

# USING STANDARDIZED RECIPES



SOUTH DAKOTA DEPARTMENT OF EDUCATION  
CHILD & ADULT NUTRITION SERVICES

# Standardized Recipes

- Required by program regulation for any recipe with more than one ingredient.

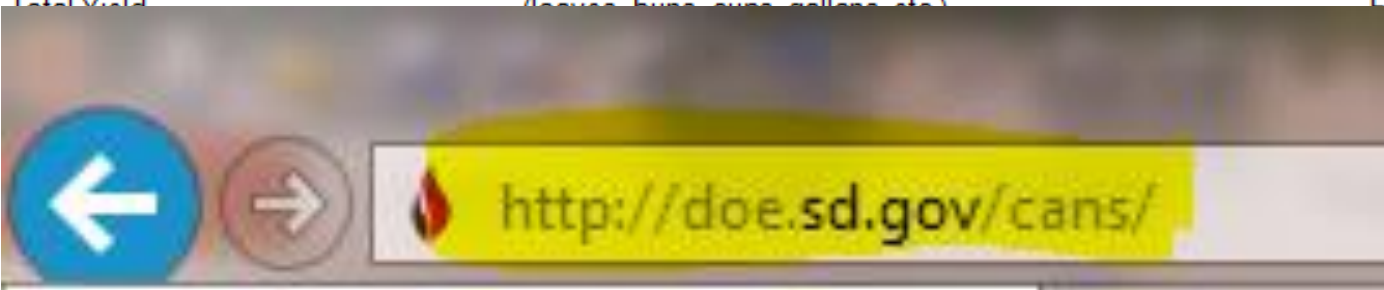
# Benefits of Standardized Recipes

- Consistent food quality
- Predictable yield
- Customer satisfaction
- Consistent nutrient content
- Food cost control
- Efficient purchasing procedures
- Inventory control
- Labor cost control
- Increased employee confidence
- Successful completion of State/Federal reviews

# STANDARDIZED RECIPE FORM

(School Name)

Recipe Title: \_\_\_\_\_ Recipe Number: \_\_\_\_\_ Source: \_\_\_\_\_  
Serving Size: \_\_\_\_\_ Portion Utensil: \_\_\_\_\_ Contribution per serving: M/MA \_\_\_\_\_ (oz)  
Total Yield: \_\_\_\_\_ (cups, bags, cans, etc.) F/V \_\_\_\_\_ (cup)  
S/B \_\_\_\_\_ (svg)



Instructions

## Documents

2014-15 Participating agencies

Numbered Memos

Percent Free/Reduced by

USDA Procurement

80

Standardized Recipes  
Standardized Recipe Form  
Standardized Spaghetti  
Recipe Analysis Spaghetti  
Recipe Analysis Worksheet

Special Instructions:

# Standardized Recipe Components

- Recipe Title
- Recipe Category
- Ingredients
- Weight/Volume Measures of Ingredients for 50 Servings & 100 Servings
- Preparation Instructions/Directions
- Cooking Temperature and Time
- Serving Size
- Recipe Yield
- Equipment and Utensils to be Used
- Component Contributions

# Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz				1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 3 cups	
Granulated garlic		1 Tbsp 1 ½ tsp			2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.  CCP: Heat to 155° F or higher for at least 15 seconds.
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato puree	5 lb	2 qt 1 cup (¾ No. 10 can)	10 lb	1 gal 2 cups (1 ½ No. 10 cans)	
Water		2 qt		1 gal	
Salt		1 Tbsp		2 Tbsp	
Dried parsley		¼ cup		½ cup	
Dried basil		2 Tbsp		¼ cup	
Dried oregano		2 Tbsp		¼ cup	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 ½ tsp		1 Tbsp	
Water		6 gal		12 gal	3. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		¼ cup	
Enriched spaghetti, broken into thirds	4 lb 12 oz	3 qt 3 ½ cups	9 lb 8 oz	1 gal 3 ¾ qt	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
					5. Stir into meat sauce.
					6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					7. CCP: Hold for hot service at 135° F or higher.
					Portion with 8 oz ladle (1 cup) per serving.

Title

Category

Ingredients

Weight/volume

Directions

Equipment

Time & Temp

# Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
----------	--------	---------

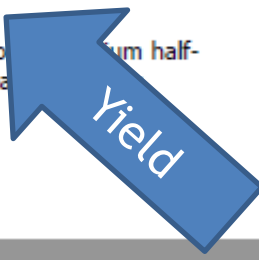
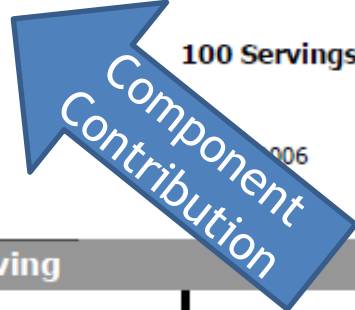
1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate,  $\frac{3}{8}$  cup of vegetable, and 1 serving of grains/breads.

