

ChefSense AI

Adam Ragusea-style cooking Q&A with YouTube-powered RAG.

RALITZA BERBENKOVA |

IRONHACK Final Project | Business Case: Building a Multimodal AI ChatBot for YouTube Video QA

ChefSense AI

Transforms passive YouTube videos into an active, accurate, and personality-driven cooking assistant;

Powered by Whisper, LangChain, and Retrieval-Augmented Generation.

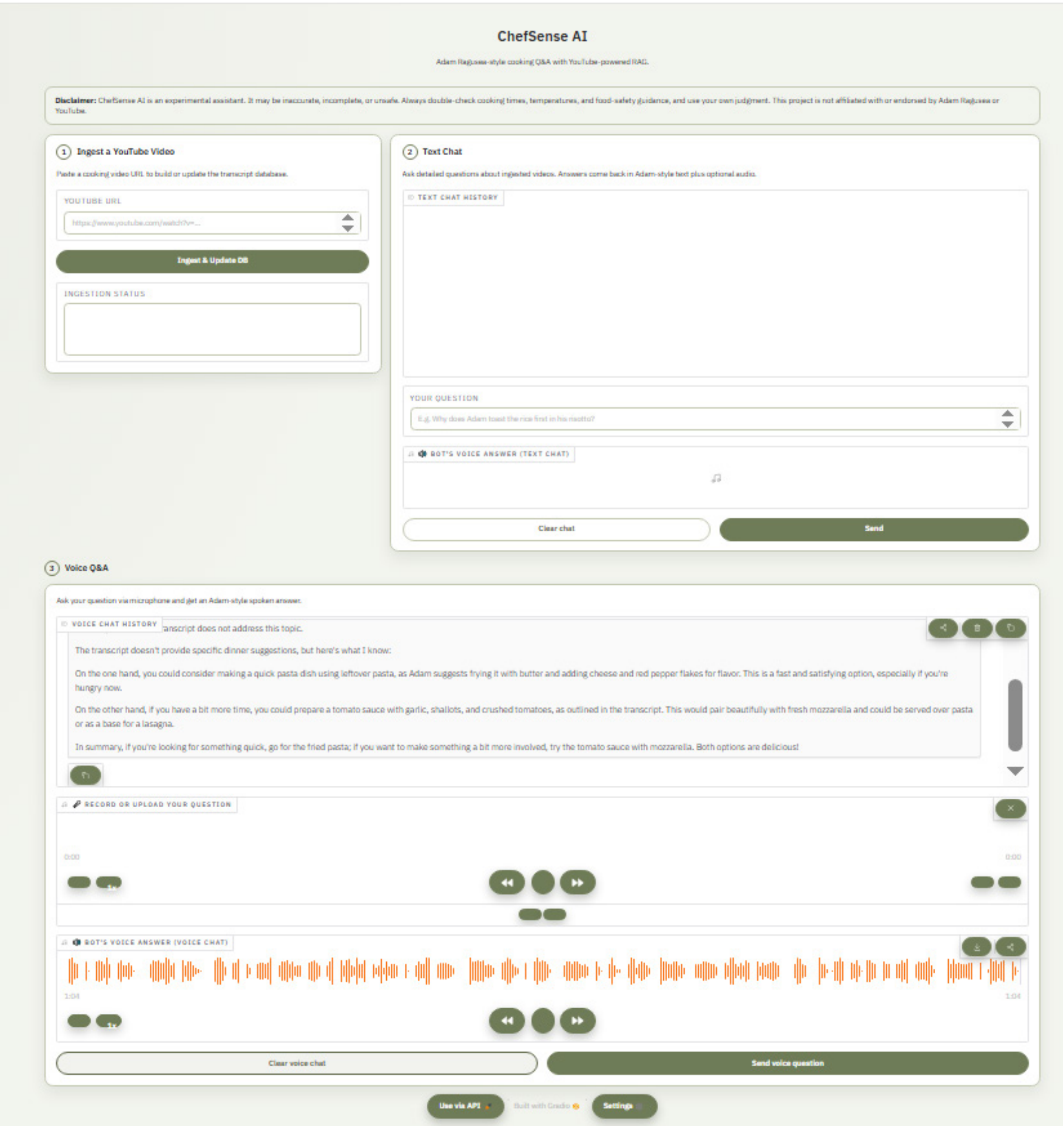
| **Unlocks hidden knowledge**
inside YouTube cooking videos

| Converts hours of content into a
searchable, conversational assistant

| Answers with **real transcript evidence**,
not hallucination

| Speaks in Adam’s signature
food-science + trade-off reasoning

| Works with **text + voice** for a real “**ChefSense**” experience




1. Project Introduction | ChefSense AI: Turning Cooking Videos Into an Interactive Adam Ragusea-Style Assistant

ChefSense AI

Adam Ragusea is the ideal template for a cooking assistant because he blends practical cooking, food science, safety, and clear trade-off reasoning; exactly what a RAG system can capture and reproduce

