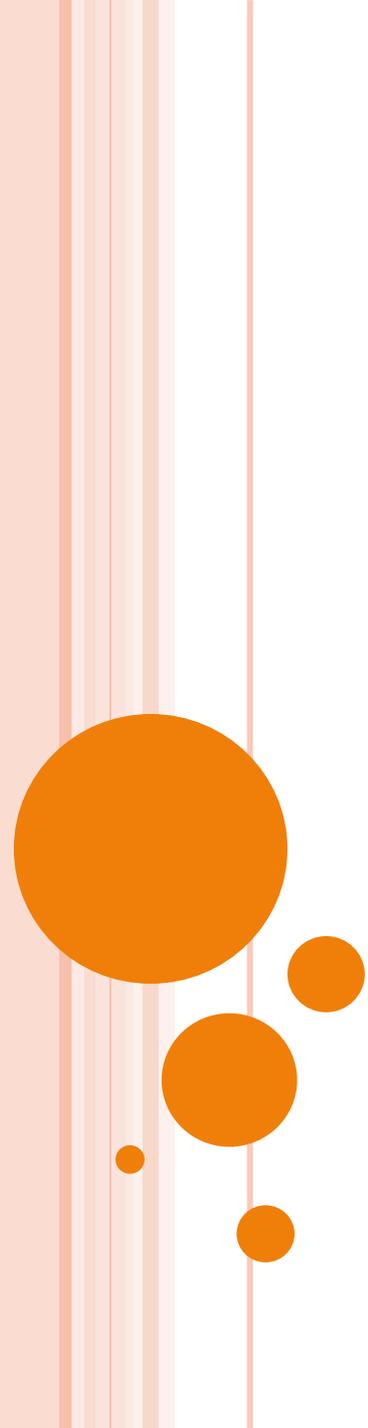




STANDARDIZED RECIPES



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Iowa Department of Education
May 2015

Session Objectives

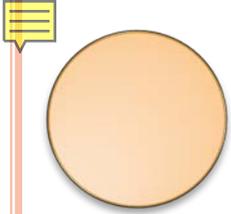
1. A recipe must be on file and used for items with two or more ingredients.
2. Standardized recipes should be used.
 - a. Standardized recipes are recipes that have been tried, adapted, retried and produce the same results every time.
 - b. Standardized recipes should include:
 - Recipe title.
 - Ingredients, name and measurable amount of each (by weight or volume).
 - Preparation instructions.
 - Cooking temperature and time.
 - Serving size of one portion (volume or weight).
 - Yield (total number of servings the recipe makes).
 - How a serving contributes toward meeting meal pattern requirements.

Centers cannot assure that children are receiving the required portions and State agency consultants cannot determine if requirements are met on reviews if recipes are missing information or provide inaccurate information on ingredients, ingredient amounts, yield, or serving size. This information must be provided in order to close a State agency review.

Why use them?

- Ensure that children are receiving the **required** portions
- The same quality and quantity of product
- Can forecast the same costs
- Required for documentation





How do they affect cost?

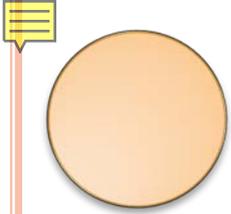
- Consistent # of servings reduces leftovers and prevents shortages
 - Specific ingredients and portions control costs, nutrients and compliance with meal patterns
- 



Standardized Recipes

Let's see an example
of a standardized recipe and
how correct portions
affect cost and nutrients!





Cost per serving

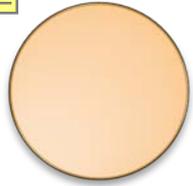
A beef casserole recipe for 20 servings calls for 3.5 pounds of ground beef. Let's say it costs \$2.49 per LB

Cost of the beef per serving is

$$\$2.49 \times 3.5 \text{ lbs} / 20 = \$.44$$

If cook uses 4 lbs, the cost of beef is

$$\$2.49 \times 4 \text{ lbs} / 20 = \$.50$$

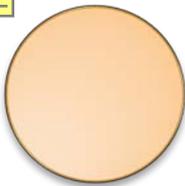
Pennies Add Up!