**50 Servings:** about 3 medium half-steamtable pans

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** about 6 medium half-steamtable pans

**100 Servings:** about 6 gallons 1 quart



## Nutrients Per Serving

<b>Calories</b>	322	<b>Saturated Fat</b>	4.38 g	<b>Iron</b>	3.96 mg
<b>Protein</b>	21.23 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	43 mg
<b>Carbohydrate</b>	34.24 g	<b>Vitamin A</b>	636 IU	<b>Sodium</b>	310 mg
<b>Total Fat</b>	10.71 g	<b>Vitamin C</b>	5.3 mg	<b>Dietary Fiber</b>	2.9 g

# Common Changes Made to Standardized Recipes

- Changing the pan size
- Changing the cooking equipment (e.g. conventional oven to convection oven)
- Changing the portion/serving size
- Changing the cooking time
- Changing a flavoring ingredient (e.g. dried onions instead of fresh onions)
- Making a small adjustment in an ingredient (e.g. substituting low-fat milk for whole milk)

# Standardized Recipes

When the recipe has been finalized and is ready for use, review the recipe with the cook who will be assigned to prepare it.

Always taste test each menu item before it is served. Do NOT serve any food that does NOT meet quality standards for the type of menu item.

# Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

*Modified 6/1/09*

D-35

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		<del>47 lb</del> 55#		1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
Onions, chopped	8 oz OR 1 1/2 oz	1 1/2 cups OR 1/2 cup	<del>4 lb</del> OR 3 oz	2 1/2 cups OR 1 1/2 cups	
		1 Tbsp 1 1/2 tsp		<del>2 Tbsp</del> 9 Tbsp	2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.  CCP: Heat to 155° F or higher for at least 15 seconds.
Garlic		1 1/2 tsp		<del>4 Tbsp</del> 3 Tbsp	
Tomato puree	5 lb	2 qt 1 cup (3/4 No. 10 can)	10 lb	1 gal 2 cups (1 1/2 No. 10 cans)	
Water		2 qt		1 gal	
Salt		1 Tbsp		2 Tbsp	
Dried parsley		1/2 cup		1/2 cup	
Dried basil		2 Tbsp		1/2 cup	9.5 #10 CAN
Dried oregano		2 Tbsp		1/2 cup	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 1/2 tsp		1 Tbsp	
Water		6 gal		12 gal	3. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		1/2 cup	
Enriched spaghetti, broken into thirds	4 lb 12 oz	3 qt 3/4 cups	<del>9 lb 8 oz</del> 28.5#	1 gal 3/4 qt	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
					5. Stir into meat sauce.
					6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					7. CCP: Hold for hot service at 135° F or higher.
					Portion with 8 oz ladle (1 cup) per serving.

Cross out & write in

Spaghetti Sauce

# Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz

### SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate,  $\frac{1}{2}$  cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** about 3 medium half-steamtable pans  
**100 Servings:** about 6 medium half-steamtable pans

### VOLUME:

**50 Servings:** about 3 gallons 2 cups  
**100 Servings:** about 6 gallons 1 quart

Edited 2006

## Nutrients Per Serving

<b>Calories</b>	322	<b>Saturated Fat</b>	4.38 g	<b>Iron</b>	3.96 mg
<b>Protein</b>	21.23 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	43 mg
<b>Carbohydrate</b>	34.24 g	<b>Vitamin A</b>	636 IU	<b>Sodium</b>	310 mg
<b>Total Fat</b>	10.71 g	<b>Vitamin C</b>	5.3 mg	<b>Dietary Fiber</b>	2.9 g



# ADJUSTING RECIPES

# Recipe Adjustment

1. Determine the factor.

$$\frac{\text{Needed Yield}}{\text{Recipe Yield}} = \text{FACTOR}$$

- Factor: Number by which to multiply all the ingredients.

# Recipe Adjustment

## 2. Convert multiple units to one unit.

- Example:
  - $16\text{oz} = 1\text{lb}$
  - $4\text{c} = 1\text{qt}$
  - $4\text{qt} = 1\text{gal}$
  - $16\text{c} = 1\text{gal}$
  - $16\text{tbsp} = 1\text{c}$

# Recipe Adjustment

3. Multiply each ingredient by the factor.

$$\text{Quantity}^* \times \text{Factor} = \text{New Yield}$$

\*Convert multiple units to one unit.

# Recipe Adjustment

4. Change new quantities to largest unit.

Example to **increase** recipe:

$$\frac{\text{Needed Yield } 200}{\text{Recipe Yield } 100} = 2^*$$

\*Multiply each ingredient by 2.

