



AICHEF.FOOD

# Magazine

OCTOBER 2026 · ISSUE 1

THE LUX PRIME KITCHEN EDITION



## *Prepared for Oliver*

- 01 Salmon with Lemon & Dill Potatoes
- 02 Vegetable Lasagne
- 03 Apple Crumble

Three personal recipes · Your shopping list · Wines to match · A note from Escoffier

Composed for you by Malcolm AI, grounded in Escoffier's Le Guide Culinaire (1907)

# From Malcolm's kitchen

*Dear Oliver,*

Welcome to your October issue. We are in deep autumn, rich with mushrooms and squash, and I have composed this month's menu with you in mind.

Your kitchen story is only beginning, so this first issue leans on the season. Every search you make and every recipe you save teaches me more, and next month's issue will be shaped around you.

This month: Salmon with Lemon & Dill Potatoes, Vegetable Lasagne and Apple Crumble. Your shopping list is overleaf, grouped by aisle, with a few gentle reminders of things you may be running low on.

May your pans be hot, your knives sharp and your table full.

Cook with joy, taste as you go, and let the season lead.

*Malcolm*

YOUR AI CHEF, AICHEF.FOOD

## IN THIS ISSUE



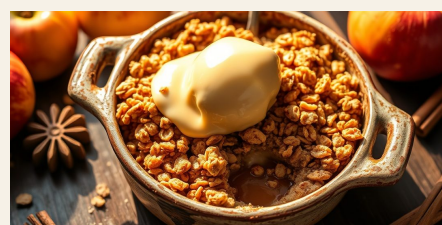
01 · PAGE 3

Salmon with Lemon & Dill Potatoes



02 · PAGE 4

Vegetable Lasagne



03 · PAGE 5

Apple Crumble

|                        |   |
|------------------------|---|
| Your shopping list     | 6 |
| Wines & accompaniments | 7 |
| The Escoffier note     | 7 |



AI-GENERATED ILLUSTRATION

# Salmon with Lemon & Dill Potatoes

30 MIN · EASY · BRITISH

A October dish chosen to introduce you to the magazine — your next issues learn from every search.

## INGREDIENTS

- salmon fillet
- new potatoes
- lemon
- dill
- olive oil
- green beans
- butter

## METHOD

- 1 Boil potatoes until tender.
- 2 Roast salmon at 200°C (180°C fan) with lemon until it flakes (63°C core).
- 3 Steam beans.
- 4 Toss potatoes in butter and dill; serve.

## CHEF'S SECRET

*Taste and season at every stage — that is the whole secret.*

## TO DRINK

White Burgundy (Chardonnay) or a chilled Loire Pinot Noir  
Alcohol-free: Sparkling water with cucumber and mint

## ALONGSIDE

Buttered new potatoes and a lemony green salad



AI-GENERATED ILLUSTRATION

# Vegetable Lasagne

80 MIN · MEDIUM · ITALIAN

A October dish chosen to introduce you to the magazine — your next issues learn from every search.

## INGREDIENTS

- lasagne sheet
- courgette
- aubergine
- red pepper
- passata
- butter
- plain flour
- milk
- cheddar

## METHOD

- 1 Roast chopped veg at 200°C (180°C fan).
- 2 Mix veg with passata.
- 3 Make white sauce with butter, flour and milk.
- 4 Layer sauce, sheets and veg; top with white sauce and cheese.
- 5 Bake until pasta is tender.

## CHEF'S SECRET

*Taste and season at every stage — that is the whole secret.*

## TO DRINK

Dry Grüner Veltliner (Austria) or a Côtes du Rhône red

Alcohol-free: Sparkling elderflower or a dry alcohol-free red

## ALONGSIDE

Crusty bread and a simple dressed green salad



AI-GENERATED ILLUSTRATION

03

# Apple Crumble

50 MIN · EASY · BRITISH

A October dish chosen to introduce you to the magazine — your next issues learn from every search.

## INGREDIENTS

- eating apple
- caster sugar
- cinnamon
- plain flour
- butter
- demerara sugar

## METHOD

- 1 Slice apples; toss with sugar and cinnamon into a dish.
- 2 Rub flour and butter to crumbs; stir in demerara.
- 3 Scatter over apples; bake at 190°C (170°C fan) until bubbling.

