



SYNTHEDIA ADVENTURES IN AI
CREATING A COOKBOOK IN 1 HOUR

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Treasured potluck traditions from our family

3 Dishes to Die For

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The Plan

*Create a 3-Recipe Cookbook in 1 hour
and put synthetic media to the test!!*

30 minutes for content and 30 minutes for layout



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The Process

Step-by-step

Assemble

- Three co-workers gather on Zoom

Plan (10 minutes)

1. Choose three recipes for the cookbook
2. Create short backstories for each recipe

Generate with AI (12 minutes)

1. Multiple images for each dish
2. Two backstory options for each dish
3. Recipes with detailed preparation instructions
4. Recipe page titles
5. Cookbook title options

Select (8 minutes)

- Choose the images and stories for each recipe

Produce (30 minutes)

- Lay out the cookbook and publish
- Use all content as-is with no modification



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Peking Duck

This Peking duck recipe was first introduced to our family's Christmas potluck 20 years ago, and it has been a beloved tradition ever since. The crispy skin and tender, succulent meat are simply irresistible, and the process of preparing the duck is a fun and rewarding experience.

Each year, we gather around the kitchen table to prepare the duck, chatting and laughing as we work. The aroma of the duck roasting in the oven fills the house, and the anticipation builds as we wait for it to be ready. When it finally comes out of the oven, golden and crispy, we can hardly wait to dig in.

We hope that this Peking duck recipe will become a cherished part of your holiday traditions as well. It may take some time and effort to prepare, but the end result is well worth it. Happy cooking!



A Traditional Dish with Crispy Skin and Tender Meat

This recipe is considered to be a high-quality and authentic version of Peking duck, and it has been well-reviewed by many people who have tried it. If you follow the instructions carefully, you should be able to create a delicious and satisfying dish that is sure to impress your guests.

Ingredients

- **1 whole duck**
- **5 cups water**
- **1/4 cup honey**
- **1/4 cup rice vinegar**
- **1/4 cup soy sauce**
- **2 tablespoons hoisin sauce**
- **2 tablespoons five-spice powder**
- **1 tablespoon Sichuan peppercorns**
- **2 cloves garlic, minced**
- **1 tablespoon ginger, minced**
- **1 tablespoon sesame oil**
- **8-10 thin pancakes**



Instructions

1. Rinse the duck and pat it dry with paper towels. Using a sharp knife, carefully score the skin in a crosshatch pattern, being careful not to cut into the meat.
2. In a small saucepan, combine the water, honey, rice vinegar, soy sauce, hoisin sauce, five-spice powder, Sichuan peppercorns, garlic, ginger, and sesame oil. Bring the mixture to a boil over medium heat, then reduce the heat and simmer for 5 minutes.
3. Place the duck in a shallow roasting pan and pour the boiling liquid over it. Cover the pan with foil and roast the duck in a preheated oven at 400°F for 30 minutes.
4. Remove the foil and continue roasting the duck for an additional 30 minutes, or until the skin is crispy and golden brown.
5. Remove the duck from the oven and let it cool slightly. Carefully carve the duck into thin slices and serve with the thin pancakes and additional hoisin sauce, if desired.

Potatoes Au Gratin



This potatoes au gratin recipe is my mother's signature dish, and it always tastes like home to me. The thinly sliced potatoes are layered with creamy, cheesy goodness and topped with crispy bacon and scallions for added flavor. When it comes out of the oven, the bubbly cheese on top is a sight to behold.

Every time I make this dish, I am transported back to my childhood, sitting at the kitchen table with my family and savoring every bite of my mother's delicious cooking. It's a comfort food like no other, and it always brings a smile to my face.

I hope that this recipe will become a cherished part of your own culinary repertoire and that it will bring you the same joy and comfort that it has brought to my family and me. Happy cooking!

A Rich and Creamy Side Dish for Any Occasion

Ingredients

- **3 tablespoons butter**
- **3 tablespoons all-purpose flour**
- **1/4 teaspoon salt**
- **1/4 teaspoon ground black pepper**
- **1/4 teaspoon onion powder**
- **1/4 teaspoon garlic powder**
- **2 cups milk**
- **2 cups shredded cheddar cheese**
- **2 cups thinly sliced potatoes**
- **1/2 cup chopped onion**

This recipe is a classic version of potatoes au gratin that is easy to make at home and is sure to be a hit with your family and friends. By following the instructions above, you should be able to create a delicious and satisfying dish that is perfect for a cozy meal at home.

