



## Make it Fresh with Cooking Counts Lesson Plans for: *Standardized Recipes*

### **Course Description:**

This hands-on training will introduce you to *Standardized Recipes* and help apply what you know to ensure that your recipes include all of the information needed.

Estimated class time: 3 hours

### **Preparation:**

#### Supplies Needed:

Gourmet Crispito Recipe  
Random recipe from your files  
Paper  
Pens/pencils

### **Opening Remarks:**

Today's lesson is Standardized Recipes. A standardized recipe is a set of instructions describing the way a particular establishment prepares a specific dish. In other words, it is a customized recipe developed by an operation for the use of its own cooks, using its own equipment, to be served to its customers. Directions must be as complete and as exact as possible.

Standardized recipes have been tried, adapted and retried several times by a given foodservice operation and have been found to produce the same quality results and yield every time.

### **Understand Standardized Recipes:**

They are important because they:

- Ensure consistent quality
- Simplify the job for employees
- Create a time standard
- Yield the same amount every time
- Provide safe cooking and holding temperatures
- Help determine how much food to order and specs of that food
- Ensure customers will receive a quality product

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Components of a standardized recipe:

- Recipe name/number
- Ingredients and exact amount
- Weight and measures
- Recipe Yield
- Equipment and utensils needed
- Food safety guidelines/HACCP processes
- Serving size and directions for portioning
- Directions for preparing the dish
- Cooking times and temperatures
- Directions for holding, cooling and storing

**Show video:**

[Standardized Recipes](#)

**Lab:**

1. Review the *Gourmet Crispito* Recipe. Write down what changes need to be made to the recipe to customize it to your kitchen. Consider:
  - a. What equipment do you have to work with?
  - b. Would you cook the pork from raw or order a convenience product such as USDA pulled pork?
  - c. Would you need to complete part of the preparation the day before?
  - d. Would this item freeze well?
  - e. What equipment do you have to hold cooked product?
  - f. Would you use the swiss card, romaine or a different green in the salad?
2. Review the recipe that you pulled from your current recipe files. Re-write the recipe in a standardized format individually, then come together as a group to discuss and write one quality standardized recipe.

**Discussion and Evaluation:**

1. What components of a standardized recipe were commonly missing from your current recipe?
2. What steps do you need to take to standardize your recipes?
3. How does the quantity of students that you serve potentially alter the recipe?
4. What are some reasons that standardized recipes are customized to the operation?
5. Will all sites in the same district use the same recipe?
6. How did the exercise of writing the recipe as a group affect the outcome of the final standardized recipe?

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