

MAINE DEPARTMENT
OF EDUCATION

Kitchen Efficiencies and Standardized Recipes

Presented by: The Child Nutrition Team





Why is it important to be efficient in the kitchen?

- Increased productivity
- Improved safety
- Better quality food
- Smoother running workplace
- Happier participants, staff and coworkers
- Better work/life balance

The Basics of Time Management

- Plan time to Plan
- Prioritize your work
- Minimize interruptions
- Delegate when appropriate
- Break down large projects



Plan Time to Plan

This includes:

- Planning your menus
- Planning your orders/shopping trips
- Planning your production to-do lists
- Planning job duties



Prioritize Your Work

- Important – Not Urgent
 - Daily tasks, prepping
- Important – Urgent
 - Issues you could not have foreseen
- Not Important – Urgent
 - Tasks that you can say yes to but can offer an alternate time to discuss
- Not Important – Not Urgent
 - Minimize these, they can take up your time and keep you from getting your work done

Delegate When Appropriate

When there are larger projects or tasks to be completed you might need extra people to support the goal.

- Know the strengths of your staff members
- Know the weaknesses of your staff members
- Put the right people on the right tasks
- Ensure that everyone knows their duties

Break Down Larger Projects

When there are larger tasks/projects to be completed look at how you can break it down into smaller tasks

- Big meal for a special occasion/holiday
 - Can prep be done ahead of time?
- Deliveries come on Mondays
 - Can we plan for a simple menu to free up time to receive and put away product?



More Tips for Better Productivity

Stay Organized

- Keeping your workspaces, offices and storage areas organized:
 - Saves time putting items away
 - Easier to find things when needed
 - Helps keep stress down

Work Smart and Safe

- If something is too heavy ask for help or use a cart
- Make a list of things you need for multiple projects to reduce the amount of trips to gather items – minimize your steps
- Know your measurements and conversions
 - How much of an item do you need to meet your meal pattern requirements?
 - How many cups in a quart? Ounces in a pound?
 - You don't need to memorize! There are helpful (and decorative) charts available with this information.

Prepare Yourself for the Day

- Make a prep list for the day
 - Prioritize
 - Make it longer than you think can be accomplished (you might surprise yourself)
 - Assign duties on the list, divide and conquer
- Make sure your work areas are clean and ready to go
 - Clean as you go throughout the day
 - Not only does this make the end of the day easier it helps to ensure good food safety practices
 - Make sure you have the correct tools to do your job

Standardize Your Work

- Develop a Cycle Menu
 - These do not have to be set in stone!
 - Cycle Menus provide you with a recurring template for menu planning
- Create and Maintain Standardized Recipes
 - Ensures that all staff will prepare the same dish every time
 - Ensures meal pattern compliance and serves as your documentation
- Use Technology Wherever You Can
 - Reduces misinterpreted handwriting
 - Helps to ensure less chances of human error

INVEST IN YOUR STAFF!

- Train them and always continue to train them
 - A well-trained team can work with minimal supervision
 - Well-trained staff will be empowered, and an empowered team is more productive.
- Providing your staff with knowledge and tools to learn and grow fosters an environment of trust and confidence.



Standardized Recipes

What is a Standardized Recipe?

- USDA definition: a recipe that “has been tried, adapted, and retried several times for use by a given foodservice operation and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients”.



Myths about Standardized Recipes

- Lack creativity
- Lower Quality
- Cannot convert own recipe to a standardized recipe
- Cannot make substitutions for ingredients/seasonings

Benefits of Standardized Recipes

1. Consistency
2. Quality Control
3. Cost Control
4. Meal Crediting
5. Simplified record keeping
6. Employee Confidence

How do your recipes credit towards the meal pattern?