Instructions

1. Preheat your oven to 350°F. Grease a 2-quart casserole dish with cooking spray and set aside.
2. In a large saucepan, melt the butter over medium heat. Add the flour, salt, pepper, onion powder, and garlic powder, and whisk to combine. Cook for 1-2 minutes, stirring constantly, until the mixture is bubbly and thickened.
3. Gradually whisk in the milk, stirring constantly, until the mixture is smooth and thickened. Reduce the heat to low and stir in the shredded cheddar cheese, stirring until the cheese is melted and the sauce is smooth.
4. In a large bowl, combine the sliced potatoes and chopped onion. Pour the cheese sauce over the potatoes and onion, and stir to combine.
5. Transfer the potato mixture to the prepared casserole dish. Bake in the preheated oven for 45-50 minutes, or until the potatoes are tender and the top is golden brown and bubbly.
6. Remove the potatoes from the oven and let them cool for a few minutes.

Chocolate Mousse

This chocolate mousse recipe has a rich history that dates back to my great-grandmother, who immigrated to America with nothing but the clothes on her back and this recipe tucked safely in her pocket. She arrived in a new country with no money, no possessions, and no one to turn to for help. But she had this recipe, and it became her lifeline. She would make batches of chocolate mousse and sell them on the street, slowly building a life for herself in her new home.

This recipe has been passed down through the generations, and now I am proud to share it with you. It is a reminder of the strength and determination of my great-grandmother, and the power of a simple recipe to bring people together. I hope that you will enjoy this chocolate mousse as much as my family has over the years, and that it will become a cherished part of your own culinary tradition.



Decadent Chocolate Mousse for Chocolate Lovers

Ingredients

- **4 ounces high-quality semisweet chocolate, chopped**
- **2 tablespoons unsalted butter**
- **1/2 cup heavy cream**
- **2 large eggs, separated**
- **1/4 cup granulated sugar**
- **1/8 teaspoon salt**
- **1/2 teaspoon vanilla extract**

Here is a simple and delicious recipe for chocolate mousse that is sure to be a hit with anyone who loves chocolate!

Instructions

1. Begin by placing the chocolate and butter in a medium-sized heat-proof bowl. Set the bowl over a saucepan of simmering water, making sure that the bottom of the bowl does not touch the water. Stir the chocolate and butter until they are completely melted and smooth. Remove the bowl from the heat and set it aside to cool slightly.
2. In a separate medium-sized bowl, beat the egg yolks with the sugar and salt until the mixture is pale yellow and thick. Slowly pour the melted chocolate into the egg yolk mixture, stirring constantly until it is well combined.
3. In a separate large bowl, beat the egg whites until they are stiff but not dry. Gently fold the egg whites into the chocolate mixture until they are well combined.
4. In another medium-sized bowl, beat the heavy cream until it forms stiff peaks. Gently fold the whipped cream into the chocolate mixture until it is well combined.
5. Divide the mousse evenly among four to six serving dishes. Cover the dishes with plastic wrap and refrigerate for at least two hours, or until the mousse is firm.
6. Serve the mousse chilled, garnished with fresh berries or a dusting of cocoa powder, if desired. Enjoy!

Tools We Used

Recipe and Stories

ChatGTP

Images

Stable Diffusion, DALL-E

Layout

Canva



A Bonus Story

We created multiple stories for each recipe. An alternative backstory for the chocolate mousse was too good to pass up. Here you go.

According to family legend, this chocolate mousse recipe was given to our great-grandmother by a magical moose who she saved from a pack of wolves. The moose, grateful for her bravery and kindness, wanted to thank her in a meaningful way. So, he whispered the secret recipe for chocolate mousse into her ear, and it has been passed down through the generations ever since.

This recipe is more than just a delicious dessert – it is a cherished family treasure. Every time we make a batch of chocolate mousse, we are reminded of the power of kindness and the magic that can be found in the most unexpected places. We hope that you will enjoy this chocolate mousse as much as we do, and that it will bring a little magic into your own kitchen.





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