFIED BY 'form20';
28  CREATE USER 'cook_21'@'%' IDENTIFIED BY 'plan21';
29  CREATE USER 'cook_22'@'%' IDENTIFIED BY 'rule22';
30  CREATE USER 'cook_23'@'%' IDENTIFIED BY 'time23';
31  CREATE USER 'cook_24'@'%' IDENTIFIED BY 'text24';
32  CREATE USER 'cook_25'@'%' IDENTIFIED BY 'port25';
33  CREATE USER 'cook_26'@'%' IDENTIFIED BY 'data26';
34  CREATE USER 'cook_27'@'%' IDENTIFIED BY 'test27';
35  CREATE USER 'cook_28'@'%' IDENTIFIED BY 'user28';
36  CREATE USER 'cook_29'@'%' IDENTIFIED BY 'file29';
37  CREATE USER 'cook_30'@'%' IDENTIFIED BY 'work30';
38  CREATE USER 'cook_31'@'%' IDENTIFIED BY 'line31';
39  CREATE USER 'cook_32'@'%' IDENTIFIED BY 'note32';
40  CREATE USER 'cook_33'@'%' IDENTIFIED BY 'base33';
41  CREATE USER 'cook_34'@'%' IDENTIFIED BY 'view34';
42  CREATE USER 'cook_35'@'%' IDENTIFIED BY 'save35';
43  CREATE USER 'cook_36'@'%' IDENTIFIED BY 'info36';
44  CREATE USER 'cook_37'@'%' IDENTIFIED BY 'edit37';
45  CREATE USER 'cook_38'@'%' IDENTIFIED BY 'task38';
46  CREATE USER 'cook_39'@'%' IDENTIFIED BY 'post39';
47  CREATE USER 'cook_40'@'%' IDENTIFIED BY 'form40';
48  CREATE USER 'cook_41'@'%' IDENTIFIED BY 'plan41';
49  CREATE USER 'cook_42'@'%' IDENTIFIED BY 'rule42';
50  CREATE USER 'cook_43'@'%' IDENTIFIED BY 'time43';
51  CREATE USER 'cook_44'@'%' IDENTIFIED BY 'text44';
52  CREATE USER 'cook_45'@'%' IDENTIFIED BY 'port45';
53  CREATE USER 'cook_46'@'%' IDENTIFIED BY 'data46';
54  CREATE USER 'cook_47'@'%' IDENTIFIED BY 'test47';
55  CREATE USER 'cook_48'@'%' IDENTIFIED BY 'user48';
56  CREATE USER 'cook_49'@'%' IDENTIFIED BY 'file49';
57  CREATE USER 'cook_50'@'%' IDENTIFIED BY 'work50';
58  CREATE USER 'cook_51'@'%' IDENTIFIED BY 'line51';
59  CREATE USER 'cook_52'@'%' IDENTIFIED BY 'note52';
60  CREATE USER 'cook_53'@'%' IDENTIFIED BY 'base53';
61  CREATE USER 'cook_54'@'%' IDENTIFIED BY 'view54';
62  CREATE USER 'cook_55'@'%' IDENTIFIED BY 'save55';
63  CREATE USER 'cook_56'@'%' IDENTIFIED BY 'info56';
64  CREATE USER 'cook_57'@'%' IDENTIFIED BY 'edit57';
65  CREATE USER 'cook_58'@'%' IDENTIFIED BY 'task58';
66  CREATE USER 'cook_59'@'%' IDENTIFIED BY 'post59';
67  CREATE USER 'cook_60'@'%' IDENTIFIED BY 'form60';
68  CREATE USER 'cook_61'@'%' IDENTIFIED BY 'plan61';
69  CREATE USER 'cook_62'@'%' IDENTIFIED BY 'rule62';
70  CREATE USER 'cook_63'@'%' IDENTIFIED BY 'time63';
71  CREATE USER 'cook_64'@'%' IDENTIFIED BY 'text64';
72  CREATE USER 'cook_65'@'%' IDENTIFIED BY 'port65';
73  CREATE USER 'cook_66'@'%' IDENTIFIED BY 'data66';
74  CREATE USER 'cook_67'@'%' IDENTIFIED BY 'test67';
75  CREATE USER 'cook_68'@'%' IDENTIFIED BY 'user68';
76  CREATE USER 'cook_69'@'%' IDENTIFIED BY 'file69';
77  CREATE USER 'cook_70'@'%' IDENTIFIED BY 'work70';
78  CREATE USER 'cook_71'@'%' IDENTIFIED BY 'note71';
79  CREATE USER 'cook_72'@'%' IDENTIFIED BY 'base72';
80  CREATE USER 'cook_73'@'%' IDENTIFIED BY 'view73';
81  CREATE USER 'cook_74'@'%' IDENTIFIED BY 'save74';
82  CREATE USER 'cook_75'@'%' IDENTIFIED BY 'info75';
83  CREATE USER 'cook_76'@'%' IDENTIFIED BY 'edit76';
84  CREATE USER 'cook_77'@'%' IDENTIFIED BY 'task77';
85  CREATE USER 'cook_78'@'%' IDENTIFIED BY 'post78';
86  CREATE USER 'cook_79'@'%' IDENTIFIED BY 'form79';
```

