The Nuts and Bolts to Standardized Recipes
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Agenda
◦ Understanding Standardized Recipes
◦ Developing Standardized Recipes
◦ Serving Standardized Recipes

Understanding Standardized Recipes
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.

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

Benefits to Standardized Recipe

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

Who is on your team?
- Director
- Supervisors
- Menu Planner
- Kitchen Staff
- Students

Getting Ideas for New Recipes
- Facebook (other school districts)
- Pinterest
- Cookbooks/Magazines
- Home Favorites
- Popular Restaurant Foods
- Student Recipe Contests
**Component Documents/Resources**
- Food Buying Guide
- Exhibit A
- Whole Grain Resource
- Nutrition Facts/Ingredients
- NSLP Fact Sheet
- CN Label
- Product Formulation Sheet
- Yield Study

**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

**Let’s Make a Taco**
- Ground Beef – 1 oz Meat Equivalent
- Iceberg Lettuce – ½ cup Vegetable Equivalent
- Taco Shell – 1 oz Grain Equivalent
**Ground Beef, fresh or frozen, 15% Fat**

- 1.3 oz Raw Ground Beef
  - 1 serving (12 fl oz) = 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**

- 1.4 oz Iceberg Shredded
  - 2 (1/4 cup servings)/22.20 = 0.0901 x 16 = 1.44 oz
- 1/4 cup lettuce = 1/4 cup equivalent lettuce

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**Taco Shell**

- 2 shells = 28 gm = 1 oz equivalent grain
- Resources:
  - Exhibit A
  - Nutrition Label
  - Ingredient List
1 cup romaine lettuce = 4 – ¼ cup

That means that we want 4 servings (or 4 – ¼ cup servings to equal 1 cup)

4/31.30 = 0.1278

Leafy greens count as half of each serving
**Taste Tests**

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

**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!
Serving Standardized Recipes

- Weights and Measure
  - 1 cup does not always equal 8 oz.
  - ½ cup does not always equal 4 oz.

Measuring Shredded Cheese
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

Thank you!

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