

## **UNIT-3 STANDARD RECIPES**

### **What is a standard recipe??**

A standard recipe is a method of standardizing recipes in such a way so that there is tight control on cost and quantity. Standardization should not be allowed to stifle the individual chef's flair. A hotel can control quantities, quality and cost more easily. It is most useful to use a standard recipe in a hotel where there are a number of chefs cooking the food. The standard recipe lays down all the ingredients, method of production and quantities used. It indicates the number of portions to be served. This will determine the size of the portion of production control. A section giving variation can be added to reduce the total number of recipes required.

### **Advantages of using a standard recipe**

- Provide consistent high-quality food items that have been thoroughly tested and evaluated.
- It controls portion size which is very important in costing a dish.
- It is easy to determine the food cost of a particular dish.
- It simplifies the pricing of a particular dish.
- It reduces the possibility of error.
- Using standardized recipes supports creativity in cooking.
- The quantity of ingredients needed for production can be easily calculated based on the information provided on the recipe Standard Recipe Card

### **Objectives of Standard Recipe**

1. To determine the quantity and quality of the ingredient be used.
2. To obtain the yield obtainable from a recipe.
3. To determine the cost per portion.
4. To determine the nutritional value.
5. To facilitate portion control.
6. It helps in costing of dishes, pricing menus for the banquet.
7. It helps in uniform quality and taste.
8. Require less supervision.
9. Less training is required for a newly appointed employee.
10. Establishes food cost control.

## Common Recipe Elements in a Standardized Recipe

**1. Recipe Name /Recipe Card Number/ Section /Meal Pat-tern Contribution:** Includes

- the name of the recipe,
- the recipe card number,
- the section that the recipe should be classified under (grains, meat and meat alternate, etc.) and
- the contribution that one serving makes

**Example:** Pizzeria Pizza Crust, B-48, Grains, 2.5-ounce equivalents per portion.

**2. Ingredients:** Listed in order of preparation and specifies the type of food used, such as fresh apples canned corn; macaroni (uncooked); ground beef (raw).

**3. Weight and Measures:** The weight and measures of each ingredient used in both weight and volume measure. Note: weighing ingredients is faster, easier and more accurate.

**4. Procedure:** Directions on how to prepare the recipe. Include directions for mixing, number and size of pans, cooking temperature and time, and the directions for serving

**5. Yield:** The yield of a recipe should be recorded as the total weight or volume produced per 50 or 1000 servings (or another specified number of servings). Example: 50 servings: 23 pounds four ounces or 100 ounces or 100 servings: 46 pounds eight ounces or 50 servings: one quart 2 1/4 cups.

**6. Serving Size:** List the number of servings that the recipe yields and the portion size to be served. Example: 50-1/2 cup servings. Consider including the suggested portioning tools to use. Example: 50-1/2 cup servings (No. 8 scoops).

**7. Cost per serving(optional):** Determine the total cost to prepare the recipe and divide by the number of servings prepared to equal the cost of one serving.

**8. Equipment and Utensils to Use:** Listing of cooking and serving tools needed to produce and serve the food item.

**9. Cooking Temperatures and Time:** Appropriate temperature and amount of time needed for the highest quality product.