Recipe for Success: Breaking Down Standardized Recipes
Culinary Arts
Copyright

Copyright © Texas Education Agency, 2015. These Materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts’ and schools’ educational use without obtaining permission from TEA.

2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.

3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.

4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are not Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity whether public, private, educational or non-educational, located outside the state of Texas must obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

For information contact: Office of Copyrights, Trademarks, License Agreements, and Royalties, Texas Education Agency, 1701 N. Congress Ave., Austin, TX 78701-1494; phone 512-463-7004; email: copyrights@tea.state.tx.us.
A recipe is a set of directions on how to use ingredients, equipment, preparation instructions and cooking techniques.

Measurements are listed in cups and measuring spoons.
Standardized Recipes

Are a set of written instructions used to consistently prepare a known quantity and quality of a certain food for a food service operation.

A standardized recipe is a recipe that has been carefully adapted and tested to ensure that it will produce a consistent product every time it is used.

Measurements are listed in weight and volume.
Recipes are different from standardized recipes in several areas.

Note – other differences may be added.
Benefits of Standardized Recipes

- Control of portion size and cost
- Consistency in quality and quantity
- Elimination of errors in food orders
- Elimination of waste in not overproducing food
- Increased efficiency
- Meeting customer’s expectations

Each standardized recipe goes through a quality control to ensure that everything will meet the standards of the foodservice establishment.

The results will benefit the venue and the customers.
Components of a Standardized Recipe

1. Recipe Name
2. Yield
3. Portion size
4. Ingredient quantity
5. Preparation procedures
6. Cooking temperatures
7. Cooking time

- Recipe name - the name on the recipe and on the menu should reflect the same product
- Yield - the number of servings or portions the recipe produces
- Portion size – the amount or size of an individual serving
- Ingredient quantity – the measured portion of each ingredient
- Preparation procedures – the step by step directions to produce recipe
- Cooking temperatures – used for range tops and ovens where preheating may be required
- Cooking time – important to cook the food the recommended time

Other items that may be included:
- chef notes
- equipment and utensils
- plating instructions
A formula is a special type of recipe that is used in baking.
Standardized Recipes for Baking

- An exact science that requires precise measuring and accuracy
- Recipe includes the exact amount of each ingredient
- Often listed in percentages

These recipes may not always include instructions needed to prepare the product.

A standardized recipe includes written procedures to prepare a known quantity and quality of a certain food.
Conversion Factor

• Recipes may need to be changed to accommodate servings
• To increase or decrease recipes (2 steps):
  • Formulas:
    1. New Yield \div Old Yield = Conversion Factor
    2. Old Yield \times Conversion Factor = New Yield

Conversion factor – Increasing or decreasing recipe ingredients by dividing the new yield by the current yield

We will practice converting recipes later in this lesson.
Mise en Place

- French phrase for “put in place”
- Work simplification

Refers to:
1. Reviewing the recipe before beginning work
2. Having all foods and equipment ready
3. A state of mental readiness

Work simplification – performing a task in the most efficient way possible

This includes:
- Assembling:
  - equipment
  - ingredients
  - serving pieces
  - tools
- Involves:
  - cleaning and chopping vegetables
  - measuring spices
  - preheating oven
  - trimming meats
Click on hyperlink to view video:

Mise En Place Trailer

The title of the documentary comes from the French culinary term Mise En Place, the expression for everything in place the rigorous preparation of ingredients and equipment that leads to success in the kitchen. The documentary will follow Team Delhi as they learn that Mise En Place applies not only in the kitchen, but in life.

https://youtu.be/k411BjqGKUU
What does this quote mean to you?
Let’s Review!

1. What is a standardized recipe?
2. What are some benefits of standardized recipes?
3. List the components of a standardized recipe.
4. What is a conversion factor?
5. What are the formulas to decrease or increase recipes?
6. What is mise en place?
7. How can a chef use work simplification in cooking?
8. What is mental readiness?

Answers to the questions are found within the slide presentation or may vary with class discussion.
Questions?
References and Resources

Images:
• Shutterstock™ images. Photos obtained with subscription. (Slides 1, 3, 4, 6, 7, 9, 10, 11, 13, 15)

Textbooks:

Websites:
• Institute of Child Nutrition
Part of the School of Applied Science at The University of Mississippi, is the only federally funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs. It is funded by a grant administered through the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS).

http://www.infnm.org/

• What’s Cooking: USDA Mixing Bowl
Food, Nutrition and Consumer Services works to harness the Nation’s agricultural abundance to end hunger and improve health in the United States.

http://www.whatscooking.fns.usda.gov/

• Mise En Place Trailer
The title of the documentary comes from the French culinary term Mise En Place, the expression for everything in place the rigorous preparation of ingredients and equipment that leads to success in the kitchen. The documentary will follow Team Delhi as they learn that Mise En Place applies not only in the kitchen, but in life.

https://youtu.be/k411BjqGKUU