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

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

$\$60 \times 12 \text{ months} = \$720/\text{year}$



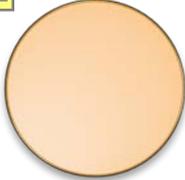


Components per serving

Different if cut into 20 or 25 .

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





Adjusting Recipes

What's included?

1. Title
 2. Category (entrée, breads, etc.)
 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
- 

PARTS OF A RECIPE

Mexican Pizza

1

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched flour tortillas (at least 0.9 oz each)		12 each	24 each		1. Place 4 tortillas in a single layer on each half-sheet pan (13" x 18" x 1"), which has been lightly coated with pan release spray. For 24 servings, use 3 pans. For 48 servings, use 6 pans. 2. In a bowl, combine tomato paste and salsa. 3. Spread each tortilla with: No. 8 scoop (½ cup) of refried beans No. 24 scoop (2 ⅔ Tbsp) of the salsa mixture No. 16 scoop (¼ cup) of cheese 4. Bake until thoroughly heated and cheese is melted: Conventional oven: 375° F for 9 minutes Convection oven: 350° F for 9 minutes 5. CCP: Hold for hot service at 135° F or higher. Cut each pizza into 4 pieces. Portion is 2 pieces.
Canned tomato paste	3 oz	½ cup (¼ 12 oz can)	6 oz	¾ cup (¼ 12 oz can)	
Salsa (C-03)	1 lb 2 oz	2 ¼ cups	2 lb 4 oz	1 qt ½ cup	
Refried beans (I-13)	3 lb 5 oz	1 qt 2 ¼ 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	

SERVING:

2 pieces (½ pizza) provide the equivalent of 1 ½ oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of ½ slice of bread.

YIELD:

24 Servings: 6 lb 8 oz

48 Servings: 13 lb

Tested 2004

VOLUME:

24 Servings: 12 pizzas
3 pans

48 Servings: 24 pizzas
6 pans

5

2

3

4



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 ounce
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	= 0.5 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	= 2.65 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



Change Recipe Yield

How would you go about adjusting the yield for Mexican pizza?





Standardizing Recipes



LET'S
PRACTICE!



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
$\frac{1}{16}$	=	0.0625
$\frac{1}{8}$	=	0.125
$\frac{1}{4}$	=	0.25
$\frac{1}{3}$	=	0.333
$\frac{3}{8}$	=	0.375
$\frac{1}{2}$	=	0.50
$\frac{5}{8}$	=	0.625
$\frac{2}{3}$	=	0.666
$\frac{3}{4}$	=	0.75
$\frac{7}{8}$	=	0.875
$\frac{8}{8}$	=	1.0

Common Weights (Ounces to Pounds)

Ounces (oz)	to	Pounds (lb)
16 oz	=	1 lb
14 oz	=	$\frac{7}{8}$ lb
12 oz	=	$\frac{3}{4}$ lb
10 $\frac{2}{3}$ oz	=	$\frac{2}{3}$ lb
10 oz	=	$\frac{5}{8}$ lb
8 oz	=	$\frac{1}{2}$ lb
6 oz	=	$\frac{3}{8}$ lb
5 $\frac{1}{3}$ oz	=	$\frac{1}{3}$ lb
4 oz	=	$\frac{1}{4}$ lb
2 oz	=	$\frac{1}{8}$ lb
1 oz	=	$\frac{1}{16}$ 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
$\frac{3}{4}$ oz	=	21 g
$\frac{1}{2}$ oz	=	14 g
$\frac{1}{4}$ 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
$\frac{1}{2}$ cup	=	118 ml
$\frac{1}{4}$ cup	=	59 ml

STANDARDIZING RECIPES

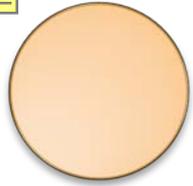
Mexican Pizza

$$30/12=1.25$$

1.25 X 24 servings should give us 30 servings

Ingredient	For 24	X 1.25	More Usable
Tortillas	12	15	
Canned tomato paste	1/3 cup	.4165 cup	3/8 cup + 1 tbsp OR 1/4 cup + 2 tbsp
Salsa	2 1/4 cup	2.8125 cups	2 3/4 cup + 1 tbsp
Refried beans	1 qt + 2 1/4 cups	7.8125 cups	7 1/2 cups (special reason)
Shredded mozzarella	3 cups OR 12 oz	3 3/4 cups OR 15 oz	





USDA standardized recipes are easier!

