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Welcome! In this Dialogue, we'll focus on analyzing and improving prompts using the 5-step prompting framework to get the best possible outputs from AI tools.

**Here's what we'll cover:**

- **Choosing a Prompt:** You'll select an initial prompt to work with.
- **Improving Your Prompt:** We'll enhance your chosen prompt by adding details for the task, context, and references.
- **Generating and Evaluating Output:** You'll see the AI tool's output and assess how well it meets your needs.
- **Iterating for Better Results:** We'll refine your prompt based on your evaluation to improve the output.
- **Reflecting on the Framework:** You'll consider how applying the framework impacted your prompting journey.

**Need help?** Click "I'm stuck" at the top right to get a hint.

When you're ready, click **Start Dialogue**

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Great! To begin, please choose **one** of the following prompts to work with:

- Create an agenda for a team meeting to discuss quarterly goals.
- Generate creative ideas for a virtual team-building activity.
- Help me surprise a friend with a fun dinner menu idea.

Which prompt would you like to choose?

**Wan:** surprise a friend

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Excellent choice! Now that you've selected your prompt, let's start applying the 5-step prompting framework to make it even better. We'll begin by focusing on the **task** element.

When you think about "Help me surprise a friend with a fun dinner menu idea," how could you make the *task* more specific? Consider adding a persona (who should the AI tool act as?) or a format preference (how should the output be presented?)

**Wan:** I would give more details on the kind of food my friends likes, things they cannot eat, and how much to make

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Those are fantastic details to consider for the *context* of the prompt! Knowing your friend's preferences, dietary restrictions, and the quantity needed will definitely help the AI tool generate a more tailored menu.

However, before we dive into context, let's refine the *task* itself. Right now, your prompt is "Help me surprise a friend with a fun dinner menu idea." How could you make the *task* more specific by telling the AI tool what role to play (a persona) or

how you want the menu to be presented (a format)?

**Wan:** I want the AI to be an expert in nontraditional sous vide cooking

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That's a brilliant idea for a persona! Having the AI tool act as an expert in non-traditional sous vide cooking immediately makes the task much more specific and interesting.

Now that we have a clear persona, how would you like the dinner menu to be *formatted*? For example, do you want a list, a detailed plan, or something else?

**Wan:** I would like a 4-course menu

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Perfect! So, combining your original prompt with these new details, your refined task could look something like: "You are an expert in non-traditional sous vide cooking. Create a 4-course dinner menu to surprise a friend."

Now that we've clearly defined the **task** with a persona and format, let's move on to **context**. You mentioned earlier wanting to include details about your friend's food preferences, dietary restrictions, and how much to make. How would you incorporate those details into your prompt to give the AI tool more background information?

**Wan:** my friend is not a vegetarian, but cannot eat gluten. She is not a picky eater, but doesn't eat a lot at one sitting

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Excellent! Those are crucial details for the AI tool to consider. Knowing your friend's dietary needs (gluten-free) and eating habits (doesn't eat a lot at one sitting) will help tailor the menu perfectly.

Now, let's think about **references**. Are there any specific dishes, cuisines, or even types of non-traditional sous vide meals that your friend particularly enjoys, or perhaps some examples of menus you've seen that you'd like the AI tool to draw inspiration from (or avoid)?

**Wan:** a menu from three different Michelin-starred restaurants

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That's a very interesting idea for references! Providing menus from three different Michelin star restaurants gives the AI tool a high bar for creativity and quality, and a clear style to emulate.

So, let's bring all these elements together. Based on our discussion, how would you combine the task, context, and references into a single, comprehensive prompt that you're ready to use with an AI tool?

**Wan:** You are an expert in non-traditional sous vide cooking. Give me 3 different four course menus inspired by 3 or 4 different Michelin Star restaurants. The food should be gluten free and be able to be prepared in less than two hours.

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That's a very well-crafted prompt! You've clearly defined the persona, the desired output format, the dietary restrictions, and even a time constraint for preparation, along with the inspiration from Michelin-starred restaurants. It's concise and comprehensive.

