## Standardized Recipes

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### Session Objectives

- Know what is included in a standardized recipe
- Know why it is important to use standardized recipes
- Know how to standardize a recipe
### What is a standardized recipe?

- Adjusted for your customer tastes
- Adjusted for ingredients available
- Tested with specific equipment
- Provides a specific amount (yield) and meal components
- Produces a consistent product

### Why use them?

- The same quality and quantity of product
- The same nutrient contribution
- The same labor and equipment requirements
- The same cost
- Required for documentation
How do they affect cost?

- Consistent # of servings reduces leftovers and prevents shortages
- Specific ingredients and portions control costs, nutrients and compliance with meal patterns

Standardized Recipes

Let’s try an example to see how standardized recipes and correct portions affect cost and nutrients!
A beef casserole recipe for 20 servings calls for 3.5 pounds of ground beef. Let’s say it costs $2.49 per LB.

Cost of the beef per serving is:
$2.49 \times 3.5 \text{ lbs} / 20 = \$0.44$

If the cook uses 4 lbs, the cost of beef is:
$2.49 \times 4 \text{ lbs} / 20 = \$0.50$

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Pennies Add Up!

$.06 \times 50 \text{ children} = \$3.00/\text{day}$

$3.00 \times 20 \text{ days} = \$60/\text{month}$

$60 \times 12 \text{ months} = \$720/\text{year}$
### Components per serving

Different if cut into 20 or 25.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>25 servings</th>
<th>20 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.5 lbs of 80% lean Ground Beef (41.3 ounces)</td>
<td>1.65 ounces (1.5)</td>
<td>2.07 ounces (2)</td>
</tr>
<tr>
<td>cooked meat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 lb. dry noodles (20.1 grain/bread svgs.)</td>
<td>0.8 grain/bread serving (.75)</td>
<td>1 grain/bread serving</td>
</tr>
<tr>
<td>½ cup is full grain/bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 cups tomatoes</td>
<td>1/5 c. vegetable (1/8)</td>
<td>¼ c. vegetable</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Standardizing Recipes

What’s included?

1. Title
2. Category
3. Ingredients
4. Weight/Volume of each ingredient
5. Preparation Instructions
6. Cooking Temperature and Time
7. Serving Size
8. Recipe Yield
9. Equipment and Utensils to Use
A fluid ounce does not always weigh an ounce

Volume is fluid ounces
(Example 8 fluid ounces in a cup of liquid)

Weight is ounce

8 ounce ladle or 1 cup measuring cup measures 8 fluid ounces, which may not be 8 ounces by weight.
Standardizing Recipes

Phases
- Verification
- Product Evaluation
- Quantity Adjustment
How would you go about standardizing Mexican pizza for your facility?

Let's do some practice!
**Recipe Adjustment**

\[
\frac{\text{Needed yield}}{\text{Recipe yield}} = \text{Factor}
\]

\[
\frac{30}{24} = 1.25
\]

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**Help with Fractions**

- **Fractions To Decimal Equivalents**
  - \(\frac{1}{8} = 0.125\)
  - \(\frac{1}{4} = 0.25\)
  - \(\frac{1}{2} = 0.5\)
  - \(\frac{3}{4} = 0.75\)
  - \(\frac{5}{8} = 0.625\)
  - \(\frac{3}{8} = 0.375\)
  - \(\frac{7}{8} = 0.875\)
  - \(1\) = 1.0

- **Common Weights** (ounces to pounds)
  - 1 oz = 0.0625 lb
  - 2 oz = 0.125 lb
  - 3 oz = 0.1875 lb
  - 4 oz = 0.25 lb
  - 5 oz = 0.3125 lb
  - 6 oz = 0.375 lb
  - 7 oz = 0.4375 lb
  - 8 oz = 0.5 lb
  - 9 oz = 0.625 lb
  - 10 oz = 0.6875 lb
  - 12 oz = 0.75 lb
  - 14 oz = 0.875 lb
  - 1 lb = 1.0 lb

- **Common Weights To Metric Weights**
  - 2 lb = 907.196 g
  - 1 lb = 453.592 g
  - 8 oz = 226.796 g
  - 4 oz = 113.398 g
  - 2 oz = 56.699 g
  - 1 oz = 31.072 g
  - ½ oz = 14.614 g
  - ¼ oz = 7.307 g

- **Common Volume To Metric Volume**
  - 1 1/8 pt = 0.5 liter (L)
  - 1 pt = 0.473 liters (L)
  - 1 1/2 pt = 0.707 liters (L)
  - 3 1/2 pt = 1.067 liters (L)
  - 1 1/2 cup = 118 ml
  - 2 cups = 237 ml
  - 1 cup = 207 ml
Mexican Pizza

30/12=1.25
1.25 X 24 servings should give us 30 servings

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>For 24</th>
<th>X1.25</th>
<th>More Usable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tortillas</td>
<td>12</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Canned tomato paste</td>
<td>1/3 cup</td>
<td>.4165 cup</td>
<td>3/8 cup + 1 tbsp OR ¼ cup + 2 tbsp</td>
</tr>
<tr>
<td>Salsa</td>
<td>2 ¼ cup</td>
<td>2.8125 cups</td>
<td>2 ¾ cup + 1 tbsp</td>
</tr>
<tr>
<td>Refried beans</td>
<td>1 qt + 2 ¼ cups</td>
<td>7.8125 cups</td>
<td>7 ½ cups (special reason)</td>
</tr>
<tr>
<td>Shredded mozzarella</td>
<td>3 cups OR 12 oz</td>
<td>3 ¾ cups OR 15 oz</td>
<td></td>
</tr>
</tbody>
</table>

How would you standardize a recipe like this for your center?

