

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



	<h2>What is a standardized recipe?</h2>
	<ul style="list-style-type: none">○ 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

	<h2>Why use them?</h2>
	<ul style="list-style-type: none">○ The same quality and quantity of product○ The same nutrient contribution○ The same labor and equipment requirements○ The same cost○ Required for documentation 

	<h2>How do they affect cost?</h2>
	<ul style="list-style-type: none">○ Consistent # of servings reduces leftovers and prevents shortages○ Specific ingredients and portions control costs, nutrients and compliance with meal patterns 

	<h2>Standardized Recipes</h2>
	<p>Let's try an example to see how standardized recipes and correct portions affect cost and nutrients!</p> 

	<h2>Cost per serving</h2>
	<p>A beef casserole recipe for 20 servings calls for 3.5 pounds of ground beef. Let's say it costs \$2.49 per LB</p> <p>Cost of the beef per serving is $\\$2.49 \times 3.5 \text{ lbs} / 20 = \\$.44$</p> <p>If cook uses 4 lbs, the cost of beef is : $\\$2.49 \times 4 \text{ lbs} / 20 = \\$.50$</p> 

	<h2>Pennies Add Up!</h2>
	<p>$\\$.06 \times 50 \text{ children} = \\$3.00/\text{day}$</p> <p>$\\$3.00 \times 20 \text{ days} = \\$60/\text{month}$</p> <p>$\\$60 \times 12 \text{ months} = \\$720/\text{year}$</p> 

	Components per serving													
	Different if cut into 20 or 25 .													
	<table border="1"> <thead> <tr> <th data-bbox="436 413 705 446">Ingredient</th> <th data-bbox="705 413 888 446">25 servings</th> <th data-bbox="888 413 1076 446">20 servings</th> </tr> </thead> <tbody> <tr> <td data-bbox="436 446 705 572">3.5 lbs of 80% lean Ground Beef (41.3 ounces) cooked meat</td> <td data-bbox="705 446 888 572">1.65 ounces (1.5)</td> <td data-bbox="888 446 1076 572">2.07 ounces (2)</td> </tr> <tr> <td data-bbox="436 572 705 727">1 lb. dry noodles (20.1 grain/bread svgs.) ½ cup is full grain/bread</td> <td data-bbox="705 572 888 727">0.8 grain/bread serving (.75)</td> <td data-bbox="888 572 1076 727">1 grain/bread serving.</td> </tr> <tr> <td data-bbox="436 727 705 821">5 cups tomatoes</td> <td data-bbox="705 727 888 821">1/5 c. vegetable (1/8)</td> <td data-bbox="888 727 1076 821">¼ c. vegetable</td> </tr> </tbody> </table>		Ingredient	25 servings	20 servings	3.5 lbs of 80% lean Ground Beef (41.3 ounces) cooked meat	1.65 ounces (1.5)	2.07 ounces (2)	1 lb. dry noodles (20.1 grain/bread svgs.) ½ cup is full grain/bread	0.8 grain/bread serving (.75)	1 grain/bread serving.	5 cups tomatoes	1/5 c. vegetable (1/8)	¼ c. vegetable
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	Standardizing Recipes
	<p data-bbox="454 1177 848 1236" style="text-align: center;">What's included?</p> <ol style="list-style-type: none"> <li data-bbox="436 1250 591 1289">1. Title <li data-bbox="436 1295 672 1334">2. Category <li data-bbox="436 1340 715 1379">3. Ingredients <li data-bbox="436 1385 1110 1424">4. Weight/Volume of each ingredient <li data-bbox="436 1430 933 1470">5. Preparation Instructions <li data-bbox="436 1475 1062 1515">6. Cooking Temperature and Time <li data-bbox="436 1520 729 1560">7. Serving Size <li data-bbox="436 1566 725 1605">8. Recipe Yield <li data-bbox="436 1611 1051 1650">9. Equipment and Utensils to Use

Parts of a Recipe

1

Mexican Pizza

Meat Alternate-Vegetable-Grains/Breads Main Dish **2** D-13

	48 Servings				Directions
	Weight	Volume	Weight	Measure	
1. Flour tortillas (at least 9 oz each)	12 each		24 each		<p>5</p> <p>1. Place 4 tortillas in a single layer on a sheet pan (13" x 15" x 1"), which has been lightly coated with pan-release spray. For 24 servings, use 3 pans. For 48 servings, use 6 pans.</p> <p>2. In a bowl, combine tomato paste and salsa.</p> <p>3. Spread each tortilla with: No. 8 scoop (½ cup) of refried beans No. 24 scoop (2 ½ Tbsp) of the salsa mixture No. 18 scoop (½ cup) of cheese</p> <p>6</p> <p>Bake until thoroughly heated and cheese is melted. Conventional oven: 375° F for 9 minutes Convection oven: 350° F for 8 minutes</p> <p>5. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each pizza into 4 pieces. Portion is 2 pieces.</p>
Canned tomato paste	3 oz	¾ cup (¾ 12 oz can)	6 oz	¾ cup (¾ 12 oz can)	
Salsa (C-03)	1 lb 2 oz	2 ½ cups	2 lb 4 oz	1 qt ½ cup	
Refried beans (I-13)	3 lb 5 oz	1 qt 2 ½ cups	6 lb 10 oz	3 qt ½ cup	
Reduced fat mozzarella cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
<p>7</p> <p>8</p> <p>Tested 2004</p>					

3

4

9

6

8

7

8

9

7

8

9

Weight and Volume

- 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.