Now, let's see what an AI tool might generate with this. I will act as the AI tool with thinking mode turned off and provide you with an output based on your prompt.

### **Menu 1: "Nordic Forest & Sea" (Inspired by Noma)**

- **Course 1: Smoked Carrot Tartare**
  - Sous vide carrots, finely diced and smoked, served with pickled foraged greens and a horseradish emulsion.
- **Course 2: Cod with Fermented Asparagus**
  - Sous vide cod loin, flaky and tender, accompanied by fermented green asparagus spears and a dill oil.
- **Course 3: Venison with Juniper & Berries**
  - Sous vide venison tenderloin, seared, with a juniper berry reduction and wild lingonberry compote.
- **Course 4: Birch Sap & Spruce Tip Panna Cotta**
  - Light panna cotta infused with birch sap, topped with candied spruce tips and a berry coulis.

### **Menu 2: "Modern Japanese Kaiseki" (Inspired by Sukiyabashi Jiro)**

- **Course 1: Yuzu-Cured Scallop Sashimi**
  - Thinly sliced sous vide scallops, lightly cured with yuzu and sea salt, served with microgreens.
- **Course 2: Miso-Glazed Black Cod**
  - Sous vide black cod, finished with a sweet and savory gluten-free miso glaze, served with blanched bok choy.
- **Course 3: Wagyu Beef Tataki**
  - Sous vide wagyu beef, quickly seared, thinly sliced, with a ponzu gel and crispy garlic chips.
- **Course 4: Matcha & Azuki Bean Mousse**
  - Delicate matcha green tea mousse layered with sweet azuki bean paste, gluten-free.

### **Menu 3: "Mediterranean Garden" (Inspired by Osteria Francescana)**

- **Course 1: Deconstructed Caprese Salad**
  - Sous vide heirloom tomatoes, mozzarella spheres, basil foam, and balsamic pearls.
- **Course 2: Octopus with Smoked Paprika & Potato**
  - Tender sous vide octopus, grilled, served with a smoked paprika aioli and confit potato slices.
- **Course 3: Lamb Loin with Pistachio Crust**
  - Sous vide lamb loin, crusted with pistachios, served with a mint pesto

and roasted root vegetables.

- **Course 4: Lemon & Olive Oil Cake**

- Individual gluten-free lemon and olive oil cakes, served with a rosemary syrup and fresh berries.

Now that you have these three menu ideas, how would you **evaluate** this output? What makes it good, or what might need to be changed?

**Wan:** Make sure all the ingredients are seasonal and available for Spring in New England: [Coach dialogue: Design a prompt with Coach](#) Apr 15, 2026

That's a very important detail to add for the **context** of your prompt! Ensuring ingredients are seasonal and locally available is key for freshness and flavor.

Now, thinking about the output I just provided, how would you **evaluate** it based on your original prompt and the new seasonal requirement? Is there anything in the menus that doesn't quite fit the Spring in New England criteria, or anything that stands out as particularly good?

**Wan:** They all look good, but some of the techniques are unknown to me...like making foam

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That's a very practical observation! It's important that the menu is not only delicious but also something you feel confident preparing. This brings us to the **iterate** step of our framework.

Considering your feedback about unfamiliar techniques like making foam, how might you adjust your original prompt to guide the AI tool towards suggestions that are more accessible for your skill level, while still maintaining the Michelin-star inspiration and gluten-free, sous vide focus?

**Wan:** I'm an intermediate skill cook with access to traditional kitchen tools (oven, sous vide cooker, micro plane, etc), but nothing exotic.

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That's excellent clarification! Specifying your skill level and available tools is a perfect way to iterate on your prompt and ensure the AI tool provides more practical suggestions.

So, how would you now rephrase your complete prompt, incorporating this new detail about your cooking skill and tools, along with all the other elements we've discussed (persona, format, gluten-free, Michelin-star inspiration, and Spring in New England seasonality)?

