



Manager's Corner

Standardized Recipes

PROJECT COORDINATOR
Theresa Stretch, MS, RDN, CP-FS

EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH



NUTRITION



OPERATIONS



ADMINISTRATION



COMMUNICATIONS/
MARKETING

Institute of Child Nutrition

The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

PURPOSE

Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2019, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

Institute of Child Nutrition. (2019). *Manager's corner: Standardized recipes*. University, MS:
Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org.

November 22, 2019

Table of Contents

Professional Standards	1
Introduction	1
Lesson Overview	2
Questions for Staff	2
Activity: Standardized Recipes	4
References	9

Professional Standards

FOOD PRODUCTION – 2100

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

2110 – Standardized Recipes

Understand and effectively prepare food using a standardized recipe.

Introduction

Manager's Corner: Standardized Recipes is designed to empower managers to use in training their staff. Each lesson is roughly 15 minutes. This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

Lesson Overview

Instructions for lesson:

- Review the lesson objective and background information.
- Review why it is important.
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

Objective: Identify the parts of a standardized recipe.

Background information: A standardized recipe is a recipe that has been tried, adapted, and retried several times for use by a given school nutrition operation. It is important to test a recipe several times before introducing it as a menu item. A recipe that works in one kitchen may need to be modified for another kitchen. Never substitute an ingredient without approval. Doing so can directly affect the nutrient analysis of the recipe, impact inventory management and cost controls, and potentially introduce allergens to the recipe.

A standardized recipe should include the following parts: Recipe title, ingredients, preparation instructions, temperature, time, cooking methods, recipe yield, serving and portion size, food safety, equipment and suggested tools for serving, and nutrient analysis.

Why it is important: Standardized recipes are critical to the success of your program because they provide consistent results in food quality, nutrition contribution, and managing food costs.

Questions for Staff

- **What is a standardized recipe?**

Answer: A standardized recipe is a recipe that has been tried, adapted, and retried several times for use by a given school nutrition operation. The recipe has been found to produce the same results and yield each time when the exact procedures are used with the same type of equipment, the same quantity, and quality ingredients. It is important to test a recipe several times before introducing it as a menu item. A recipe that works in one kitchen may need to be modified for another kitchen. For example, the cooking time of a recipe may differ due to the type of available equipment.

- **Is substituting ingredients without approval a good decision to make? Why or why not?**

Answer: No, the substituted ingredient can directly affect the nutrient analysis of the recipe, allergic reactions, inventory management, and cost control.

- **How do standardized recipes contribute to the success of any foodservice operation?**

Answer: Standardized recipes are the basis for preparing foods for a consistent quality and quantity for any operation.

- **What type of information included on a standardized recipe are good practices?**

Answer: Good practices of information to include on a standardized recipe include:

- Recipe title
- Ingredients
- Preparation instructions
- Temperature, time, and cooking methods
- Recipe yield
- Serving and portion size
- Food safety
- Equipment and suggested tools for serving
- Nutrients per serving or nutrient analysis

Activity: Standardized Recipes

Activity materials included in this document:

- **Standardized Recipes Good Practices**
- **White Chicken Chili Recipe**
- **White Chicken Chili Recipe Answer Key**

Materials provided by the school nutrition operation:

- Copies of handouts
- Pens/pencils

Activity Instructions:

- Print the handouts and worksheets.
- Show staff the **Standardized Recipes Good Practices** handout.
- Ask them to identify the information to include on a standardized recipe.
- Ask the staff to compare the chart to the **White Chicken Chili Recipe**.
- Discuss with staff similarities and differences in the information included on the **Standardized Recipes Good Practices**, the **White Chicken Chili Recipe**, and the recipes used by staff.

Standardized Recipes Good Practices

Description	Good Practices
Recipe Title	<ul style="list-style-type: none"> Identify title of recipe for reference.
Ingredients	<ul style="list-style-type: none"> List all recipe ingredients in weights and measures.
Preparation Instructions	<ul style="list-style-type: none"> Identify the steps necessary to prepare the recipe. List in order the steps to follow in preparing the recipe. Read the instructions before preparing the recipe. Check ingredients in advance. Review all preparation and cooking terms with staff to ensure they understand exactly what each means.
Temperature, Time, and Cooking Methods	<ul style="list-style-type: none"> Identify the cooking temperature, the length of time, and cooking method (e.g., bake, steam). Identify the Critical Control Points (e.g., 145 °F, 165 °F). Calibrate cooking equipment. Identify the type of cooking equipment (e.g., convection oven, tilting skillet). Adjust for altitudes.
Recipe Yield	<ul style="list-style-type: none"> Identify the amount (weight or volume and number of servings) of product at the completion of production that is available for service. Identify the number of servings that the recipe produces in total weight and volume. Provide a general description (e.g., 25 servings, half steam table pan cut in 5" x 5" portions).
Serving and Portion Size	<ul style="list-style-type: none"> Review recipes for the specific contribution of each serving toward the reimbursable meals. Identify the amount or size of an individual portion in volume and/or weight. List the weight and volume of the serving when possible. Assess whether the serving size is appropriate for the age/grade being served.
Food Safety	<ul style="list-style-type: none"> Prepare recipe with good food safety practices. Identify specific cold and hot temperatures (e.g., cooking, holding, serving, cooling, and reheating). Identify the Food Safety Process (e.g., No Cook, Same Day, or Complex Process). Identify specific allergens in the recipes (i.e., milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans).
Equipment and Suggested Tools for Serving	<ul style="list-style-type: none"> Identify the pans needed for cooking the product (e.g., the length, width, and depth of steam table pans) and serving utensils.
Nutrients per Serving or Nutrient Analysis	<ul style="list-style-type: none"> Use approved USDA nutrient analysis software. Check with your State agency to identify specific requirements applicable to your State.

