The Nuts and Bolts to Standardized Recipes

Chef Brenda, RDN

1

Agenda

- ◦Understanding Standardized Recipes
- ◦Developing Standardized Recipes
- ◦Serving Standardized Recipes

2

Understanding Standardized Recipes

3

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

4

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

5

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

6

Developing Standardized Recipes

7

Who is on your team?

◦Director
◦Supervisors
◦Menu Planner
◦Kitchen Staff
◦Students

8

Getting Ideas for New Recipes

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

9

Component Documents/Resources

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

10

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

11

Let's Make a Taco

• Ground Beef – 1 oz Meat Equivalent

• Iceberg Lettuce – ½ cup Vegetable Equivalent

• Taco Shell – 1 oz Grain Equivalent

12

Ground Beef, fresh or frozen, 15% Fat

Beef, Ground, fresh or frozen no more than 15% fat, (Like INFG #130)	Pound	12.00	1 oz cooked lean meat	1 lb AP = 0.75 lb cooked, drained, lean meat

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

13

Iceberg Lettuce, Fresh, Shredded

Lettuce, fresh Iceberg, rinsed, Untrimmed	Pound	22.20	1/4 cup raw, shredded vegetable (credits as 1/8 cup in NSLP/SBP and CACFP)	1 lb AP = 0.75 lb (about 5-1/2 cups) ready-to-serve shredded lettuce

1.4 oz Iceberg Shredded

2 (1/4 cup servings)/22.20 = 0.0901 x 16 = 1.44 oz

½ cup lettuce = ¼ cup equivalent lettuce

14

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 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 (sliced whole wheat, French, 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)	
• Taco shells (whole wheat or whole corn)	

15

Serving 1 Cup Romaine Lettuce

16

Serving 1 Cup Romaine Lettuce

17

Serving 1 Cup Romaine Lettuce

- 1 cup romaine lettuce = 4 – ¼ cup
- That means that we want 4 servings (or 4 – ¼ cup servings to equal 1 cup)
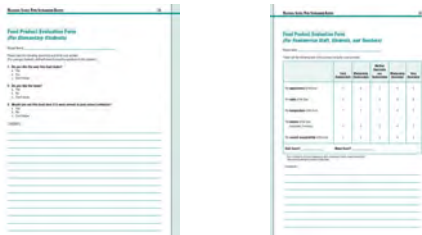- 4/31.30 = 0.1278
- Leafy greens count as half of each serving

18

Taste Tests

◦ **What do kids think?**
◦ **Your Customers?**
◦ **Teachers**
◦ **Administrators**
◦ **Kitchen Staff**

19

Taste Tests

20

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
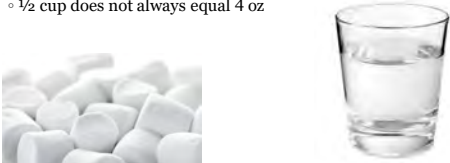 • Away to work smarter, not harder!

21

Serving Standardized Recipes

22

Serving Standardized Recipes

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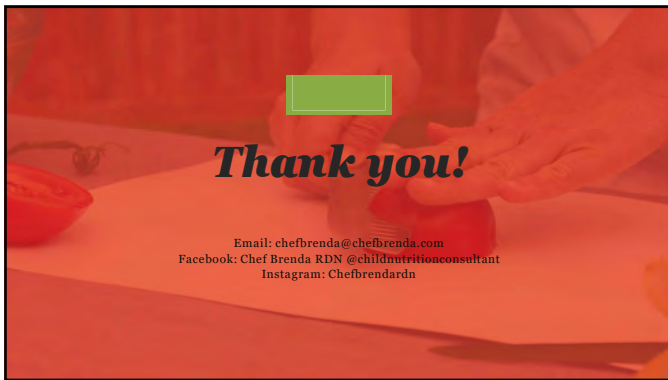

23

Measuring Shredded Cheese

24

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

25

Thank you!

Email: chefbrenda@chefbrenda.com
Facebook: Chef Brenda RDN @childnutritionconsultant
Instagram: Chefbrendardn

26