**Wan:** You are an expert in non-traditional sous vide cooking. Give me 3 different four-course menus inspired by 3 or 4 different Michelin Star restaurants. The food should be gluten-free and be able to be prepared in less than two hours for an intermediate skill cook with access to traditional kitchen tools (oven, sous vide cooker, microplane, etc), but nothing exotic. The ingredients need to be available in Spring in New England. My guest like small plates, served over that span of

more than an hour.

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This is a fantastic, comprehensive prompt! You've included all the necessary details for the AI tool to generate highly relevant and actionable menu ideas. The addition of your skill level, available tools, and the preference for small plates served over time truly refines the request.

Now, let's see what an AI tool might generate with this updated prompt. I will act as the AI tool with thinking mode turned off and provide you with an updated output.

### **Menu 1: "Coastal Spring Harvest" (Inspired by a New England Michelin Star)**

- **Course 1: Asparagus & Lemon Risotto Arancini**
  - Crispy gluten-free arancini with creamy asparagus risotto, served with a light lemon aioli. (Sous vide asparagus for perfect tenderness).
- **Course 2: Pan-Seared Scallops with Pea Puree**
  - Perfectly seared New England scallops on a vibrant pea and mint puree, garnished with pea shoots. (Sous vide scallops for precise cooking).
- **Course 3: Sous Vide Lamb Loin with Rhubarb Chutney**
  - Tender sous vide lamb loin, sliced thin, served with a sweet and tart rhubarb chutney and roasted new potatoes.
- **Course 4: Strawberry Rhubarb Crumble (Gluten-Free)**
  - Individual gluten-free oat crumble with fresh local strawberries and rhubarb, served warm with vanilla bean ice cream.

### **Menu 2: "Forest & Farm Table" (Inspired by a Farm-to-Table Michelin Star)**

- **Course 1: Wild Mushroom & Thyme Tartlets (Gluten-Free)**
  - Savory gluten-free tartlets filled with sautéed wild mushrooms and fresh thyme, finished with a drizzle of truffle oil.
- **Course 2: Smoked Trout Salad with Radish & Dill**
  - Flaked smoked trout (can be gently sous vide for infusion) with crisp radishes, fresh dill, and a light lemon vinaigrette on a bed of mixed greens.
- **Course 3: Duck Confit with Cherry Gastrique**
  - Crispy-skinned duck confit (sous vide for tenderness) served with a rich cherry gastrique and roasted asparagus.
- **Course 4: Maple Panna Cotta with Candied Pecans**
  - Creamy maple-infused panna cotta, topped with crunchy candied pecans and a hint of sea salt.

### **Menu 3: "Modern American Bistro" (Inspired by a Contemporary Michelin Star)**

- **Course 1: Burrata with Roasted Beets & Pistachio**
  - Creamy burrata cheese served with roasted red and golden beets, toasted pistachios, and a balsamic glaze.

- **Course 2: Sous Vide Pork Belly Bites with Apple Slaw**
  - Crispy, tender sous vide pork belly bites, served with a refreshing apple and cabbage slaw.
- **Course 3: Halibut with Spring Vegetable Medley**
  - Flaky sous vide halibut fillet, served with a medley of blanched spring vegetables (snap peas, carrots, green beans) and a light herb butter sauce.
- **Course 4: Lemon Lavender Posset**
  - Silky smooth lemon posset infused with subtle lavender, served with gluten-free shortbread cookies.

How do these updated menus look? Do they better align with your skill level and tool availability, and do they still capture that Michelin-star inspiration while being gluten-free and seasonal for New England Spring?

**Wan:** Yes. That is much better. I would like to prepare most of items ahead of time to be able to spend more time with my guest.

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That's a very practical consideration for entertaining! Being able to prepare items ahead of time is key to enjoying your guests' company. This is another excellent point for **iteration**.

Considering this, how would you now adjust your prompt to include the desire for dishes that can be largely prepared in advance, allowing you to focus on your friend during the dinner itself?

**Wan:** You are an expert in non-traditional sous vide cooking. Give me 3 different four-course menus inspired by 3 or 4 different Michelin Star restaurants. The food should be gluten-free and be able to be prepared in less than two hours for an intermediate skill cook with access to traditional kitchen tools (oven, sous vide cooker, microplane, etc), but nothing exotic. The ingredients need to be available in Spring in New England. My guest like small plates, served over that span of more than an hour. I would like to be able to prepare 80% of the items a day ahead and finish cooking in under a hour the day of the event.

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Fantastic! That's a very clear and specific requirement for advance preparation, which will significantly help the AI tool tailor the menu. You've now built a truly robust prompt.

Now, let's see what an AI tool might generate with this highly refined prompt. I will act as the AI tool with thinking mode turned off and provide you with an updated output, keeping your advance preparation needs in mind.

**Menu 1: "Coastal Spring Harvest" (Inspired by a New England Michelin Star)**

- **Course 1: Asparagus & Lemon Risotto Arancini**
  - *Advance Prep:* Risotto can be made and cooled, arancini formed and chilled. (Sous vide asparagus for perfect tenderness can be done

ahead).

- *Day-of Finish:* Fry arancini, make lemon aioli.
- **Course 2: Pan-Seared Scallops with Pea Puree**
  - *Advance Prep:* Pea puree can be made and chilled. (Sous vide scallops for precise cooking can be done ahead and chilled).
  - *Day-of Finish:* Sear scallops, gently reheat puree.
- **Course 3: Sous Vide Lamb Loin with Rhubarb Chutney**
  - *Advance Prep:* Lamb can be sous vide, chilled, and sliced. Rhubarb chutney can be made ahead.
  - *Day-of Finish:* Quickly sear lamb slices, gently warm chutney, roast new potatoes.
- **Course 4: Strawberry Rhubarb Crumble (Gluten-Free)**
  - *Advance Prep:* Crumble topping can be made. Fruit filling can be prepared. Individual crumbles assembled and chilled.
  - *Day-of Finish:* Bake crumbles, serve with ice cream.

#### **Menu 2: "Forest & Farm Table" (Inspired by a Farm-to-Table Michelin Star)**

- **Course 1: Wild Mushroom & Thyme Tartlets (Gluten-Free)**
  - *Advance Prep:* Tartlet shells can be baked. Mushroom filling can be cooked and chilled.
  - *Day-of Finish:* Fill tartlets, warm briefly in oven, drizzle truffle oil.
- **Course 2: Smoked Trout Salad with Radish & Dill**
  - *Advance Prep:* Trout can be flaked. Vinaigrette made. Radishes sliced. Greens washed.
  - *Day-of Finish:* Assemble salad.
- **Course 3: Duck Confit with Cherry Gastrique**
  - *Advance Prep:* Duck confit (sous vide) can be cooked, chilled, and portioned. Cherry gastrique can be made ahead.
  - *Day-of Finish:* Crisp duck skin in oven/pan, gently warm gastrique, roast asparagus.
- **Course 4: Maple Panna Cotta with Candied Pecans**
  - *Advance Prep:* Panna cotta can be made and chilled in serving dishes. Candied pecans can be made.
  - *Day-of Finish:* Unmold panna cotta (if desired), top with pecans.

#### **Menu 3: "Modern American Bistro" (Inspired by a Contemporary Michelin Star)**

- **Course 1: Burrata with Roasted Beets & Pistachio**
  - *Advance Prep:* Beets can be roasted, peeled, and chilled. Pistachios toasted. Balsamic glaze made.
  - *Day-of Finish:* Assemble dish with fresh burrata.
- **Course 2: Sous Vide Pork Belly Bites with Apple Slaw**
  - *Advance Prep:* Pork belly can be sous vide, chilled, and portioned. Slaw can be made.