**Chicken à la King**

Yield: 6 cups

- 2 CHICKEN BOUILLON CUBES
- 1½ CUPS HOT WATER
- 3 TABLESPOONS MARGARINE
- 3 TABLESPOONS FLOUR
- 2½ CUPS Diced Cooked CHICKEN
- 1 CUP COOKED PEAS
- 1 4-OUNCE CAN SLICED MUSHROOMS, DRAINED
- ½ CUP SLICED COOKED CARROTS
- ¼ CUP CHOPPED ONION
- 2 TABLESPOONS CHOPPED PIMENTO
- 1 TEASPOON SALT
Standardizing Recipes

- What’s the first step? What else do you need to know?
- What parts of standardized recipe are missing?
- Write these down and prepare.
- Adjust as needed including quantity for components
- Component analysis

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### Recipe Analysis Worksheet

**Figure 1**

<table>
<thead>
<tr>
<th>Recipe Name: Chicken Ala King</th>
<th>Portions per Recipe: 48</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ingredient</td>
<td>Quantity of Ingredients</td>
</tr>
<tr>
<td>Chicken, diced cooked OR Chicken, canned</td>
<td>4.5 LB 3</td>
</tr>
<tr>
<td>Peas, frozen</td>
<td>1 LB 9.59</td>
</tr>
<tr>
<td>Carrots, sliced cooked</td>
<td>2 300 can</td>
</tr>
<tr>
<td>Chopped onion</td>
<td>1 1 cup</td>
</tr>
<tr>
<td>Pimento</td>
<td>½ 1/2 cup</td>
</tr>
</tbody>
</table>

### Notes:
- 72 portions = 1/4 lb meat
- 48 portions = 1/8 lb meat
- 48 portions = 1/8 cup vegetables
- 48 portions = 1/8 cups

This recipe provides _______ portions.
### USDA recipes are easier

**USDA Quantity Recipes**  
available on CD  
OR  
Team Nutrition  
Healthy Meals Resource System  
OR  
National Food Service Management Institute  
[www.nfsmi.org](http://www.nfsmi.org)

### Standardizing Recipes

Shall we try one more?
Standardizing Recipes

How would you standardize this recipe for your center?

Carrot-Raisin Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>For 25</th>
<th>For 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, coarsely shredded</td>
<td>1 qt. + 3 2/3 cups</td>
<td></td>
</tr>
<tr>
<td>Raisins</td>
<td>2 1/4 cups</td>
<td></td>
</tr>
<tr>
<td>Instant nonfat dry milk, reconstituted</td>
<td>1/4 cup</td>
<td></td>
</tr>
<tr>
<td>Reduced cal. salad dressing</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Ground nutmeg (optional)</td>
<td>1/4 tsp</td>
<td></td>
</tr>
<tr>
<td>Lemon juice (optional)</td>
<td>1 Tbsp</td>
<td></td>
</tr>
</tbody>
</table>

What amounts do we need for 40 servings?

40/25 = 1.6  or 40/50 = 0.8
1.6 X 25 or 0.8 X 50 = 40
**Answers for 40 portions**

**CARROT RAISIN SALAD**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>For 25</th>
<th>For 40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, coarsely shredded</td>
<td>1qt. + 3 2/3 cups</td>
<td>12.3 cups = 3 qts + 1/3 cup</td>
</tr>
<tr>
<td>Raisins</td>
<td>2 ⅛ cups</td>
<td>3.6 cups = 3 2/3 cups</td>
</tr>
<tr>
<td>Instant nonfat dry milk, reconstituted</td>
<td>1/4 cup</td>
<td>.4 cup = 1/3 cup + 1 Tbsp</td>
</tr>
<tr>
<td>Reduced cal. salad dressing</td>
<td>1 cup</td>
<td>1.6 cups = 1 ½ cup + 2 Tbsp</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ tsp</td>
<td>.4 tsp = 3/8 tsp</td>
</tr>
<tr>
<td>Ground nutmeg (optional)</td>
<td>¼ tsp</td>
<td>.4 tsp = 3/8 tsp</td>
</tr>
<tr>
<td>Lemon juice (optional)</td>
<td>1 Tbsp</td>
<td>1.6 T = 1 Tbsp + 1 ¾ tsp</td>
</tr>
</tbody>
</table>

**What have we learned?**

1. **Name 3 reasons to use standardized recipes**
2. **What is the difference between any recipe and a standardized one?**
3. **What would be the factor to adjust a recipe from 12 to 24 servings?**
Good luck and Happy Cooking!