



CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

BASIC FOOD PREP SKILLS: HOW TO READ
A STANDARDIZED RECIPE



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BASIC FOOD PREP SKILLS: HOW TO READ A STANDARDIZED RECIPE

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The University of Mississippi, School of Applied Sciences
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Key Area: 2 – Operations

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Food Production – 2100

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Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains

Ingredients	50 Servings		Weight
	Weight	Measure	
Water		1 gal 2 qt	
Brown rice, long-grain, regular, dry	5 lb	3 qt ½ cup	10
*Fresh bok choy, sliced ¼"	3 lb 6 oz	1 gal	6 lb

Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains

2

Ingredients	50 Servings		Weight
	Weight	Measure	
		1 gal 2 qt	
Brown rice, long-grain, regular,	5 lb	3 qt ½ cup	10

Sandwiches

3

F-11r

Measure	Directions
1 gal 2 ¼ qt	2. Place 2 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour water (3 qt per steam table pan) over brown rice.

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TRAINING OVERVIEW

The Culinary Quick Bites training series is a tool to help child nutrition professionals develop and refine their culinary skills. Each lesson is designed to last approximately fifteen minutes. Each lesson should be facilitated (led) by the person responsible for overseeing food production at a meal site, service area, or at the district level.

Training facilitators should review the training, in its entirety, prior to conducting the training.

This training has been developed to address a variety of learning styles. The training includes an overview of the topic presented by the facilitator, an infographic to reinforce the training topic visually, a video to demonstrate the topic, and an activity to reinforce learning.

Please contact the Institute of Child Nutrition Help Desk at 1-800-321-3054 or helpdesk@theicn.org if you have any questions about how best to facilitate this training.

KEY AREA

Key Area: 2 – Operations

PROFESSIONAL STANDARDS

FOOD PRODUCTION – 2100

Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.

2130 – Develop culinary skills necessary for school meal preparation.

FACILITATOR'S NOTES

This training counts for 15 minutes of training credit under USDA Professional Standards learning objective 2130 – Develop culinary skills necessary for school meal preparation.

Before the training, prepare for the lesson activity and set up the kitchen workstation as described on page 13.

Deliver the lesson/training to participants:

- Read the lesson overview to the participants.
- Discuss the infographic and how it relates to the training topic.
- Answer any questions participants may have on the lesson, infographic, and video.

Complete the activity as instructed on page 13.

MATERIALS NEEDED

1 Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains 2

Sandwiches 3

F-11r 4

Ingredients 5	50 Servings 6		100 servings 6		Directions 8
	Weight 7	Measure 7	Weight 7	Measure 7	
Water		1 gal 2 qt		3 gal	1. Boil water.
Brown rice, long-grain, regular, dry	5 lb 9	3 qt ½ cup	10 lb 9	1 gal 2 ¼ qt	2. Place 2 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly. 10
					4. Bake: Conventional oven: 350 °F for 40 minutes 11 Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.

- Infographic: Anatomy of a Standardized Recipe – 1 per person
- A commonly used recipe at the production site – 1 per person
- Access to a screen to show the training video. Possible options include:
 - Site computer monitor with sound
 - Projector with sound
 - Tablets and smartphones
 - A QR code has been provided for quick access to the video on handheld devices.

LESSON OVERVIEW

OBJECTIVE:

At the end of this lesson, participants will be able to demonstrate how to read a standardized recipe.

GENERAL INFORMATION ABOUT STANDARDIZED RECIPES

- A best practice is to always review the recipe from beginning to end before preparation.
- Most foods served in schools need a standardized recipe.
- A standardized recipe is your guide for accurately preparing menu items.
- Think of a standardized recipe as your blueprint or guide for preparing menu items.
Standardized recipes are important for:
 - 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 Administrative Review
- Recognizing the parts of a standardized recipe and the information that correlates with each part is critical in being able to use the recipe properly.
- The adherence to standardized recipes ensures that your program provides quality food that is portioned correctly for each grade group.
- Recipes are one of the most important tools you will use each day in your operation. It is important to note that standardized recipes need to be standardized to the site in which they are being produced.
 - There are differences between production sites that may affect the end results of a recipe—best practice is to standardize the recipe to meet the requirements of a particular site.
 - Some reasons to standardize the recipe to the production site versus using the same recipe in all of your kitchens is because of differences in the following:
 - equipment types between the sites
 - age groups being served
 - scale of servings being produced
 - service models
 - student taste preferences (e.g., spice levels)
- When standardizing recipes to each site, the focus should be on yielding a consistent, high-quality food item for that specific site that mirrors the quality standards of your program.
 - When standardizing recipes to each site, you must ensure that the meal requirements and nutritional specifications are not affected.