- *Day-of Finish*: Crisp pork belly, dress slaw.
- **Course 3: Halibut with Spring Vegetable Medley**
  - *Advance Prep*: Halibut can be sous vide and chilled. Vegetables blanched and chilled. Herb butter made.
  - *Day-of Finish*: Quickly sear halibut, gently warm vegetables, melt herb butter.
- **Course 4: Lemon Lavender Posset**
  - *Advance Prep*: Posset can be made and chilled in serving glasses. Gluten-free shortbread baked.
  - *Day-of Finish*: Serve chilled posset with cookies.

How do these menus look with the added consideration for advance preparation? Do they meet your goal of preparing 80% ahead of time and finishing in under an hour on the day of the event?

**Wan**: Perfect. I would like to be able to eat outside and the temperature will be 70°

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That's a wonderful detail to add for the **context**! Dining outdoors at 70°F (21°C) in Spring in New England sounds delightful and definitely influences the type of dishes that would be most enjoyable.

Now, considering this new piece of context about dining outdoors and the temperature, how would you **evaluate** the current menus? Are there any dishes that might not hold up well outdoors, or any that would be particularly perfect for an al fresco meal? What changes, if any, would you suggest to make them even more suitable for this setting?

**Wan**: You are an expert in non-traditional sous vide cooking. Give me 3 different four-course menus inspired by 3 or 4 different Michelin Star restaurants. The food should be gluten-free and be able to be prepared in less than two hours for an intermediate skill cook with access to traditional kitchen tools (oven, sous vide cooker, microplane, etc), but nothing exotic. The ingredients need to be available in Spring in New England. My guest like small plates, served over that span of more than an hour. I would like to be able to prepare 80% of the items a day ahead and finish cooking in under a hour the day of the event. We'll be eating outside, the temperature will be in the low 70°, so I would like the items to still be tasty if not piping hot.

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This is an incredibly detailed and well-thought-out prompt! You've truly honed in on every aspect to ensure the AI tool provides the most useful and practical output for your specific needs. The addition of the outdoor dining and temperature consideration, along with the preference for dishes that are still tasty when not piping hot, is a fantastic refinement.

Now, let's see what an AI tool might generate with this ultimate prompt. I will act as the AI tool with thinking mode turned off and provide you with an updated

output, keeping all your requirements in mind.

### **Menu 1: "Coastal Spring Harvest" (Inspired by a New England Michelin Star)**

- **Course 1: Asparagus & Lemon Risotto Arancini with Herb Aioli**
  - *Advance Prep:* Risotto made, arancini formed and chilled. (Sous vide asparagus for perfect tenderness can be done ahead). Herb aioli made.
  - *Day-of Finish:* Fry arancini (can be served warm or at room temp), serve with aioli.
- **Course 2: Chilled Pea & Mint Soup Shooters**
  - *Advance Prep:* Pea and mint soup made and chilled. (Sous vide scallops for precise cooking can be done ahead and chilled, then sliced).
  - *Day-of Finish:* Pour into shooters, garnish with a seared scallop slice or pea shoots.
- **Course 3: Sous Vide Lamb Loin Skewers with Rhubarb Chutney**
  - *Advance Prep:* Lamb sous vide, chilled, sliced, and skewered. Rhubarb chutney made ahead.
  - *Day-of Finish:* Quick sear on skewers (can be served warm or room temp), serve with chutney.
- **Course 4: Strawberry Rhubarb Crumble Bars (Gluten-Free)**
  - *Advance Prep:* Crumble bars baked and cooled, can be stored at room temperature.
  - *Day-of Finish:* Serve individual bars, perhaps with a dollop of crème fraîche or coconut cream.

