

# Considerations for **cooking savoury meals**

What factors influence what you cook and eat? Being able to cook a range of savoury dishes means we are able to feed ourselves and others a healthy varied diet. There are many factors which influence what recipes you choose to cook.



## Budget

The amount of money available will determine the ingredients you select.  
Choose cheaper cuts of meat and slow cook for flavoursome and tender meat. To reduce cost, add beans, pulses and vegetables to dishes.



## The Kitchen

Make sure you have space to prepare and cook your recipe.  
Check you have all the equipment needed to make the recipe.



## Recipe Repertoire

Think of recipes you have made in the past and how you could adapt them. Choose a new recipe to increase your repertoire.



## Food Skills

Consider the food preparation skills you already have and what skills will challenge you, making sure that you work in a safe and hygienic way.  
Consider what cooking methods are best for preparing your dish.



## Occasions

Prepare special dishes for celebrations such as birthdays, weddings and religious events.



## Religion and Culture

Some religions prohibit certain food or may need food prepared in a certain way.  
Some cultures may have their own traditional foods.



## Ingredients

Increasingly, consumers select ingredients due to seasonality, ethical issues, welfare standards, assurance schemes and production methods.  
Many also shop for locally produced food or grow their own.



## Preference

Everyone has different preferences based on the appearance, smell, taste and texture of food and drinks.



## Time

Choose a recipe which you have enough time to prepare, cook and serve.  
Choose to cook a dish suitable to the time of day when it will be served, eg breakfast, lunch and dinner.



## Diet and Health

Create healthy, balanced meals based on current healthy eating recommendations for different life stages.  
Be aware of any special dietary needs which may affect food choice.