## CHEF'S SECRET

*Taste and season at every stage — that is the whole secret.*

## TO DRINK

Sweet Loire Chenin Blanc (Coteaux du Layon) or a late-harvest Riesling

Alcohol-free: Chilled spiced apple juice

## ALONGSIDE

A spoon of crème fraîche and a small strong coffee

# Your shopping list

Everything for all three recipes, grouped by aisle. Your regulars come first in each aisle, marked with a gold bar. Numbers show which recipe needs it.

## FRUIT & VEGETABLES

|                                       |      |    |
|---------------------------------------|------|----|
| <input type="checkbox"/> Aubergine    | 1    | 02 |
| <input type="checkbox"/> Courgette    | 2    | 02 |
| <input type="checkbox"/> Eating apple | 6    | 03 |
| <input type="checkbox"/> Green beans  | 150g | 01 |
| <input type="checkbox"/> Lemon        | 1    | 01 |
| <input type="checkbox"/> New potatoes | 400g | 01 |
| <input type="checkbox"/> Red pepper   | 2    | 02 |

## FRESH HERBS

|                               |        |    |
|-------------------------------|--------|----|
| <input type="checkbox"/> Dill | 1 tbsp | 01 |
|-------------------------------|--------|----|

## FISH & SEAFOOD

|                                        |   |    |
|----------------------------------------|---|----|
| <input type="checkbox"/> Salmon fillet | 2 | 01 |
|----------------------------------------|---|----|

## DAIRY & EGGS

|                                  |           |          |
|----------------------------------|-----------|----------|
| <input type="checkbox"/> Butter  | 20g + 40g | 01 02 03 |
| <input type="checkbox"/> Cheddar | 100g      | 02       |
| <input type="checkbox"/> Milk    | 600ml     | 02       |

## SPICES & SEASONINGS

|                                   |      |    |
|-----------------------------------|------|----|
| <input type="checkbox"/> Cinnamon | 1tsp | 03 |
|-----------------------------------|------|----|

## TINS, JARS & SAUCES

|                                  |      |    |
|----------------------------------|------|----|
| <input type="checkbox"/> Passata | 500g | 02 |
|----------------------------------|------|----|

## PANTRY & DRY GOODS

|                                         |     |    |
|-----------------------------------------|-----|----|
| <input type="checkbox"/> Demerara sugar | 75g | 03 |
|-----------------------------------------|-----|----|

## OTHER

|                                        |    |    |
|----------------------------------------|----|----|
| <input type="checkbox"/> Lasagne sheet | 12 | 02 |
|----------------------------------------|----|----|

### YOU MAY BE RUNNING LOW ON

Nothing stands out yet — as your history grows, Malcolm will suggest staples you may need to top up.

### ASSUMED IN YOUR CUPBOARD

Olive oil, Plain flour, Caster sugar.

Suggestions only — we can't see your cupboards.

# Wines & accompaniments

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## Salmon with Lemon & Dill Potatoes

Wine: White Burgundy (Chardonnay) or a chilled Loire Pinot Noir

Alongside: Buttered new potatoes and a lemony green salad. Alcohol-free: Sparkling water with cucumber and mint.



## Vegetable Lasagne

Wine: Dry Grüner Veltliner (Austria) or a Côtes du Rhône red

Alongside: Crusty bread and a simple dressed green salad. Alcohol-free: Sparkling elderflower or a dry alcohol-free red.



## Apple Crumble

Wine: Sweet Loire Chenin Blanc (Coteaux du Layon) or a late-harvest Riesling

Alongside: A spoon of crème fraîche and a small strong coffee. Alcohol-free: Chilled spiced apple juice.

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## THE ESCOFFIER NOTE

Balance and restraint were Escoffier's signatures: season boldly, garnish lightly, and serve promptly.

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Photographs are AI-generated illustrations. Nutrition is estimated. Allergen tags are guidance only — always check product labels, and adapt to your own dietary needs. Wine suggestions are styles, not endorsements; please drink responsibly (18+).

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