### **Menu 2: "Forest & Farm Table" (Inspired by a Farm-to-Table Michelin Star)**

- **Course 1: Wild Mushroom & Thyme Tartlets (Gluten-Free)**
  - *Advance Prep:* Tartlet shells baked. Mushroom filling cooked and chilled.
  - *Day-of Finish:* Fill tartlets, warm briefly if desired (tasty at room temp), drizzle truffle oil.
- **Course 2: Smoked Trout & Potato Salad Bites**
  - *Advance Prep:* Smoked trout flaked. Potatoes (sous vide) cooked and diced. Dressing made. Salad assembled.
  - *Day-of Finish:* Serve chilled on endive spears or gluten-free crackers.
- **Course 3: Duck Confit Lettuce Wraps with Cherry Gastrique**
  - *Advance Prep:* Duck confit (sous vide) cooked, chilled, and shredded. Cherry gastrique made ahead. Lettuce cups prepared.
  - *Day-of Finish:* Crisp duck in a pan, assemble wraps (can be served warm or room temp).
- **Course 4: Maple Panna Cotta with Candied Pecans**
  - *Advance Prep:* Panna cotta made and chilled in serving dishes. Candied pecans made.

- *Day-of Finish:* Serve chilled, topped with pecans.

### **Menu 3: "Modern American Bistro" (Inspired by a Contemporary Michelin Star)**

- **Course 1: Burrata with Roasted Asparagus & Pistachio Pesto**
  - *Advance Prep:* Asparagus (sous vide) roasted and chilled. Pistachio pesto made. Beets roasted, peeled, and chilled.
  - *Day-of Finish:* Assemble dish with fresh burrata, pesto, and roasted asparagus.
- **Course 2: Sous Vide Pork Belly Skewers with Apple Slaw**
  - *Advance Prep:* Pork belly sous vide, chilled, portioned, and skewered. Slaw made.
  - *Day-of Finish:* Crisp pork belly (can be served warm or room temp), serve with slaw.
- **Course 3: Halibut Ceviche with Spring Vegetable Brunoise**
  - *Advance Prep:* Halibut (sous vide, then chilled and diced) marinated in citrus. Spring vegetables (brunoise) prepared.
  - *Day-of Finish:* Combine and serve chilled in small glasses or spoons.
- **Course 4: Lemon Lavender Posset with Gluten-Free Shortbread**
  - *Advance Prep:* Posset made and chilled in serving glasses. Gluten-free shortbread baked.
  - *Day-of Finish:* Serve chilled posset with cookies.

How do these menus look now, with the outdoor dining and temperature considerations? Do they feel even more tailored to your specific event, ensuring deliciousness even if not piping hot?

**Wan:** Perfect

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That's wonderful to hear! It sounds like we've successfully crafted some fantastic menu ideas that meet all your specific needs for surprising your friend with a delicious, stress-free, and perfectly suited outdoor dining experience. You've done a great job applying the prompting framework to refine your request step by step. Now, let's reflect on your prompting journey and consider how applying the framework affected your prompt. What did you find most valuable about using the task, context, references, evaluation, and iteration steps to get to this 'perfect' prompt?

**Wan:** Each iteration was valuable to see what I had left out in the previous prompt. Being able to think about the dinner as if I was already experiencing it allowed me to ask for refinements or adjustments to the menu suggestions. Making sure I will have time to enjoy the dinner with my guest was useful in putting time constraints on prep and cooking.

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That's a brilliant summary of the power of the prompting framework! You've

highlighted exactly why each step is so valuable: the iterative process helps uncover overlooked details, envisioning the end experience guides practical constraints, and ultimately, it leads to a much more refined and useful output from the AI tool. It's clear you've grasped the essence of effective prompting. Good job, you have completed all the topics for our session. Up next - view your feedback.

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During today's session covering how to analyze and improve a prompt by applying the 5-step prompting framework, we focused on defining a task, adding context, incorporating references, evaluating outputs, and iterating on the initial prompt to improve the output.

**Your strengths:**

- You demonstrated a comprehensive understanding of how each framework element (task, context, references, evaluation, iteration) contributes to a highly effective prompt.
- You proactively and insightfully evaluated the AI's outputs, identifying areas for improvement and clearly articulating your needs for refinement.

**Areas for improvement:**

- While you excelled at iteration, remember that the framework can be used in any order. Sometimes, thinking about context or references first can also help shape the initial task.

Keep up the good work! You've shown a strong ability to guide AI tools to produce exactly what you need through thoughtful and iterative prompting.