White Chicken Chili Recipe

Main Dish

HACCP: #2 Same Day Service

Healthier Kansas Recipe 128

Iowa Gold Star Recipe

Ingredients	100 Servings		_____ Servings		Directions	
	Weight	Measure	Weight	Measure		
Onions, yellow, AP Garlic, fresh, minced Chicken, cooked, diced Great Northern Beans, canned, low sodium, undrained Water Chicken Base, low sodium White Pepper Cumin, ground	3 lb 8 oz 5 oz 10 lb 17 oz 4 oz 2 oz	 3 ¼ #10 cans 3 Tbsp			<ol style="list-style-type: none"> In a steam jacketed kettle, combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. Simmer for 10 minutes to blend flavors, stirring occasionally. 	
Green Chili Peppers, canned, diced Chicken Stock, prepared from low-sodium base	15 oz	1 gal + 2 qt + 1 cup (as prepared)				<ol style="list-style-type: none"> Add green chili peppers. Add prepared chicken stock and simmer for 10 minutes. Final product should be 4 gal + 2 ¾ qt. Adjust with extra chicken stock if needed. CCP: Heat to 165 °F or higher for 15 seconds. Pour into serving pans. Portion with 6 oz ladle (K-8) or 8 oz ladle (9-12). CCP: Hold for hot service at 135 °F or higher.
Mozzarella Cheese, part skim, shredded	3 lb 2 oz					<ol style="list-style-type: none"> Top chili with ½ oz mozzarella cheese at time of service.

Serving Size	1 Serving Provides	Yield
3/4 cup (6 oz spoodle)	2 oz equivalent M/MA + 0.25 cup vegetable, BP	K-8: 100 servings

Calories	240	Vitamin A	108.1 IU	Iron	2.58 mg
Protein	25.36 gm	Vitamin C	4.43 mg	Calcium	166.09 mg
Carbohydrate	25.08 gm	Fiber	5.48 gm	Cholesterol	49.1 mg
Fat	4.46 gm	% Fat	16.7 %	Sodium	238.25 mg
Saturated Fat	2.16 gm	% Saturated Fat	8.1 %		

Recipe title  **White Chicken Chili Recipe Answer Key**

Main Dish **Ingredients**

HACCP: #2 Same Day Service

Healthier Kansas Recipe 128

Iowa Gold Star Recipe

Ingredients	100 Servings Recipe yield		_____ Servings		Directions Preparation instructions
	Weight	Measure	Weight	Measure	
Onions, yellow, AP Garlic, fresh, minced Chicken, cooked, diced Great Northern Beans, canned, low sodium, undrained Water Chicken Base, low sodium White Pepper Cumin, ground	3 lb 8 oz 5 oz 10 lb	3 ¼ #10 cans			7. In a steam jacketed kettle , combine chopped onions, garlic, chicken, beans with liquid, water, chicken base, white pepper, and ground cumin. 8. Simmer for 10 minutes to blend flavors, stirring occasionally.
Green Chili Peppers, canned, diced Chicken Stock, prepared from low-sodium base	15 oz	1 gal + 2 qt + 1 cup (as prepared)		Food safety	9. Add green chili peppers. 10. Add prepared chicken stock and simmer for 10 minutes. Final product should be 4 gal + 2 ¾ qt. Adjust with extra chicken stock if needed. CCP: Heat to 165 °F or higher for 15 seconds. 11. Pour into serving pans. Portion with 6 oz ladle (K-8) or 8 oz ladle (9-12). CCP: Hold for hot service at 135 °F or higher.
Mozzarella Cheese, part skim, shredded	3lb 2 oz				12. Top chili with ½ oz mozzarella cheese at time of service.

Serving Size	1 Serving Provides	Yield
3/4 cup (6 oz spoodle)	2 oz equivalent M/MA + 0.25 cup vegetable, BP	K-8: 100 servings

Calories	240	Vitamin A	108.1 IU	Iron	2.58 mg
Protein	25.36 gm	Vitamin C	4.43 mg	Calcium	166.09 mg
Carbohydrate	25.08 gm	Fiber	5.48 gm	Cholesterol	49.1 mg
Fat	4.46 gm	% Fat	16.7 %	Sodium	238.25 mg
Saturated Fat	2.16 gm	% Saturated Fat	8.1 %		

References

Institute of Child Nutrition. (2019). *STAR: Meal preparation and service instructor's manual*. University, MS: Author.

Kansas Department of Education. (2016). *Healthier Kansas menus*. Retrieved https://www.kn-eat.org/SNP/SNP_Menu/SNP_Resources_Healthier_Kansas_Menu.htm

United States Department of Agriculture. (2015). *Professional standards for school nutrition professionals*. Retrieved from <https://www.fns.usda.gov/school-meals/professional-standards>



The University of Mississippi
School of Applied Sciences

800-321-3054
www.theicn.org