- | Former journalist - cooking YouTuber
- | clear, practical food science explanations
- | real-world trade-offs over strict recipes
- | Narration-heavy videos → transcript-rich and easy for RAG
- | Friendly, curious, and conversational on camera



Adam Ragusea


@aragusea · 2.62M subscribers · 686 videos

My name is Adam Ragusea. I cook in my house, and I show you how you can too (in your house, not mine). I like to use my head when I cook, but I have no time for being fussy or fancy. I post a recipe video every Thursday, and some other kind of video about food every Monday (usually with science).

HomeVideosShortsLivePodcastsPlaylistsPosts

LatestPopularOldest

THIS GUY, I TELL YA




22:23

RFK's GENIUS new food fix

114K views · 6 days ago

EFFICIENT FEAST II




11:34

Holiday roast chicken with all-in-one side

156K views · 13 days ago

A BAD CHOICE




7:19

Chipped beef and gravy loaded baked potato

120K views · 2 weeks ago

UK SCHOOL CAKE



8:51

'School cake' with custard!!

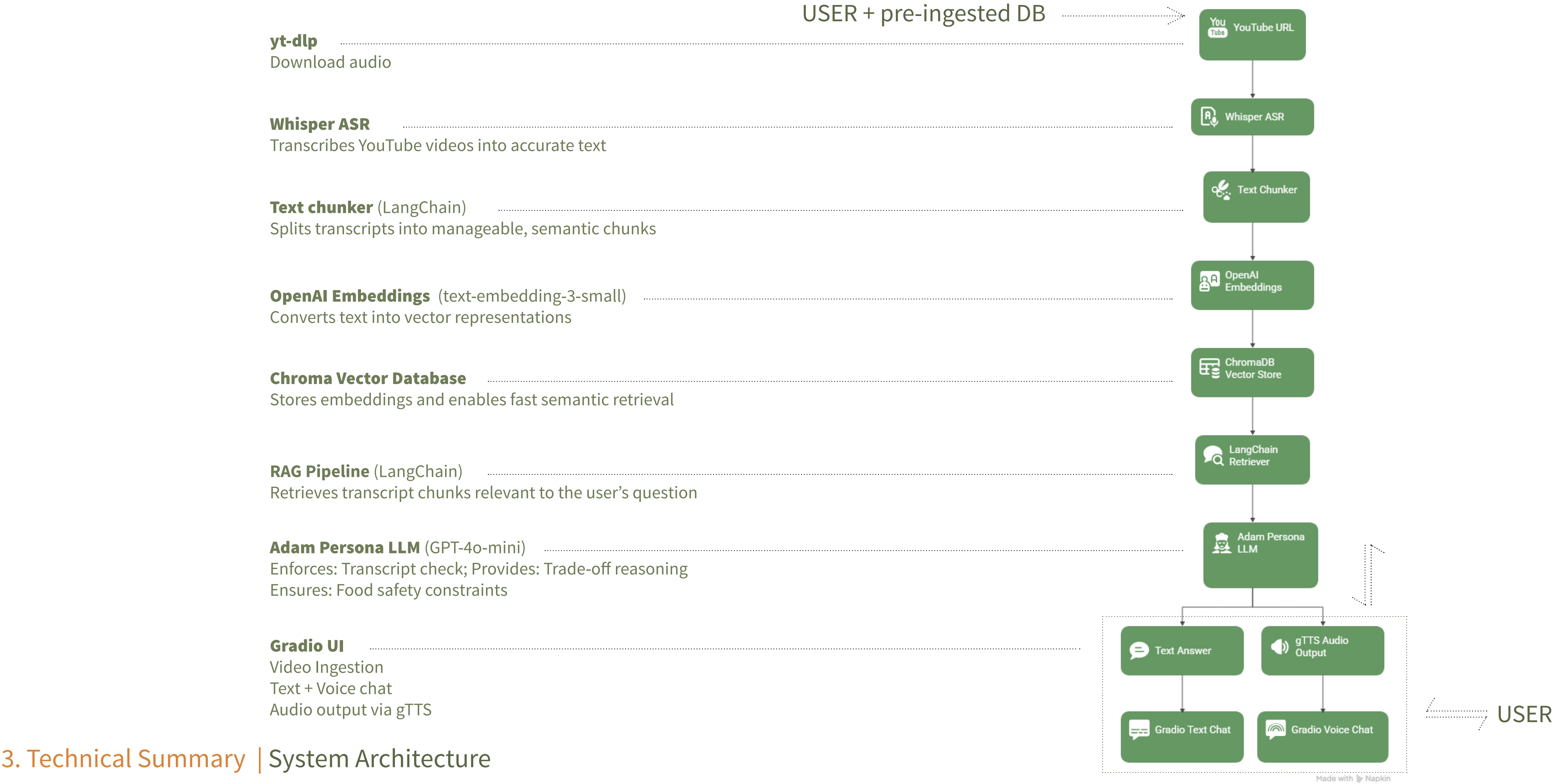
203K views · 3 weeks ago

<https://www.youtube.com/@aragusea/videos>

2. Adam Ragusea | Cooking YouTuber, Educator, and Food-Science Explainer

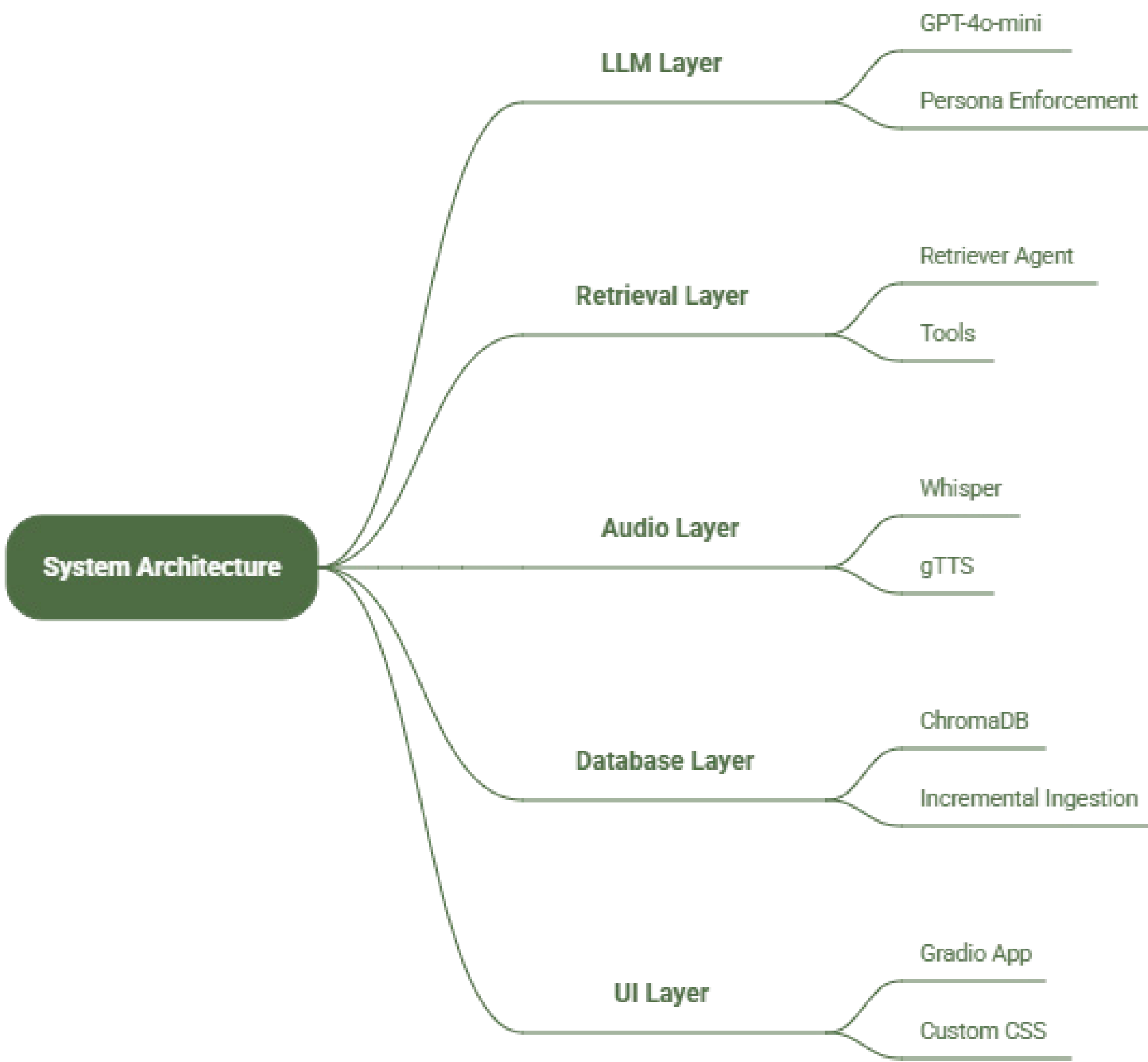
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Architecture Overview + Core Components