# Recipe Adjustment

4. Change new quantities to largest unit.

Example to **decrease** recipe:

$$\frac{\text{Needed Yield } 25}{\text{Recipe Yield } 50} = 0.5^*$$

\*Multiply each ingredient by 0.5.

# Recipe Adjustment Practice

- Pasta Salad Recipe, yield 100 servings
  - Reduce to 50 servings

Ingredient	Weight	Measure
Water	----	2 gal 3 qt
Salt	---	1/4 cup
Pasta, Spiral	3 lb 6 oz	1 gal 2 1/2 cups
Salad Dressing	---	1 qt
Frozen Mixed Veg	4 lb 8 oz	2 qt 3 cups
Frozen Chop Broccoli	2 lb 14 oz	3 cups
Black Pepper	---	2 tsp

# Recipe Adjustment Practice

- Step 1: Determine the factor

$$\frac{\text{Needed Yield: 50}}{\text{Recipe Yield: 100}} = 0.5$$

# Recipe Adjustment Practice

- Step 2: Convert multiples to 1 unit

Ingredient	Weight	Measure	Convert to 1 unit
Water	----	2 gal 3 qt	2.75 gal
Salt	---	1/4 cup	1/4 cup
Pasta, Spiral	3 lb 6 oz	----	3.38 lb
Salad Dressing	---	1 qt	1 qt
Frozen Mixed Veg	4 lb 8 oz	----	4.5 lbs
Frozen Chop Broccoli	2 lb 14 oz	----	2.88 lbs
Black Pepper	---	2 tsp	2 tsp

# Recipe Adjustment Practice

- Step 2: Convert multiples to 1 unit
  - Water - gallons and quarts
    - 1 gallon = 4 quarts  $\Rightarrow$ 
      - 3 (recipe)  $\div$  4 = 0.75 gal
  - Add the full gallons to the partial gal:  $2 + 0.75 = 2.75$  gal Water

# Recipe Adjustment Practice

- Let's try that again!
  - Pasta - pounds and ounces
  - 1 pound = 16 ounces  $\Rightarrow$ 
    - $6 \div 16 = 0.375$  lbs
  - Add the full pounds to the partial pounds:  $3 + 0.375 = 3.375$  lbs
  - Round to 2 decimals: 3.38 lbs Pasta

# Recipe Adjustment Practice

- Step 3: Multiply each ingredient by the factor.

Quantity (unit) x Factor = New Yield

Ingredient	Unit	Convert to 1 unit	Multiply each ing. by the factor	New Yield
Water	2 gal 3 qt	2.75 gal	2.75 x 0.5	1.375
Salt	1/4 cup	1/4 cup	0.25 x 0.5	0.125
Pasta, Spiral	3 lb 6 oz	3.38 lb	3.38 x 0.5	1.690
Salad Dressing	1 qt	1 qt	1 x 0.5	0.500
Frozen Mixed Veg	4 lb 8 oz	4.5 lbs	4.5 x 0.5	2.250
Frozen Chop Broccoli	2 lb 14 oz	2.88 lbs	2.88 x 0.5	1.440
Black Pepper	2 tsp	2 tsp	2 x 0.5	1.000

# Recipe Adjustment Practice

- Step 3: Multiply each ingredient by the factor.

Ingredient	Unit	Convert to 1 unit	Multiply each ing. by the factor	Amount to use in the recipe for 50 servings
Water	2 gal 3 qt	2.75 gal	$2.75 \times 0.5$	1.375 22cups or 1gal 6cups
Salt	1/4 cup	1/4 cup	$0.25 \times 0.5$	0.125 2Tbsp
Pasta, Spiral	3 lb 6 oz	3.38 lb	$3.38 \times 0.5$	1.690 27oz or 1lb 11oz
Salad Dressing	1 qt	1 qt	$1 \times 0.5$	0.500 2cups
Frozen Mixed Veg	4 lb 8 oz	4.5 lbs	$4.5 \times 0.5$	2.250 36oz or 2lbs 4oz
Frz Chop Broccoli	2 lb 14 oz	2.88 lbs	$2.88 \times 0.5$	1.440 23oz or 1lb 7oz <sup>24</sup>
Black Pepper	2 tsp	2 tsp	$2 \times 0.5$	1.000 1tsp

# Thank you!



- 605-773-3413
- [DOE.SchoolLunch@state.sd.us](mailto:DOE.SchoolLunch@state.sd.us)

# Standardizing Recipes Training

## Professional Standards Training Credit

*Print, sign & date this certificate for your records.*

- This training credits for 30 minutes of training in

### **Key Area 1 - Menu Planning**

1140 - Menu Planning - Standardizing Recipes

1150 - Menu Planning - Menu Analysis

### **Key Area 2 - Operations**

2110 - Operations - Standardizing Recipes

Your Name:

Date of Training: