COOKING WITH AI

& ALSO COOKING WITH AI





Dan Placek

AE BUSINESS
SOLUTIONS

Principal Solutions Architect
Cloud & DevOps Practice Lead

PART 1: THERE'S AN AI IN MY KITCHEN

HAMBURGER BUNS





CREPES



STUFFED AVOCADOS

PIZZA



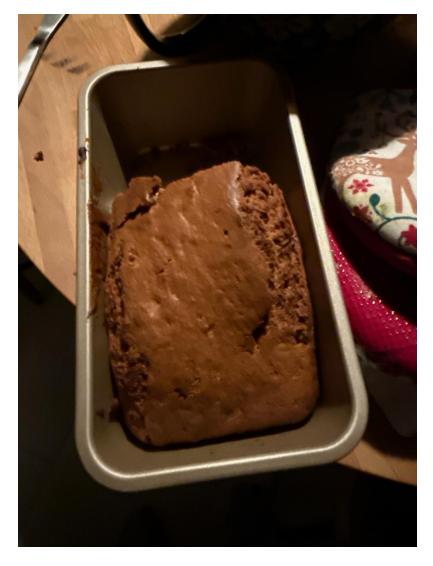


PULL-APART GARLIC BREAD

BUNS & SANDWICH BREAD



BANANA BREAD



"DAN'S AI BREAD"



How can I use AI while cooking?

- ✓ Generating completely new recipes
- ✓ Getting recipes based on the ingredients you already have
- ✓ Tuning or modifying an existing recipe
- ✓ Combining recipes
- ✓ Getting help while cooking if something goes wrong (you can even use pictures!)
- ✓ Finding out if it's still safe to eat those leftovers you forgot about... (and then ignoring what the AI says and eating it anyway)
- ✓ And more...

Example: Tuning a Recipe



I cooked everything we discussed. It was really good. A few small issues:

- 1. Inconsistent patty size -- is there anything I can do to measure/weigh them to get a consistent size?
- 2. The buns were overall too large, and they were mismatched sizes and shapes. What can I do to increase consistency and shrink them a bit?
- 3. The buns were slightly too dense. Not quite the airy consistency that commercial buns have. Also they fell apart a bit faster with liquids (condiments).

Let me address each issue:

- 1. For consistent patty size:
- Use a kitchen scale to weigh exactly 4 oz (113g) portions
- · Form into balls and place them on a quarter sheet pan or plate
- You can also use a 4 oz disher/ice cream scoop to portion, though weighing is more accurate
- Some people like to press the balls gently into a shallow round container (like a plastic lid)
 before smashing to ensure they start with the same diameter
- 2. For more consistent buns:
- Weigh each portion to exactly 85g (instead of the 115g in the previous recipe) for smaller buns
- · Use a 4.5" round cutter or lid as a template when rolling them out
- Place the rolled dough onto parchment paper and use a 4" round cutter to trace a circle this gives you a guide for shaping
- . Keep a ruler nearby to check diameter consistently

Example: Tuning a Recipe



You mentioned bread conditioners. What is in them? Can I make them? Or buy them? How do they work?

Bread conditioners (also called dough improvers) are complex mixtures that serve multiple purposes. Here are the main components and what they do:

Key ingredients in commercial conditioners:

- 1. Vital Wheat Gluten Strengthens dough structure and improves rise
- 2. Enzymes (amylase, protease) Break down starches into sugars for better yeast feeding and browning
- 3. Emulsifiers (like DATEM or SSL) Create softer crumb and extend shelf life
- 4. Ascorbic Acid (Vitamin C) Strengthens gluten network
- 5. Calcium Propionate Preservative that prevents mold
- 6. L-cysteine Relaxes gluten for better extensibility

You can partially replicate these effects at home:

DIY bread conditioner:

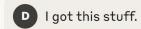
- 2 tablespoons vital wheat gluten (available in grocery stores)
- 1/8 teaspoon vitamin C powder (crush a tablet)
- 1 tablespoon lecithin (natural emulsifier, available at health food stores)

Use about 1 tablespoon per loaf of bread.

However, some components like specific enzymes and DATEM aren't readily available to home bakers. You can buy commercial dough improvers online from baking supply companies, but be aware they often contain artificial ingredients.

Example: Using Pictures





I see you've got:

- 1. Bob's Red Mill Vital Wheat Gluten Flour (70-80% protein)
- 2. Vitamin C powder
- 3. Sunflower lecithin powder

This is perfect - these are exactly the ingredients we discussed for making your own bread conditioner! This combination will help create that commercial-style texture in your buns.

For your burger buns recipe, I'd suggest:

- 1 tablespoon vital wheat gluten
- 1/8 teaspoon vitamin C powder
- 1 teaspoon lecithin powder

Add these to the dry ingredients before mixing. You may need to increase the liquid slightly (maybe 2 tablespoons extra water) since the vital wheat gluten absorbs more water than regular flour.

