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Standardized Recipes

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Introduction

Objectives

To outline the benefits of using standardized recipes in the workplace, define what a standardized recipe entails, and the basics of how to quantify a standardized recipe.

Key Messages:

- To understand how standardized recipes are beneficial for a foodservice operation
- To describe the elements of a standardized recipe
- To illustrate the methods of quantifying a standardized recipe



Standardized Recipes

How and Why It Matters

What Is a Standardized Recipe?

According to the United States Department of Agriculture (USDA), a standardized recipe is defined as one that:

*“... has been tried, adapted, and retried several times for use by a given food service 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 of ingredients.”**

Standardized recipes are used in a wide variety of food service operations as a guide to prepare menu items served to a variety of populations.

*https://healthymeals.fns.usda.gov/sites/default/files/uploads/CDB_StandardizedRecipes.pdf

Why Use Standardized Recipes?

Consistent Food Quality

Ensures that the best possible outcomes are produced every time the recipe is made, regardless of who is producing it.

Consistent Nutrient Content

Ensures that the nutritional values per serving are valid and consistent, because the same products and quantities are being used every time the recipe is produced.

Food Cost and Inventory Control and Consistent Purchasing Procedures

Provides consistent and accurate information for food cost control, because the same products and quantities are being purchased and used every time the recipe is produced.

Labor Cost Control

Specific written procedures make staff work more efficiently and effectively.

Patient/Customer Satisfaction

Consistency in food production increases customer/patient expectations, which leads to increased satisfaction.

Increased Employee Confidence

An organized recipe has specific ingredients, quantities and instructions – which eliminates guesswork for staff and leads to decreased chances of producing poor quality products.

1. <https://dphhs.mt.gov/Portals/85/hcsd/documents/ChildCare/cacfp/StandardizedRecipes.pdf>
2. https://healthymeals.fns.usda.gov/sites/default/files/uploads/CDB_StandardizedRecipes.pdf

What Are the Elements of a Standardized Recipe?

Element	Definition
Recipe Title	The name of the product being produced
Serving Size	The single required portion of the final product being served
Recipe Yield	The total number of servings when the recipe is made
Equipment and Utensils	Cooking and serving tools needed to produce and serve the item
Ingredients	Food items used in the recipe
Weight/Volume of Each Ingredient	The required amount of each ingredient in the recipe
Preparation Instructions	The specific directions for preparing the recipe
Cooking Temperatures and Time	The temperature and amount of time needed to cook the product
*Food Safety Guidelines	Procedures to ensure the food is safe through the preparation and serving process <i>i.e., proper internal cooking temperatures, hand-washing techniques, cross contamination, etc.</i>

* May or may not be included in all standardized recipes

How Do I Quantify a Standardized Recipe?

FACTOR METHOD

Step 1

Determine the original yield.

Example:



Step 2

Determine the Adjustment Factor:

New Yield ÷ Original Yield = Adjustment Factor

Example:

New Yield = 180 servings

$180 \div 25 = 7.2$ (do not round the adjustment factor)

Step 3

Use the Adjustment Factor to multiply the weight and volumes of each ingredient in the recipe.

Example:

Multiply all ingredients by 7.2

Original Recipe:



$(3 \times 7.2) =$

New Recipe:



Step 4

Test the new recipe!



COMPUTERIZED METHOD



There are several online menu and recipe planning software systems that could help automate the recipe modification process.

Key Takeaways

- There are several benefits to following standardized recipes in the foodservice operation. Examples include: food and labor cost control, consistency in food quality and nutrition content, and patient satisfaction
- There are many elements to a standardized recipe. It is important to understand the definition of each element, to better understand how to read and execute a recipe successfully
- Standardized recipes can be quantified by using either the factor method or a computerized method



References

- <https://dphhs.mt.gov/Portals/85/hcsd/documents/ChildCare/cacfp/StandardizedRecipes.pdf>
- https://healthymeals.fns.usda.gov/sites/default/files/uploads/CDB_StandardizedRecipes.pdf

Standardized Recipes Post-Test Answers

1. **A Standardized Recipe is:**
 - a. A recipe that has been tried, adapted and retried several times
 - b. A recipe that can be used in a wide variety of food service operations
 - c. A recipe that should produce the same results and yield every time it is used
 - d. All of the above**
2. **Consistency in quality and nutrient content are benefits of using standardized recipes, because the same procedures, products and quantities are being used every time the recipe is produced.**
 - a. True**
 - b. False
3. **Food Safety Guidelines are always a part of a standardized recipe.**
 - a. True
 - b. False**
4. **Which of the following is not considered an element of a standardized recipe?**
 - a. Recipe Yield
 - b. Ingredients
 - c. Weight/Volume of each ingredient
 - d. Suggestion of the brand of each ingredient**
5. **A standardized cookie recipe states that it will produce 3 dozen cookies. The portion size is 2 cookies and you need to serve 125 people. What is the Adjustment Factor?**
 - a. 5.4
 - b. 6.9**
 - c. 2.5
 - d. 3

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