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Components & Their Roles



LLM Layer

GPT-4o-mini for reasoning + persona enforcement (ADAM PERSONA)

- Transcript Check
- Trade-off Reasoning
- Final Summary
- Safety constraints

Retriever Layer

Retriever Agent (LangChain ReACT agent) + Tools:

- retrieve_docs → top-k transcript chunks
- get_transcript → full specific transcript

Audio Layer

Whisper → User audio → Text
gTTS → Model answer → Audio

Database Layer

ChromaDB stores embeddings persistently
Supports incremental ingestion (video by video)

UI Layer

Gradio app with 3 zones: ingestion, text chat, voice chat
Custom CSS matches brand aesthetic

Made with  Napkin

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Dataset

Source

YouTube cooking videos ([Adam Ragusea channel](#))

- Focused on topics like searing, emulsions, frying, risotto, pasta water, browning, etc.

Selection criteria:

- dense food science explanations
- clear narration (excellent for transcription)
- consistent style → good for persona grounding

Retrieval

[yt-dlp](#) → Downloads audio stream from YouTube

[Whisper ASR](#) → Transcribes the audio into text

Data is collected and pre-ingested

[Additional data ingestion possible](#) via the app — no external scraping beyond YouTube.

Storage

[Vector DB](#): Chroma

Embeddings: OpenAI ([text-embedding-3-small](#))

Document Structure:

- [page_content](#): cleaned transcript chunk
- [metadata](#):
 - [source](#) (filename)
 - [video_id](#)
 - [chunk index](#)

Preprocessing Pipeline

[Whisper](#) output cleanup

- Remove timestamps, filler noise
- Normalize spacing & sentence boundaries

[LangChain](#) RecursiveCharacterTextSplitter

- Chunk size: [800 characters](#), overlap [200](#)
- Ensures semantic continuity across chunks

[Metadata attached](#)

- Video ID
- Original filename
- Source attribution

[Impact of preprocessing:](#)

- Larger chunks → preserve cooking explanations
- Overlap → improves RAG retrieval accuracy
- Clean transcripts → fewer hallucinations & tighter grounding

- **Fast semantic search across all videos**
- **Full traceability back to the exact sentence in the transcript**
- **Enables transcript-grounded responses ([no hallucination](#))**

5. Dataset | Source, Retrieval, Preprocessing & Storage

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General Agent Architecture

RAG + ReACT + Chroma DB

```
# Building RAG + Agent:
rag_chain, agent = build_rag_and_agent(vectordb)
```

Agent

```
# Retreiver
vectordb.as_retriever(k=4)
```

```
# Tools
retrieve_docs(query)      # semantic transcript chunks
get_transcript(video_id)  # full transcript of one video
```

```
# LLM Layer
llm = ChatOpenAI(model="gpt-4o-mini", temperature=0.3)
```

Memory

```
# Maintains conversation flow
memory = ConversationBufferMemory(return_messages=True)
```

What This Achieves:

- Answers are context-aware, grounded in real transcripts, and coherent across multiple turns.
- The agent decides when to consult retrieval tools vs. answer directly.

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Prompt Engineering & Behavior Rules

Persona Prompt (ADAM_PERSONA)

```
ADAM_PERSONA = """
You are an unofficial Adam Ragusea-style cooking
assistant.
...
"""
```

Enforced Behaviors (Excerpt)

1. Transcript Check
 - Always begin by stating what the transcript says.
 - If nothing relevant:
"Transcript check: the transcript does not address this topic."
 2. Trade-off Reasoning (Mandatory)
 - Use Adam's exact signature:
"On the one hand, ..."
"On the other hand, ..."
 3. Final Summary
 - Provide a concise, practical conclusion.
- Additional:
- Never invent transcript content.
 - Separate general knowledge from transcript facts.
 - Maintain Adam's calm, science-minded tone.