Would you like me to update the bun recipe to incorporate these ingredients specifically?

9 | COOKING WITH AI

Example: Using Pictures (while shopping)





In this image, there are two cans of Gustarosso brand Italian tomatoes, showing two different varieties:

- 1. "Pomodori Pelati Interi" (Whole Peeled Tomatoes) marked as 100% Italian
- 2. "Pomodoro San Marzano dell'Agro Sarnese-Nocerino D.O.P." These are special D.O.P. (Protected Designation of Origin) San Marzano tomatoes from the Agro Sarnese-Nocerino region of Italy

The image also shows the Gustarosso brand logo, which features a distinctive red mustache design. The cans appear to be on a store shelf or pantry, and you can see the brand is imported by a company in the Bronx, NY.

San Marzano D.O.P. tomatoes are particularly prized in Italian cooking, especially for making pizza and pasta sauces, as they come from a specific geographic region and must meet strict quality standards to receive the D.O.P. certification.

Example: Using Pictures (at a restaurant)





D How do I make this?

This appears to be a gourmet French toast or pancake dish with elegant plating. Let me break down what I see and how you could recreate it:

Key Components:

- 1. Base Appears to be either French toast or pancakes, cut into triangles
- 2. Toppings:
 - Fresh mixed berries (raspberries, blackberries, blueberries, and what looks like a sliced strawberry)
 - White drizzle (likely a vanilla or cream cheese glaze)
 - Powdered sugar dusting
 - · Whipped cream dollop
 - Red sauce (possibly raspberry or strawberry coulis) artfully dotted on the plate

Recipe for French Toast version:

Ingredients:

- · Thick-cut brioche bread
- 3 eggs
- 1 cup milk
- 1 tsp vanilla extract
- 1 tsp cinnamon

••• 11 | COOKING WITH AI **DEEP608** Some of my favorite recipes to get you started:

github.com/deep608v9/cooking-with-ai

PART 2: COOKING UP SOME AUTOMATION (WITH AI)

What IT tasks is AI good for today?

- ✓ Generating and iterating on small automation code bases (Python, Go, PS, etc.)
- ✓ Answering technical questions (that exist in public docs somewhere)
- ✓ Providing troubleshooting assistance (sometimes)
- ✓ Producing (first draft) documentation
- ✓ Understanding code (applications, automations, or scripts) quickly

What IT tasks is AI bad for today?

- ✓ Making changes in very large code bases
- ✓ Answering questions about anything with non-public docs (there are some workarounds)