LESSON OVERVIEW

PARTS OF A STANDARDIZED RECIPE

- Utilizing the infographic, review the major components of a standardized recipe.
 - Recipe Name/Title and Description (1)
 - Each standardized recipe has a name or a descriptive title.
 - The name or title is designed to make the dish sound more appealing to customers.
 - Food Components (2)
 - Identifies component contributions—fruits, vegetables including subgroups, grains, meats/meat alternates, and fluid milk.
 - Recipe Category (3)
 - Identifies the recipe classification such as main dish, grains, vegetables, etc.
 - Recipe Identification Number (4)
 - An identification number unique to each recipe, commonly used by menu planning software systems.
 - Ingredients (5)
 - The products used to produce the recipe.
 - The ingredient name is usually clear and includes the type of ingredient—fresh, frozen, or canned, for example.
 - Preparation techniques, such as slicing and dicing, are sometimes included in the ingredient name as well (e.g., sliced carrots or diced onions).
 - Ingredients are usually listed in order of use.
 - Servings per Recipe (6)
 - Recipe yield – amount produced when production is completed (weight and/or volume and number of servings).
 - Weight and Measures (7)
 - Identifies the units of measure needed for each ingredient.
 - Best practice – Measure all liquid ingredients by volume and measure all non-liquid ingredients by weight.
 - The USDA recipes list both weight and measure, as not all sites have scales.
 - Preparation Instructions (8)
 - Provides step-by-step directions for preparing the recipe.
 - Ingredient Amounts (9)
 - Ingredient amounts per yield – quantity of all ingredients in weight or volume for each yield (for example, 50 or 100 servings).
 - Equipment Needs (10)
 - Identifies the required preparation equipment and utensils needed to prepare the recipe – pans, steamers, mixer, etc.
 - Cooking Time and Temperature (11)
 - Identifies the cooking time and temperature – as required.
 - CCP (Critical Control Points) (12)
 - Provides the time and temperature critical limits for each step: preparing, holding, serving, and storing.
 - Portioning Utensils (13)
 - Identifies the correct serving utensils and sizes – scoops, ladles, spoodles, etc.
 - Serving Information (14)
 - Amount of food to be given
 - Serving size and component (15)
 - Component contributions per portion amount – fruits, vegetables including subgroups, grains, meats/meat alternates, and fluid milk.

LESSON OVERVIEW

HOW TO READ A STANDARDIZED RECIPE

- Utilizing the infographic, review the process for how to read a standardized recipe.
- Review the embedded training video.

After we review the infographic and video, there will be an activity to reinforce skills learned.

Culinary Quick Bites

BASIC FOOD PREPARATION SKILLS

ANATOMY OF A STANDARDIZED RECIPE

1 Bok Choy Wrappers

Meal Components: Meat-Dark Green Vegetable-Fruit-Grains **2**

Sandwiches **3**

F-11r **4**

Ingredients 5	50 Servings 6		100 servings 6		Directions 8
	Weight 7	Measure	Weight 7	Measure	
Water		1 gal 2 qt		3 gal	1. Boil water.
Brown rice, long-grain, regular, dry	5 lb 9	3 qt ½ cup	10 lb 9	1 gal 2 ¼ qt	2. Place 2 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. Pour water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.
					4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes 5. Remove from oven and let stand covered for 5 minutes.
*Fresh bok choy, sliced ¼"	3 lb 6 oz	1 gal	6 lb 12 oz	2 gal	6. Combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce. Pour into steam table pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Canned pineapple tidbits, in 100% juice	6 lb 10 oz	3 qt (1 No. 10 can)	13 lb 4 oz	1 gal 2 qt (2 No. 10 cans)	
Frozen, cooked chicken strips, thawed	6 lb 2 oz	1 gal 2 qt	12 lb 4 oz	3 gal	
Sweet and sour sauce		1 qt 2 cups		3 qt	
Low-sodium soy sauce		2 Tbsp		¼ cup	
					7. Bake: Conventional oven: 350 °F for 30 minutes Convection oven: 350 °F for 20 minutes Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					8. Critical Control Point: Hold for hot service at 135 °F or higher.
*Fresh romaine lettuce, outer leaves, rinsed, dry	5 lb	100 leaves	10 lb	200 leaves	9. Top each romaine lettuce leaf with a 6 fl oz spoodle (¾ cup) of filling. Optional: garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve immediately.
Two wraps provide 1 oz equivalent meat, ¾ cup dark green vegetable, ¼ cup fruit, and 1 ½ oz equivalent grains.					10. Serve 2 wraps. 14
One wrap provides ½ oz equivalent meat, ⅜ cup dark green vegetable, and ¾ oz equivalent grains.					15

1 Recipe Name

2 Food Components

3 Recipe Category

4 Recipe Identification Number

5 Ingredients

6 Servings per Recipe

7 Weight and Measure

8 Preparation Instructions

9 Ingredient Amounts

10 Equipment Needed

11 Cooking Time and Temperature

12 CCP (Critical Control Point)

13 Portioning Utensil

14 Serving Information

15 Serving Size and Component Contributions



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CULINARY QUICK BITES

How to Read a Standardized Recipe

WATCH THE VIDEO

<https://vimeo.com/854356609/4a6b4ae29e>

QR CODE

Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Infographic:
Anatomy of a
Standardized
Recipe
– 1 per person



A commonly used
recipe at the
production site
– 1 per person

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity.
- 2** During the activity, remember to encourage staff to actively participate in the discussion.

ACTIVITY

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

- 1** Refer the participants to the infographic and video. Then instruct the participants on the activity. Ask the participants if there are any questions before beginning the activity.
- 2** Facilitate a discussion on the components of a standardized recipe from one of the commonly used recipes for their site. Participants will identify and describe each component.

POST ACTIVITY

- After completing the hands-on activity, recap the lesson with the participants. Offer an opportunity for participants to share their learning experience during the training and highlight any tips or takeaways they want to share with the group.
- If time allows, facilitate a discussion with the participants. Suggested discussion topics include:
 - Ask participants to discuss if the selected recipe includes all of the major components of a recipe.
 - Ask participants if they have cooked items using a standardized recipe versus not using a standardized recipe. What were the results?
- Ask if the participants feel more comfortable with standardized recipes or want more time to develop the skill further, if time allows.
- Plan the next training session based on the needs of your staff.



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