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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



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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 (no salt) (raw 15% fat, 1 lb) (USDA #101)	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, fresh Iceberg, shredded	Pound	22.20	1/4 cup raw, shredded vegetables (counts as 1/8 cup in NDL,PSDF and TAGS/FY)	1 lb AP = 0.75 lb (shred 5-12 lb) (ready to serve shredded lettuce)
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1.4 cup 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	OF EQUIV GROUP
Bulgur	3/4 cup eq = 28 gm or 1.0 oz
Brown rice (cooked)	3/4 cup eq = 28 gm or 1.0 oz
Brown rice	1/2 cup eq = 28 gm or 1.0 oz
Breads (1/2 cup whole wheat, Panko, Italian)	1/2 cup eq = 28 gm or 1.0 oz
Breads (white/rye and hot dog)	1/2 cup eq = 28 gm or 1.0 oz
Breakfast cereals (all types)	1/2 cup eq = 28 gm or 1.0 oz
Crackers (all types)	1/2 cup eq = 28 gm or 1.0 oz
Egg roll skins	
Flour tortillas	
Flour tortillas (whole wheat or whole grain tort)	
Flour tortillas	
Pita bread	
Pyramid (corn)	
Rice (whole wheat or whole grain rice)	
Tortillas (whole wheat or whole grain)	
Tortilla chips (whole wheat or whole grain)	

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Serving 1 Cup Romaine Lettuce

Create Recipe Analysis Workbook (RAW)

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

Dark Green Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, SP	Serving Size per Meal Contribution	Additional Information	Quantity of Vegetables	Proportion Unit (if applicable)	Calculated Quantity in Purchase
Lettuce, head (romaine, crested)	Pound	31.30	1.0 cup raw vegetable pieces (chopped) in 1.0 cup (248.75g)	1.0 AP = 0.543 vegetable in 1.0 AP	0.1278	0.5000	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

Head Pattern Contribution

1 provides 1/2 cup total vegetable (1/2 cup dark green vegetable)


Dark Green Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, SP	Serving Size per Meal Contribution	Additional Information	Quantity of Vegetables	Proportion Unit (if applicable)	Calculated Quantity in Purchase
Lettuce, head (romaine, crested)	Pound	31.30	1.0 cup raw vegetable pieces (chopped) in 1.0 cup (248.75g)	1.0 AP = 0.543 vegetable in 1.0 AP	0.1278	0.5000	0.1278

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Serving 1 Cup Romaine Lettuce

- 1 cup romaine lettuce = 4 - 1/4 cup
- That means that we want 4 servings (or 4 - 1/4 cup servings to equal 1 cup)
- 4/31.30 = 0.1278
- 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	Not Tasted	Not Rated
Appearance					
Smell					
Taste					
Texture					
Overall					

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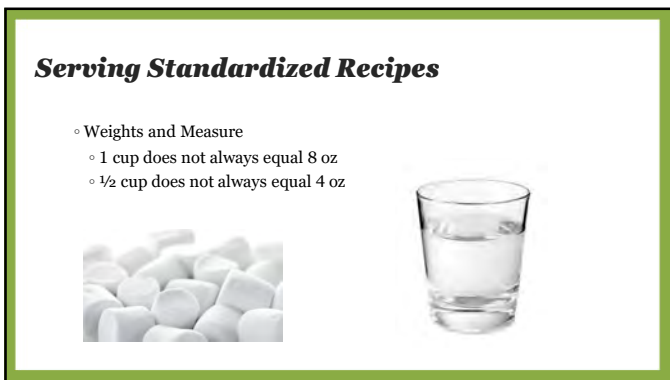
Recipe Production

- **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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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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