What are your opinions at first glance?

It seems complicated but manageable. It looks technical, so it's gonna take me a while to figure it out.

Do you think this GUI mockup is viable?

Yes, although I'd make some changes to the buttons and text boxes so that they are less crowded

Is the tab system adequate, or would you prefer separate GUIs to display recipes? I like the tabs

Is it ok that the ingredients are set in a separate GUI?

Yes that's fine, as long as it makes it less cluttered

Is there anything you would add to this GUI?

Personally, I think it is fine, but it is up to your judgement if it needs more or less

Would you prefer bigger buttons or any quality of life fixes?

I think this is fine for now