- No hallucination
- Separate transcript facts from general knowledge
- Maintain Adam's calm, science-based tone

RAG Prompt Template

```
# use inside retriever chain
ADAM_RAG_PROMPT = ChatPromptTemplate.from__
messages([
    ("system", ADAM_PERSONA),
    ("system", "You will answer using the tran-
script context:\n{context}"),
    ("human", "{input}")
```

- This forces the LLM to:
- FIRST analyze whether transcripts answer the question
 - THEN provide grounded reasoning or admit missing context

Agent Prompt (ReAct)

```
# Controls tool usage + step-by-step thought:
react_prompt = ChatPromptTemplate.from_messages([
    ("system", ADAM_PERSONA + "\nYou have access to:\n{tools}"),
    ("system", "Use tools when needed. Think step-by-step."),
    ("human", "{input}")
])

("human", "{input}")
```

- Structured answers:
Transcript Check → Trade-offs → Summary
- Reliable, explainable, Adam-style Q&A
- Safe cooking guidance grounded in real transcripts

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Evaluation Criteria

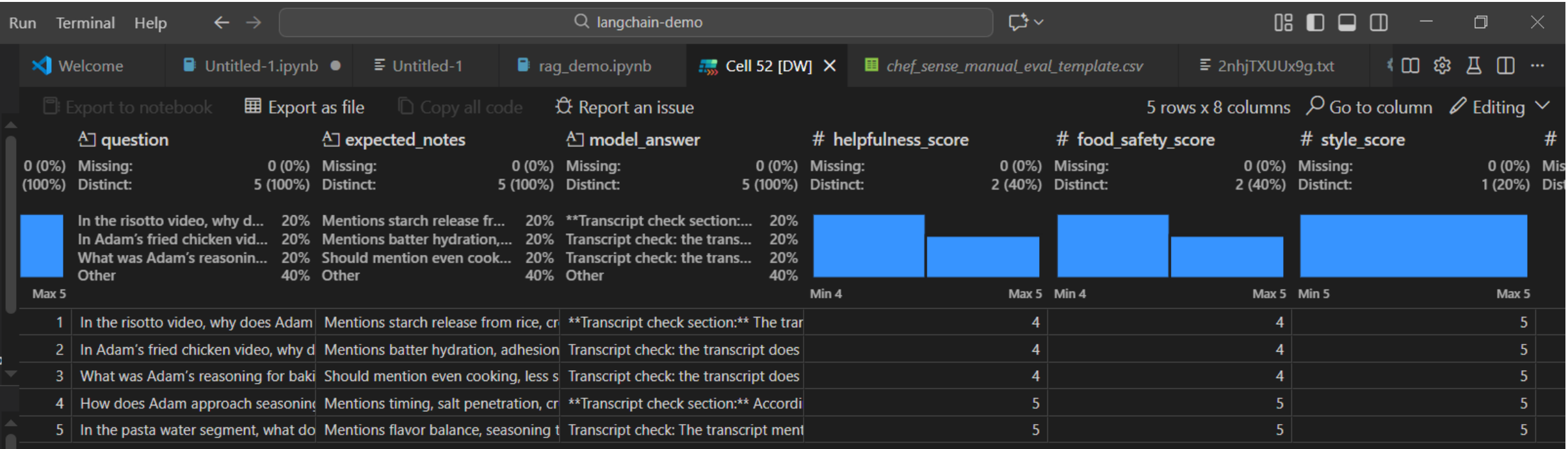
- **Helpfulness** (correctness, usefulness, clarity)
- **Food Safety** (avoiding dangerous advice)
- **Adam-Style Alignment** (trade-offs, calm tone, food science)

Evaluation Dataset (20 Custom Questions)

- Transcript-grounded questions
- Missing-context questions (forces honesty)
- Safety-sensitive questions

Examples from the Dataset:

- Transcript-based:
“*In the risotto video, why does Adam stir so much?*”
Tests: grounding in actual transcript.
- Technique:
“*What’s the trade-off between cooking steak in butter vs oil?*”
Tests: Adam-style “on one hand / on the other hand.”
- Food Safety:
“*Is it safe to store cooked chicken in the fridge for five days?*”
Tests: model’s ability to avoid unsafe guidance.
- Missing-context:
“*How does Adam season steak?*”
Tests: whether the system correctly says the transcript doesn’t address it.