✓ Troubleshooting really unusual problems

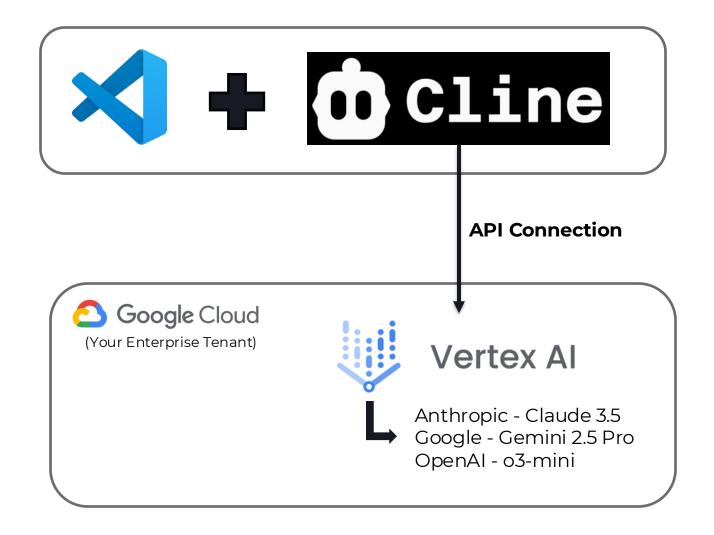
TOOL OPTIONS: DAN'S RECOMMENDATIONS

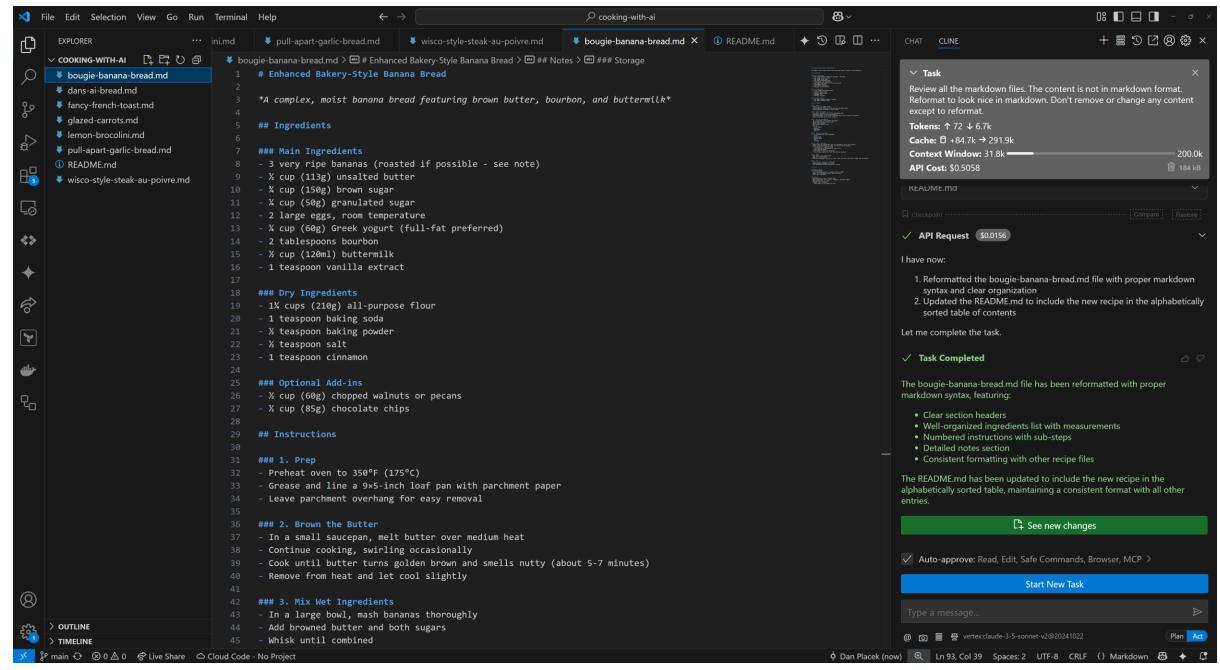




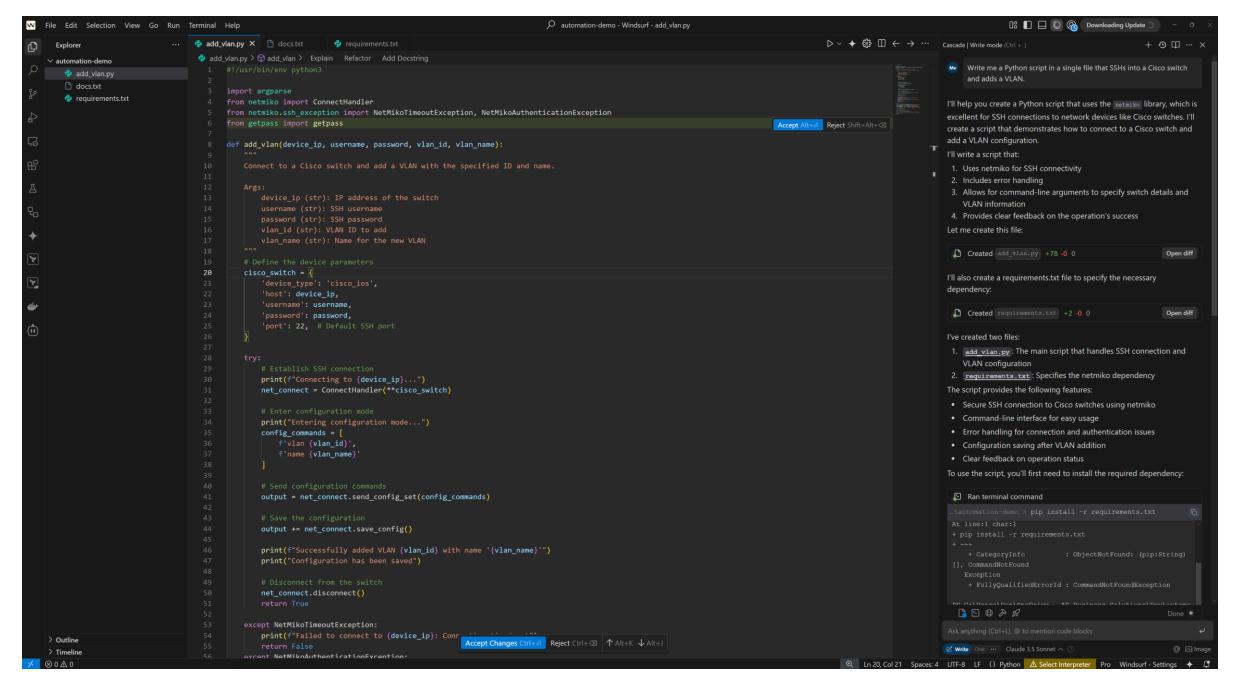


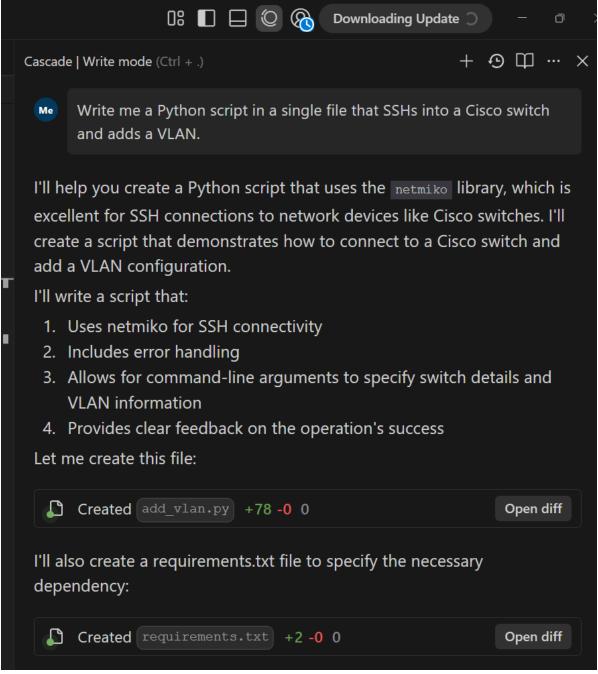
Cline Architecture



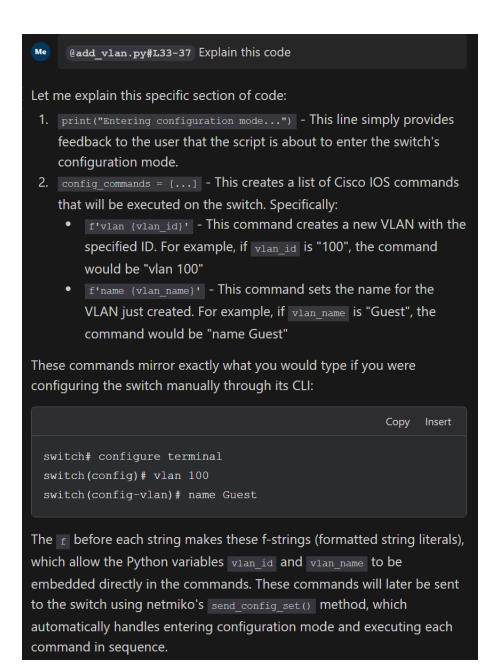


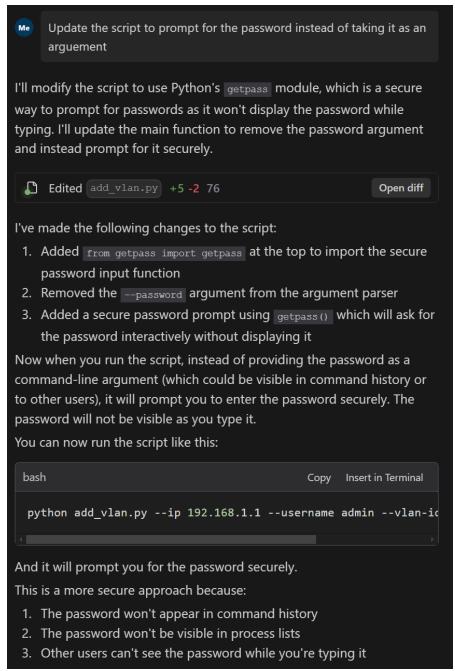
18 | COOKING WITH AI





20 | COOKING WITH AI





SPEC.md

Cloudflare IP List Monitor

This Azure Function runs on a schedule and downloads the current Cloudflare Source IP List (https://www.cloudflare.com/ips-v4), stores the list in an Azure Storage Account, and sends a webhook alert if a new IP has been added.

Written in Python, using the requests library. Deployed with Terraform to Azure; a managed service identity is used for the Azure Function to Authenticate to the Azure Storage Account.

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Infrastructure as Code

- Written in Terraform
- Deploys Azure Function with MSI and Azure Storage Account
- Any Resource Groups or other required resources are also deployed
- The Azure Function is scheduled to run hourly
- There should be an input parameter for a Webhook URL that the Azure Function will use (provided to the function as an Environment Variable)
- The Azure Storage Account should have versioning enabled and be set for open public access

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Azure Function Details

- Download latest IP list from Cloudflare
- Check the Azure Storage Account to see if there is an existing IP list; if there is, download that as well
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- Provide detailed debug output

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"Review @SPEC.md and create an implementation plan. Ask me if you have any questions or clarifications."



<Al Response>

•••

"Proceed with the implementation."

QUESTIONS?



Dan Placek

AE BUSINESS
SOLUTIONS

Principal Solutions Architect
Cloud & DevOps Practice Lead

dan.placek@aebs.com