USDA Quantity Recipes

available on CD

OR

Team Nutrition

<http://teamnutrition.usda.gov>

Healthy Meals Resource System

OR

National Food Service Management Institute

www.nfsmi.org



Adjusting Recipes

Shall we try
one more?



Standardized Recipes

How would you adjust this recipe for your center?

Carrot-Raisin Salad

Vegetable/Fruit

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 ½ cups	3 lb 4 oz	3 qt 3 ½ cups	<ol style="list-style-type: none"> Place carrots and raisins in large bowl. Dressing: In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional). Pour dressing over carrots and raisins. Mix lightly. Spread 3 lb (approximately 1 qt 2 ½ cups) in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).
Raisins	12 oz	2 ¼ cups	1 lb 8 oz	1 qt ½ cup	
Instant nonfat dry milk, reconstituted		¼ cup		½ cup	
Reduced calorie salad dressing	8 oz	1 cup	1 lb	2 cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups	
Salt		¼ tsp		½ tsp	
Ground nutmeg (optional)		¼ tsp		½ 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:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.	25 Servings: 3 lb	25 Servings: 1 quart 2 ½ cups 1 pan



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	1qt. + 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	

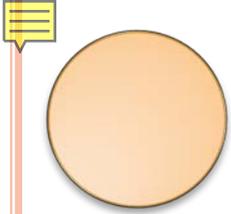


Answers for 40 portions

CARROT RAISIN SALAD

Ingredient	For 25	For 40
Carrots , coarsely shredded	1qt. + 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?

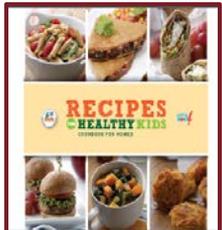
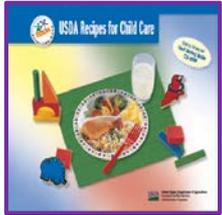
1. Name 3 reasons to use standardized recipes
2. What is the difference between any recipe and a standardized one?
3. What would be the factor to adjust a recipe from 12 to 24 servings?

Standardizing Recipes

Good luck and Happy
Cooking!



Resources & Links



- Department of Education – Iowa Gold Star Cycle Recipes Book: https://www.educateiowa.gov/sites/files/ed/documents/1314_np_lt_goldstar_cycleRecipes_v2.pdf
- Department of Education – Additional Resources: <https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/iowa-gold-star-cycle-menus>
- Let's Move Nutrition Resource: <http://www.letsmove.gov/eat-healthy>
- Making It Balance & Kickin' It Up – Montana Cycle Menu for Child Care: http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/OToolkits.html?gpm=1_2
- NFSMI (National Food Service Mgt. Institute) USDA Recipes for Child Care: <http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cELEPTyZjmlzTWdyPXRydWU>
- West Virginia DE Child Nutrition Menus & Recipes: <http://wvde.state.wv.us/child-nutrition/leap-of-taste/menus-and-recipes/>
- West Virginia – Leap of Taste Menu Planning Guide: <http://wvde.state.wv.us/child-nutrition/leap-of-taste/>
- Whole Grains Council Recipes & Tools: <http://wholegrainscouncil.org/recipes/foodservice-recipes>
- USDA Healthy Meals Menu Planning Tools: <http://healthymeals.nal.usda.gov/menu-planning-0>
- USDA Healthy Meals Recipe Books: <http://healthymeals.nal.usda.gov/recipes>
- USDA – What's Cooking? USDA Mixing Bowl: <http://www.whatscooking.fns.usda.gov/>
- USDA Food Buying Guide & Calculator for Child Nutrition Programs: <http://fbg.nfsmi.org/>