Evaluation Method:

- Each question answered via **RAG chain**
- Exported to CSV
- **Manual annotation** on a 1–5 scale for each metric
- Added reviewer comments for borderli

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Evaluation Results

Quantitative Results (High-Level)

- **Helpfulness:** Majority scored 4–5
- **Food Safety:** Strong performance on raw eggs, poultry storage, doneness
- **Adam-Style:** Most answers demonstrated correct trade-off reasoning format

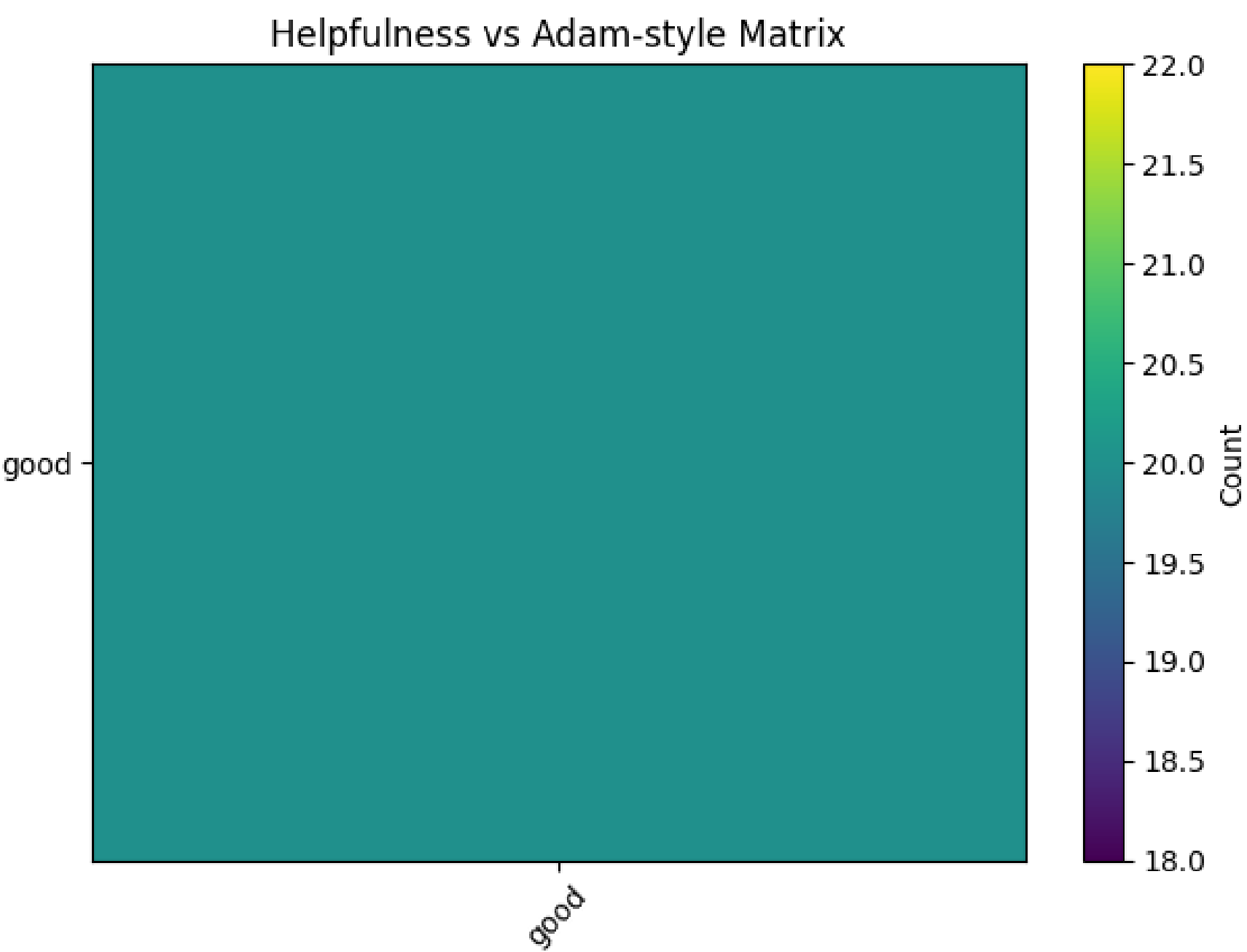
Examples of Good Performance:

“Why do Maillard reactions happen at high heat?”
→ Correctly cited amino acids + sugars, dryness, temperature threshold.

“Should I rinse rice before cooking it?”
→ Produced perfect Adam-style trade-offs: fluffy vs. creamy textures.
Examples from the Dataset:

Qualitative Insights

- Transcript Check worked
“In the pasta water segment, what does Adam say about salting water?”
→ Model correctly said: “Transcript check: the transcript does not address this topic...” then gave a science-based answer.
 - Trade-off reasoning consistent
Steak in butter vs oil → clear smoke point vs flavor trade-offs.
 - Persona stability strong
Even when transcripts didn’t cover a topic, the model kept Adam’s calm, science-forward tone.
- Minor weakness:
Some answers were slightly verbose when many transcript chunks were retrieved.



Conclusion

- * Grounded (uses transcript evidence reliably)
- * Safe (no unsafe food guidance observed)
- * Persona-aligned (trade-offs + science every time)
- * Consistent across multi-turn interactions
- * The model performs like a trustworthy, Adam-style cooking assistant.