Basics at a Glance

Recipe Abbreviations

approx. = approximate
 tsp or t = teaspoon
 Tbsp or T = tablespoon
 c = cup
 pt = pint
 qt = quart
 gal = gallon
 wt = weight
 oz = ounce
 lb or # = pound (e.g., 3#)
 g = gram
 kg = kilogram
 vol = volume
 mL = milliliter
 L = liter
 fl oz = fluid ounces
 No. or # = number (e.g., #3)
 in. or " = inches (e.g., 12")
 °F = degree Fahrenheit
 °C = degree Celsius or centigrade

Volume Equivalents for Liquids



50 drops	= 1 tsp
1 Tbsp	= 3 tsp = 0.6 fl oz
1/8 cup	= 2 Tbsp = 1 fl oz
1/4 cup	= 4 Tbsp = 2 fl oz
1/3 cup	= 5 Tbsp + 1 tsp = 2.66 fl oz
3/8 cup	= 6 Tbsp = 3 fl oz
1/2 cup	= 8 Tbsp = 4 fl oz
5/8 cup	= 10 Tbsp = 5 fl oz
2/3 cup	= 10 Tbsp + 2 tsp = 5.3 fl oz
3/4 cup	= 12 Tbsp = 6 fl oz
7/8 cup	= 14 Tbsp = 7 fl oz
1 cup	= 16 Tbsp = 8 fl oz
1/2 pint	= 1 cup = 8 fl oz
1 pint	= 2 cups = 16 fl oz
1 quart	= 2 pt = 32 fl oz
1 gallon	= 4 qt = 128 fl oz

Equivalent Weights



16 oz	= 1 lb = 1.000 lb
12 oz	= 3/4 lb = 0.750 lb
8 oz	= 1/2 lb = 0.500 lb
4 oz	= 1/4 lb = 0.250 lb
1 oz	= 1/16 lb = 0.063 lb

Standardizing Recipes

Phases

- Verification
- Product Evaluation
- Quantity Adjustment



	<h2>Standardizing Recipes</h2>
	<p>How would you go about standardizing Mexican pizza for your facility?</p>  

	<h2>Standardizing Recipes</h2>
	<p>LET'S DO SOME PRACTICE!</p> 

RECIPE ADJUSTMENT

$$\frac{\text{Needed yield}}{\text{Recipe yield}} = \text{Factor}$$

$$\frac{30}{24} = 1.25$$



Help with Fractions

Converting Common Measures, Common Weights, and Metric Equivalents continued

Fractions To Decimal Equivalents

Fraction	to	Decimal
1/16	=	0.0625
1/8	=	0.125
1/4	=	0.25
1/2	=	0.333
3/4	=	0.375
1/2	=	0.50
3/4	=	0.625
7/8	=	0.666
3/4	=	0.75
7/8	=	0.875
1	=	1.0

Common Weights (Ounces to Pounds)

Ounces (oz)	to	Pounds (lb)
16 oz	=	1 lb
14 oz	=	7/8 lb
12 oz	=	3/4 lb
10 1/2 oz	=	2/3 lb
10 oz	=	5/8 lb
8 oz	=	1/2 lb
6 oz	=	3/8 lb
5 1/2 oz	=	1/3 lb
4 oz	=	1/4 lb
2 oz	=	1/8 lb
1 oz	=	1/16 lb

Common Weights To Metric Weights

Common Weight	to	Metric Equivalent
2.2 lb	=	1 kilogram (kg)
2 lb	=	907 grams (g)
1 lb	=	453.6 g
8 oz	=	226.8 g
4 oz	=	113.4 g
1 oz	=	28.35 g
3/4 oz	=	21 g
1/2 oz	=	14 g
1/4 oz	=	7 g



Common Volume To Metric Volume

Common Volume	to	Metric Equivalent
1.05 qt	=	1 liter (l)
1 quart	=	946 milliliters (ml)
1 cup	=	237 ml
1/2 cup	=	118 ml
1/4 cup	=	59 ml



Standardizing Recipes			
Mexican Pizza			
30/12=1.25			
1.25 X 24 servings should give us 30 servings			
Ingredient	For 24	X1.25	More Usable
Tortillas	12	15	
Canned tomato paste	1/3 cup	.4165 cup	3/8 cup + 1 tbsp OR ¼ cup + 2 tbsp
Salsa	2 ¼ cup	2.8125 cups	2 ¾ cup + 1 tbsp
Refried beans	1 qt + 2 ¼ cups	7.8125 cups	7 ½ cups (special reason)
Shredded mozzarella	3 cups OR 12 oz	3 ¾ cups OR 15 oz	

