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### **What is a Standardized Recipe?**

- The United States Department of Agriculture (USA) defines a standardized recipe as one that "has been tried, adapted, and retried several times for use by a given foodservice operation and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients"



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### **Standardized Recipe Elements**

- Recipe Title
- Recipe Category
- Ingredients
- Weight/Volume of each Ingredient
- Directions
- Cooking Temperatures and Times/HACCP information
- Serving Size
- Recipe Yield
- Equipment and Utensils to be Used
- Components
- Nutrient Analysis
- Marketing Guide



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### **Benefits to Standardized Recipe**

- Consistent Food Quality, Taste, and Appearance
- Predictable Yield
- Customer Satisfaction
- Adequate Nutrition
- Cost Control/Meals per Labor Hour/Food Costs
- Efficient Purchasing
- Inventory Control
- Employee Confidence
- Production Record Accuracy
- Ease During State/Federal Reviews



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***Developing  
Standardized  
Recipes***

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***Who is on your team?***

- Director
- Supervisors
- Menu Planner
- Kitchen Staff
- Students



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***Getting Ideas for New Recipes***

- Facebook (other school districts)
- Pinterest
- Cookbooks/Magazines
- Home Favorites
- Popular Restaurant Foods
- Student Recipe Contests



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### Component Documents/Resources

- Food Buying Guide
- Exhibit A
- Whole Grain Resource
- Nutrition Facts/Ingredients
- NSLP Fact Sheet
- CN Label
- Product Formulation Sheet
- Yield Study



USDA Food Buying Guide for Child Nutrition Programs  
 Includes the most current data on food prices, nutrient content, and other information for use in menu planning and food purchasing.

**Product Formulation Sheet: Cheese Pizza**

Item	Quantity	Weight	Volume	Measure	Unit
Flour	1.00	1.00	1.00	cup	1.00
Water	0.50	0.50	0.50	cup	1.00
Yeast	0.01	0.01	0.01	teaspoon	1.00
Salt	0.01	0.01	0.01	teaspoon	1.00
Oil	0.02	0.02	0.02	teaspoon	1.00
Cheese	0.25	0.25	0.25	cup	1.00
Tomato Sauce	0.25	0.25	0.25	cup	1.00

Each 7.00 oz portion of Cheese Pizza provides 2.00 oz equivalent meat/alternate, 1.4 cup serving of vegetable, and 1.50 servings of bread/alternate.  
 For the Child Nutrition Meal Pattern Requirements. (See all the tips and statement authorized by the Food and Nutrition Service, USDA, 05/04/19)

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### Chef Brenda's Resource Guide

- Breakfast and Lunch Meal Pattern for SY 2019-2020
- ICN's Basics at Glance
- Vegetable Subgroups
- Exhibit A
- Product Formulation Statement Guide
- CN Label Guide
- Offer vs Serve Resource



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### Let's Make a Taco



- Ground Beef – 1 oz Meat Equivalent
- Iceberg Lettuce – 1/2 cup Vegetable Equivalent
- Taco Shell – 1 oz Grain Equivalent

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### Ground Beef, fresh or frozen, 15% Fat

Beef, Ground, fresh or frozen (do not use 10% fat, (Like NPS #338))	Pound	12.00	1 oz cooked lean meat	1 lb AP = 0.75 lb cooked, drained, lean meat
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1.3 oz Raw Ground Beef  
 1 serving/12 lbs. = 0.0833 x 16 oz. = 1.3 oz.

1 oz Cooked Ground Beef = 1 oz M/MA

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### Iceberg Lettuce, Fresh, Shredded

Lettuce, leaf iceberg, head, untrimmed	Pound	22.20	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NPS/PSEP and CACFP)	1 lb AP = 0.75 lb (about 5-12 cups) ready-to-serve shredded lettuce
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1.4 oz Iceberg Shredded  
 2 (1/4 cup servings)/22.20 = 0.0901 x 16 = 1.44 oz

1/2 cup lettuce = 1/4 cup equivalent lettuce

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### Taco Shell

Resources:

- Exhibit A
- Nutrition Label
- Ingredient List

2 shells = 28 gm = 1 oz equivalent grain

GROUP B	OZ EQ FOR GROUP B
• Bagels	1.0 oz eq = 28 gm or 1.0 oz
• Batter type coating	3/4 oz eq = 21 gm or 0.75 oz
• Biscuits	1/2 oz eq = 14 gm or 0.5 oz
• Breads (liced whole wheat, Piroch, Italian)	1/4 oz eq = 7 gm or 0.25 oz
• Buns (hamburger and hot dog)	
• Sweet Crackers® (graham crackers - all shapes, animal crackers)	
• Egg roll skins	
• English muffins	
• Pita bread (whole wheat or whole grain-rich)	
• Pizza crust	
• Pretzels (soft)	
• Rolls (whole wheat or whole grain-rich)	
• Tortillas (whole wheat or whole corn)	
• Tortilla chips (whole wheat or whole corn)	
• <b>Thin crust (whole wheat or whole corn)</b>	

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### Serving 1 Cup Romaine Lettuce

HOME MEAL COMPONENTS FOOD ITEMS TOOLS APPENDICES HELP WELCOME ROSEMARIE THOMPSON-WHITE

Create Recipe Analysis Workbook (RAW)

Instructions

Asterisks (\*) denote required information.

Recipe Name: Romaine Lettuce Servings per Recipe: 1

Recipe Number: Example Serving Size: 1

Select Creditable Ingredient: Recipe Notes: **Vegetables** Fruit Meats/NA Grains - Method A Grains - Method B Grains - Method C Meal Pattern Contribution

**Dark Green Vegetables**

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (if applicable)	Calculated Quantity to Purchase
Lettuce, fresh, Romaine, Chopped	Pound	31.30	1.0 cup raw vegetable pieces (credit as 1/8 cup in NDS/SPBP and CACFP)	1 lb AP = 0.64 lb ready-to-serve raw lettuce	0.1278	0	0.1278

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### Serving 1 Cup Romaine Lettuce

Recipe Analysis Workbook (RAW)

Recipe Name: Romaine Lettuce Servings per Recipe: 1  
 Recipe Number: Example Serving Size: 1

Meal Pattern Contribution

**Vegetables** Dark Green Vegetables  $\frac{1}{2}$  cup

1 provides  $\frac{1}{2}$  cup total vegetable (  $\frac{1}{2}$  cup dark green vegetable )

**Dark Green Vegetables**

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (if applicable)	Calculated Quantity to Purchase
Lettuce, fresh, Romaine, Chopped	Pound	31.30	1.0 cup raw vegetable pieces (credit as 1/8 cup in NDS/SPBP and CACFP)	1 lb AP = 0.64 lb ready-to-serve raw lettuce	0.1278	0.0000	0.1278

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### Serving 1 Cup Romaine Lettuce

- o 1 cup romaine lettuce = 4 - 1/4 cup
- o That means that we want 4 servings (or 4 - 1/4 cup servings to equal 1 cup)
- o  $4/31.30 = 0.1278$
- o Leafy greens count as half of each serving



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### Taste Tests

- What do kids think?
- Your Customers?
- Teachers
- Administrators
- Kitchen Staff

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### Taste Tests

	Like	Dislike	Don't Know	Total
Appearance/Color				
Texture/Taste				
Flavor/Aroma				
Overall Acceptability				

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### Recipe Production

- **Mise en Place – Everything in its place**
  - Goal: You should never have to leave your workspace during preparation or cooking
- Plan for just-in-time service
- The recipe directions set the quality standards
- Decide what culinary techniques to use
- Setup workflow: equipment and ingredients
- Prep ingredients and then cook
- Away to work smarter, not harder!

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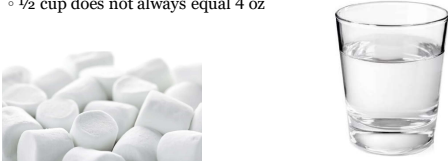
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**Serving Standardized Recipes**

- Weights and Measure
- 1 cup does not always equal 8 oz
- 1/2 cup does not always equal 4 oz



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**Measuring Shredded Cheese**



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### ***Chef Brenda's Process***

- Develop flavor profile and serving amount with 6 servings
- Create in 25 to 100 servings to verify the recipe works in larger servings
- Taste test with students
- Finalize the recipe with directions
  - Limited equipment and Space
  - Staff cooking knowledge
- Staff training



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***Thank you!***

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