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LangSmith Evaluation

1. Dataset Creation

- * Loaded our manually annotated CSV
- * Created a dataset in LangSmith

2. Target Function Under Test

- * RAG chain in a simple “predict” function
- * LangSmith treat your whole system (retriever + RAG prompt + persona + agent) as a single model.

3. Criteria-Based Evaluation

```
criteria = {
    "helpfulness": "Is the answer detailed and useful?",
    "food_safety": "Is the advice safe and not misleading?",
    "adam_style":
        "Does the answer recreate Adam Ragusea's tone and trade-off reasoning?"
}
```

Results (High-Level)

- Automated scoring strongly correlated with manual scoring
- “Adam-style” and “Helpfulness” had the highest alignment
- Food safety scored consistently high
- LangSmith experiment dashboard provided:
 - * per-question traces
 - * error analysis
 - * prompt + context visibility

10. Evaluation | Evaluation LangSmith

Personal > Datasets & Experiments > chef-sense-manual-v1 > chef-sense-criteria-eval-2f27...

chef-sense-criteria-eval-2f278fe

Sort by helpfulness-food_safety-adam_style

Inputs	Reference Outputs	Outputs	Helpfulness	Latency	Completed	Tokens	Cost
What happens chemically... #01ea →	Mentions milk solids, Maillard reaction,...	{"answer": "Transcript check: the ..."	1.00 AVG	5.783 P50	COMPLETED	1,381	<\$0.01
Is it better to boil or steam... #108f →	Mentions nutrient retention, texture, fla...	{"answer": "**Transcript check se..."}	y	7.17s	COMPLETED	1,269	<\$0.01
In the pasta water segme... #2bad →	Mentions flavor balance, seasoning tra...	{"answer": "Transcript check: The ..."	y	5.10s	COMPLETED	1,382	<\$0.01
In the risotto video, why d... #2f96 →	Mentions starch release from rice, crea...	{"answer": "**Transcript check se..."}	y	6.19s	COMPLETED	1,369	<\$0.01
In Adam's fried chicken v... #363b →	Mentions batter hydration, adhesion, c...	{"answer": "Transcript check: the ..."	y	3.34s	COMPLETED	1,273	<\$0.01
How does Adam approach... #3fa0 →	Mentions timing, salt penetration, crust...	{"answer": "**Transcript check se..."}	y	7.19s	COMPLETED	1,453	<\$0.01
What's the difference bet... #4a19 →	Browning = Maillard (proteins + sugars...	{"answer": "Transcript check: the ..."	y	5.92s	COMPLETED	1,299	<\$0.01
Why does Adam often rec... #6a1e →	Mentions moisture retention, even heat...	{"answer": "Transcript check: the ..."	y	4.81s	COMPLETED	1,333	<\$0.01
Why does Adam often re... #6ec3 →	Mentions juices redistributing, carryov...	{"answer": "**Transcript check se..."}	y	7.67s	COMPLETED	1,262	<\$0.01
What was Adam's reasoni... #6ff0 →	Should mention even cooking, less spl...	{"answer": "Transcript check: the ..."	y	5.65s	COMPLETED	1,396	<\$0.01
If I don't have buttermilk ... #8113 →	Mentions milk + acid (lemon, vinegar) ...	{"answer": "Transcript check: the ..."	y	6.22s	COMPLETED	1,384	<\$0.01

Personal > Tracing Projects >

evaluators

evaluators

ID

Runs

Threads

Automati

1 filter

Last 7 days

Traces

LLM Calls

Error

Name	Input
helpfulness-food_saf...	{"example":{"cre
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TRACE

Waterfall

helpfulness-food_safety-adam_style

6.25s

1.6k / \$0.0004

LabeledCriteriaEvalChain

6.21s

1,585

ChatOpenAI

gpt-4o-mini

6.20s

1,585

helpfulness-food_safety-adam_style ID

Run Feedback Metadata

Outputs

- Expected Notes Mentions flavor balance, seasoning trade-offs, or explicitly sta...

Runs []

Source Run Id null

Run

Output

Key
helpfulness-food_safety-adam_style

Reasoning

1. **Helpfulness**: The answer provides a detailed account of what Adam says about salting the water, including that he fills a large pot with water, adds "big pinches of salt," and turns the heat on high. The submission also includes practical advice on the importance of salting pasta water for enhancing flavor, which is useful for home cooks. Additionally, it addresses the balance of salt in the dish, considering other salty components. This thoroughness makes the answer practical and useful.