Standardizing Recipes	
<p>How would you standardize a recipe like this for your center?</p> <p>Chicken à la King</p> <p>Yield: 6 cups</p> <ul style="list-style-type: none"> 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 PIMIENTO 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

Recipe Analysis Worksheet
FIGURE 1 Recipe Name: Chicken Ala King Portions per Recipe: 48

Ingredients (1)	Quantity of Ingredient as Purchased (number of purchase units) (2)	Purchase Unit (3)	Servings per Purchase Unit in Food Buying Guide (4)	Meat/Meat Alternates (ounces) (5) - (2) X (4)	Vegetables/Fruits (1/4 cup) (6) - (2) X (4)	Grains/Breads (servings) (7) - (2) X (4)
Chicken, diced cooked OR	4.5	LB	16 oz	72		
Chicken, canned	3	2 1/2 can	26.3 oz	78.9		
Peas, frozen	1	LB	9.59		9.5	
Carrots, sliced cooked	2	300 can	5.2		10.4	
Chopped onion	1 cup				4	
Pimento	1/2 cup				2	
Totals				72	25.9 (1/4 c)	
Portions per Recipe				48	48	
Calculations				total ÷ by # portions	total ÷ by 4 (to get units in cups), then ÷ by # portions	total ÷ by # portions
					6.47	
					5	
					cups	
This Recipe provides _____ portions.				1.5 oz meat/meat alternates	1/8 cup(s) vegetables/ fruits	servings grains/ breads

Notes:
 • oz to lb conversion chart is on page I-36
 • remember to convert ready-to-use products to their "as purchased" amount (see examples in Method 1, pages I-51 through I-59)
 • the values for Columns 5, 6, & 7 are found by multiplying the value in Column 2 by the value in Column 4
 • remember to divide the total 1/4 cup servings of vegetables/fruits by 4 to get the cups of fruit.
 • grains/breads in portions of a cup: convert all needed servings into the same portion of a cup and use the corresponding yield data for that same size
 • grains/breads in numbers of servings: use the yield data provided for 1 grain/breads serving

Appendix A ■ A-7

	<h2>USDA recipes are easier</h2>
	<h3>USDA Quantity Recipes</h3> <p>available on CD OR Team Nutrition http://teamnutrition.usda.gov Healthy Meals Resource System OR National Food Service Management Institute www.nfsmi.org</p> 

	<h2>Standardizing Recipes</h2>
	<h3>Shall we try one more?</h3>  

Standardizing Recipes

How would you standardize this recipe for your center? Carrot-Raisin Salad

Salads and Salad Dressings E-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh carrots, coarsely shredded	1 lb 10 oz	1 qt 3 3/4 cups	3 lb 4 oz	3 qt 3 1/2 cups	1. Place carrots and raisins in large bowl. 2. Dressing: In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional). 3. Pour dressing over carrots and raisins. Mix lightly. Spread 3 lb (approximately 1 qt 2 1/2 cups) in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until ready to serve. 5. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).
Raisins	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup	
Instant nonfat dry milk, reconstituted		1/4 cup		1/2 cup	
Reduced calorie salad dressing	6 oz	1 cup	1 lb	2 cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	6 oz	1 cup	1 lb	2 cups	
Salt		1/4 tsp		1/2 tsp	
Ground nutmeg (optional)		1/4 tsp		1/2 tsp	
Lemon juice (optional)		1 Tbsp		2 Tbsp	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Carrots	2 lb	4 lb

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable and fruit.	25 Servings: 3 lb 50 Servings: 6 lb	25 Servings: 1 quart 2 1/2 cups 1 pan 50 Servings: 3 quarts 1 cup 2 pans

Carrot Raisin Salad

What amounts do we need for 40 servings?
 $40/25=1.6$ or $40/50=0.8$
 1.6×25 or $0.8 \times 50 = 40$

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

Answers for 40 portions		
CARROT RAISIN SALAD		
Ingredient	For 25	For 40
Carrots , coarsely shredded	1 qt. + 3 2/3 cups	12.3 cups = 3 qts +1/3 cup
Raisins	2 1/4 cups	3.6 cups = 3 2/3 cups
Instant nonfat dry milk, reconstituted	1/4 cup	.4 cup = 1/3 cup + 1 Tbsp
Reduced cal. salad dressing	1 cup	1.6 cups = 1 1/2 cup + 2 Tbsp
Salt	1/4 tsp	.4 tsp = 3/8 tsp
Ground nutmeg (optional)	1/4 tsp	.4 tsp = 3/8 tsp
Lemon juice (optional)	1 Tbsp	1.6 T = 1 Tbsp + 1 3/4 tsp

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?

	<h1>Standardizing Recipes</h1>
	<p>Good luck and Happy Cooking!</p>   