INFORMATION FOR STANDARDIZED RECIPES

Standardized recipes are a necessity for a well-run food service operation. All of the recipes have been developed, tested and standardized for product quality, consistency and yield. Recipes are the most effective management tool for guiding the requisitioning of supplies and controlling breakouts and inventory. The U. S. Dietary Guidelines were among the many considerations in both the selection and development of the recipes included in the file. Many of the recipes have been modified to reduce fat, salt and calories. For new and experienced cooks, consistent use of standardized recipes is essential for quality and economy. The **Armed Forces Recipe Service** contains over 1600 tested recipes yielding 100 portions printed on cards.

Yield - The quantity of cooked product a recipe produces. The yield for each recipe in the Armed Forces Recipe is generally given as 100 portions and in some recipes in count or volume, e.g., 2 pans, 8 loaves, 6-1/2 gallons. Portion size is key to determining the quantity of food to be prepared. Many recipes also specify the weight per portion. For example, 3/4 cup (6-1/2 ounces) Beef Stroganoff.

Ingredients Column – Ingredients are listed in the order used. The specific form or variety of each ingredient is indicated. For example:

Flour, wheat, general purpose	Eggs, whole	Sugar, granulated
Flour, wheat, bread	Egg whites	Sugar, brown

Measure, Weights, and Issue Columns – Measures and Weights indicate the Edible Portion (E.P.) quantity of the ingredient required to prepare the recipe for 100 portions. The issue column represents the As Purchased (A.P.) quantity required if this amount is different from the E.P. quantity.

Method Column - Describes how the ingredients are to be combined and cooked. For example, the method will describe the order in which to sift dry ingredients, to thicken a sauce, or to fold in beaten egg whites. The method contains directions for the most efficient order of work, eliminating unnecessary tools and equipment and unnecessary steps in preparation.

INFORMATION FOR STANDARDIZED RECIPES
RECIPE CONVERSION

Since few dining facilities serve exactly 100 persons, and, in some instances, the acceptable size portion may be smaller or larger, it is often necessary to reduce or increase a recipe. You may adjust the recipe to yield the number of portions needed, or to use the amount of ingredients available, or to produce a specific number of smaller portions. When increasing or decreasing a recipe, the division or multiplication of pounds and ounces is simplified when decimals are used.

1. To convert the quantities to decimals, use this table:

Weight in Ounces	Decimal of Pound	Weight in Ounces	Decimal of Pound
1	.06	9	.56
2	.13	10	.63
3	.19	11	.69
4 (1/4 lb)	.25	12 (3/4 lb)	.75
5	.31	13	.81
6	.38	14	.88
7	.44	15	.94
8 (1/2 lb)	.50	16 (1 lb)	1.00

For example: 1 lb 4 oz is converted to 1.25 lb; 2 lb 10 oz is converted to 2.63 lb.

2. To adjust the recipe to yield a specific number of portions:

First -- Obtain a working factor by dividing the number of portions needed by 100. For example:

348 (portions needed) ÷ 100 = 3.48 (Working Factor)

Then -- Multiply the quantity of each ingredient by the working factor. For example:

1.25 lb (recipe) X 3.48 (Working Factor) = 4.35 lb (quantity needed).

The part of the pound is converted to ounces by multiplying the decimal by 16. For example:

.35 lb X 16 ounces = 5.60 ounces

After the part of the pound has been converted to ounces, use the following scale to "round off':

.00 to.12	=	0	.63 to .87	=	3/4 ounce
.13 to .37	=	1/4 ounce	.88 to .99	=	1 ounce
.38 to .62	=	1/2 ounce			

Thus 5.60 ounces will be "rounded off' to 5 1/2 ounces, and 4 lb 5 1/2 ounces will be the quantity needed (equal to 4.35 lb).

INFORMATION FOR STANDARDIZED RECIPES RECIPE CONVERSION

3. To adjust the recipe for volume:

First -- Obtain a working factor by dividing the number of portions needed by 100 as shown in Step 2 of A.l, Recipe Conversion.

333/100 = 3.33

Then -- Multiply the quantity of each ingredient by the working factor. You will round off to the nearest 1/4 teaspoon. For example, the recipe calls for 6 gallons of water per 100 portions. Portions to prepare are 333.

333 /100 = 3.33 Working Factor (W/F)

1. W/F x No. of gallons	= gallon	3.33 W/F x 6	=	19.98 GL
2. Decimal (of gal) x 4	= quart (QT)	.98 GL x 4	=	3.92 QT
3. Decimal (of quart) x 2	= pint (PT)	.92 QT x 2	=	1.84 PT
4. Decimal (of pint) x 2	= cup (C)	.84 PT x 2	=	1.68 C
5. Decimal (of tbsp) x 16	= tablespoon (TBSP)	.68 C x 16	=	10.88 TBSP
6. Decimal (of tbsp) x 3	= teaspoon (TSP)	.88 TBSP x 3	=	2.64 TSP
7. Round off decimal portion (see paragraph 2)		.64 TSP	=	3/4 TSP

The amount of water needed for 333 portions is: 19 GL, 3 QT, 1 PT, 1 C, 10 TBSP and 2 3/4 TSP.

NOTE: 4 QT = 1 GL 2 C = 1PT 3 TSP = 1 TBSP
2 PT = 1 QT 16 TBSP = 1C

4. To adjust the recipe on the basis of a quantity of an ingredient to be used:

   First -- Obtain a Working Factor by dividing the pounds you have to use by the pounds required to yield 100 portions.

   For example:

   102 lb ÷ 30 (lb per 100 servings) = 3.40 (Working Factor)

   Then -- Multiply the quantity of each ingredient in the recipe by the Working Factor.

5. To adjust the recipe to yield a specific number of portions of a specific size:

   First -- Divide the desired portion size by the standard portion of the recipe.
   3 oz (desired size) ÷ 4 oz (standard portion) = .75
   348 (servings needed) x .75 = 261
   261 ÷ 100 = 2.61 (Working Factor)

   Then -- Multiply the quantity of each ingredient in the recipe by the Working Factor.