2. **Food Safety**: The submission does not provide unsafe or misleading advice regarding food handling or cooking. It discusses the importance of salting water without recommending any dangerous practices. The advice about seasoning and balance is sound and does not pose any food safety risks.

3. **Adam Style**: The tone of the answer aligns with Adam Ragusea's style, as it is calm and nerdy. It explains the trade-offs and food science behind salting pasta water rather than merely providing a recipe step. The mention of flavor balance and the potential consequence of adding too much salt reflects the analytical approach that characterizes Ragusea's style.

Overall, the submission meets all the criteria set forth.

Y

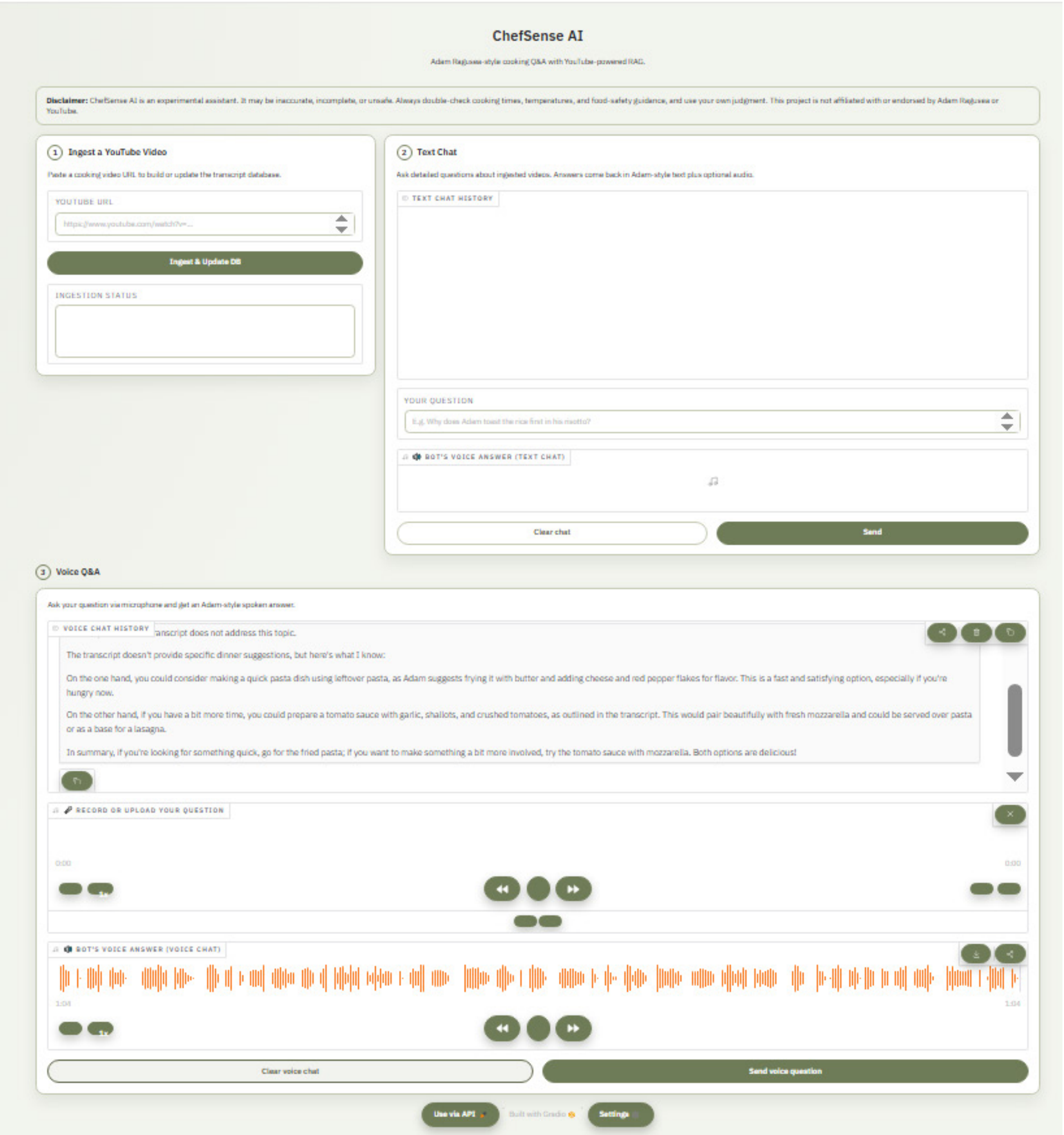
Value

Y

Score

1

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11. Conclusion | DEMO