```sql
CREATE USER 'cook_80'@'%' IDENTIFIED BY 'plan80';
CREATE USER 'cook_81'@'%' IDENTIFIED BY 'rule81';
CREATE USER 'cook_82'@'%' IDENTIFIED BY 'time82';
CREATE USER 'cook_83'@'%' IDENTIFIED BY 'text83';
CREATE USER 'cook_84'@'%' IDENTIFIED BY 'port84';
CREATE USER 'cook_85'@'%' IDENTIFIED BY 'data85';
CREATE USER 'cook_86'@'%' IDENTIFIED BY 'test86';
CREATE USER 'cook_87'@'%' IDENTIFIED BY 'user87';
CREATE USER 'cook_88'@'%' IDENTIFIED BY 'file88';
CREATE USER 'cook_89'@'%' IDENTIFIED BY 'work89';
CREATE USER 'cook_90'@'%' IDENTIFIED BY 'line90';
CREATE USER 'cook_91'@'%' IDENTIFIED BY 'note91';
CREATE USER 'cook_92'@'%' IDENTIFIED BY 'base92';
CREATE USER 'cook_93'@'%' IDENTIFIED BY 'view93';
CREATE USER 'cook_94'@'%' IDENTIFIED BY 'save94';
CREATE USER 'cook_95'@'%' IDENTIFIED BY 'info95';
CREATE USER 'cook_96'@'%' IDENTIFIED BY 'edit96';
CREATE USER 'cook_97'@'%' IDENTIFIED BY 'task97';
CREATE USER 'cook_98'@'%' IDENTIFIED BY 'post98';
CREATE USER 'cook_99'@'%' IDENTIFIED BY 'form99';
CREATE USER 'cook_100'@'%' IDENTIFIED BY 'plan100';

DELIMITER // #user procedure
create procedure change_tel(in identity varchar(50),in telephone_number
    varchar(15))
begin
declare user_id varchar(50);
    set user_id = substring_index(user(), '@', 1);
    if(user_id=identity) then
    update cook
    set tel_number=telephone_number where id=cast(substring(user_id
        from 6) as unsigned);
    else
    signal sqlstate '45000' set message_text = 'Unauthorized update for
        this user';
    end if;
end //
DELIMITER ;

GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_1'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_2'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_3'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_4'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_5'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_6'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_7'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_8'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_9'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_10'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_11'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_12'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_13'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_14'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_15'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_16'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_17'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_18'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_19'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_20'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_21'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_22'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_23'@'%';
GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_24'@'%';
```

```
147  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_25'@'%';
148  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_26'@'%';
149  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_27'@'%';
150  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_28'@'%';
151  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_29'@'%';
152  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_30'@'%';
153  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_31'@'%';
154  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_32'@'%';
155  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_33'@'%';
156  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_34'@'%';
157  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_35'@'%';
158  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_36'@'%';
159  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_37'@'%';
160  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_38'@'%';
161  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_39'@'%';
162  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_40'@'%';
163  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_41'@'%';
164  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_42'@'%';
165  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_43'@'%';
166  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_44'@'%';
167  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_45'@'%';
168  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_46'@'%';
169  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_47'@'%';
170  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_48'@'%';
171  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_49'@'%';
172  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_50'@'%';
173  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_51'@'%';
174  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_52'@'%';
175  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_53'@'%';
176  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_54'@'%';
177  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_55'@'%';
178  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_56'@'%';
179  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_57'@'%';
180  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_58'@'%';
181  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_59'@'%';
182  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_60'@'%';
183  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_61'@'%';
184  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_62'@'%';
185  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_63'@'%';
186  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_64'@'%';
187  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_65'@'%';
188  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_66'@'%';
189  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_67'@'%';
190  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_68'@'%';
191  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_69'@'%';
192  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_70'@'%';
193  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_71'@'%';
194  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_72'@'%';
195  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_73'@'%';
196  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_74'@'%';
197  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_75'@'%';
198  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_76'@'%';
199  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_77'@'%';
200  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_78'@'%';
201  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_79'@'%';
202  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_80'@'%';
203  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_81'@'%';
204  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_82'@'%';
205  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_83'@'%';
206  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_84'@'%';
207  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_85'@'%';
208  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_86'@'%';
209  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_87'@'%';
```

```
210  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_88'@'%';
211  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_89'@'%';
212  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_90'@'%';
213  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_91'@'%';
214  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_92'@'%';
215  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_93'@'%';
216  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_94'@'%';
217  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_95'@'%';
218  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_96'@'%';
219  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_97'@'%';
220  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_98'@'%';
221  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_99'@'%';
222  GRANT EXECUTE ON PROCEDURE project.change_tel TO 'cook_100'@'%';
```

Listing 6: Κώδικας για τους users

7 Αναλυτικά βήματα για εγκατάσταση της εφαρμογής

Για να εγκαταστήσει κάποιος την εφαρμογή μας χρειάζεται απλώς να τρέξει σε sql τους παραπάνω κώδικες sql με τη σειρά που παρατίθενται (ο κώδικας σε python δεν απαιτείται). Ο 1ος κώδικας χρησιμοποιείται για την κατασκευή της βάσης δεδομένων. Ο 2ος κώδικας για την εισαγωγή των δεδομένων. Ο 3ος κώδικας για την κλήρωση και την εισαγωγή δεδομένων για τα επεισόδια. Ο 4ος κώδικας αφορά τα queries (οι απαντήσεις τους αποθηκεύονται στα αντίστοιχα views. Για να δει κάποιος την απάντηση σε συγκεκριμένο query τρέχει την εντολή κάτω από το μήνυμα # show result). Ο 5ος κώδικας την εισαγωγή χρηστών στη βάση. Επειδή τα δεδομένα εισάγονται μέσω sql κώδικα, δεν απαιτείται η τροποποίηση αρχείων τεχνοδιαμόρφωσης (configuration).

8 Σύνδεσμος για το git repo της εφαρμογής μας

Ο σύνδεσμος για το git repo της εφαρμογής μας είναι ο εξής:
https://github.com/Nikolasioan/—