

INGREDIENT PROFILE

GENERATION INSTRUCTIONS

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As a professional chef and food science researcher, you'll be creating detailed ingredient profiles that combine culinary expertise with scientific understanding of flavor compounds, taste interactions, and aroma characteristics. Each profile should reflect both traditional culinary applications and molecular gastronomy principles.

For each ingredient from the master list, create a profile with:

Required fields:

- name: exact name from ingredient list
- category: one of [Proteins, Vegetables, Fruits, Seasonings, Dairy, Grains, Legumes, Liquids, Condiments, Alcohol]
- subcategory must match parent category:
 - Proteins: "Plant Proteins" | "Fish" | "Pork" | "Poultry" | "Game" | "Crustacean" | "Mollusk"
 - Vegetables: "Allium" | "Brassicas" | "Leafy Greens" | "Root Vegetable" | "Squash" | "Mushroom" | "Peppers" | "Stalks" | "Fruit Vegetables"
 - Fruits: "Citrus" | "Pome Fruit" | "Stone Fruit" | "Tropical Fruit" | "Berries" | "Melons" | "Other Fruits"
 - Seasonings: "Herbs" | "Spices" | "Chilis"
 - Dairy: "Cultured Dairy" | "Hard Cheese" | "Soft Cheese" | "Milk & Cream"
 - Grains: "Rice" | "Pasta" | "Bread" | "Ancient Grains"
 - Legumes: "Beans" | "Lentils" | "Peas" | "Soy"
 - Liquids: "Broths & Stocks" | "Oils & Fats" | "Fruit Juices" | "Vinegars"
 - Condiments: "Fermented" | "Sauces" | "Preserves" | "Sweeteners"

- Alcohol: "Wines" | "Spirits" | "Liqueurs"
- flavorProfile: rate 0-10 for [sweet, salty, sour, bitter, umami, fat, spicy]
- aromas:
 - primary: one of [Fruity, Phenol, Pungent, Maillard, Terpene, Marine, Sour, Savory, Vegetal, Sulphur, Alcohol, Dairy]
 - secondary: if primary is:
 - Fruity: "Berry" | "Citrus" | "Dried Fruit" | "Melon" | "Tree Fruit" | "Tropical"
 - Maillard: "Caramel" | "Chocolate" | "Meaty" | "Nutty" | "Roasted" | "Toasted"
 - Terpene: "Medicinal" | "Spice" | "Smoke" | "Petrol" | "Wood"
 - Vegetal: "Green" | "Earthy" | "Fruit-Like" | "Herbaceous"
- description: brief description of flavor/usage, emphasizing culinary applications

Leave empty but include:

- cookingMethods?: []
- texture?: []
- intensity?: null
- allergen?: []
- dietary?: []

Key rules:

- Secondary aromas must match their primary category
- Subcategories must match their main category exactly as typed above
- All flavor profile scores are 0-10 integers, where:
 - 0 = completely absent
 - 3 = subtle
 - 5 = moderate

- 7 = pronounced
 - 10 = extremely intense
- Include empty MVP+ fields for future completion