- Knowing how your recipes credit ensure the meal pattern is being met with a recipe that is reliable and your students enjoy.
- Provides essential information for an audit

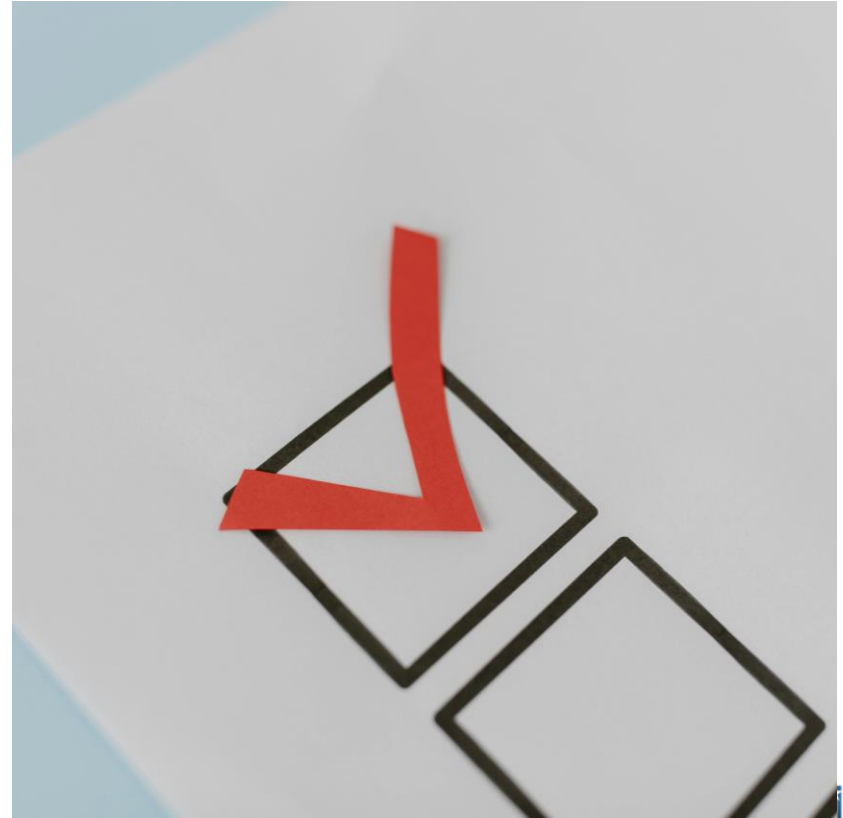
Recipe Standardization

3 Stages:

1. Recipe Verification
2. Product Evaluation
3. Quantity Adjustment

Test, Test and Test AGAIN!

- Test that it's a good recipe
- Test it out on your customers
- Test it out in a high-volume setting!



Components of a Standardized Recipe

- Yield (number of servings)
- Serving size
- Meal pattern contribution
- Ingredients written in measurable terms
- Clear directions

Maine Grain Crepes with USDA Strawberries

Provided by: Yarmouth School Nutrition Program

Ingredients	50 Servings		Directions
	Weight	Measure	
Flour, Whole Wheat	1 lb + 9 ozs		<ol style="list-style-type: none"> Combine flour, salt, and sugar in a bowl. In separate bowl combine egg, milk and orange juice. Add the flour mixture to the egg mixture and stir. Add melted butter, stir. Using a #16 scoop, portion batter onto a preheated pan or flat top to cook the crepes. Reserve crepes and keep warm. Fold crepes for service and top with 2 tablespoons of sliced strawberries and sprinkle of powdered sugar (optional). <p>**This is also where you would include HACCP information: cooking temp, cooking instructions, storage instructions, etc.</p>
Flour, All Purpose, Enriched	1 lb + 9 ozs		
Salt, Table		1 tsp	
Sugar, Granulated		2 Tbsp	
Milk, Lowfat, 1%		10 cups	
Orange Juice		5 Cups	
Egg, Whole, Fresh		30 Medium	
Butter, No Salt	10 oz		
Strawberries, Sliced		12.5 Cups	
Maple Syrup		6.25 Cups	
Powdered sugar (optional)			
Serving Size			
Two #16 Scoop Crepes			2 Crepes (#16 Scoop) provide 1 oz equivalent Grain and 1/4 cup fruit

Things to Consider

- Convert the ingredients into the same format in which they credit.
 - Ex: Tomatoes..... 5 each – how would you credit this?
- The ingredients in the recipe reflect what is actually used in your kitchens. Make these adjustments ahead of time.
 - Example: At home you might use corn on the cob but in a high volume situation you would probably use frozen corn.

Things to Consider Continued

- Substitutions:
 - Whole muscle chicken vs. deli chicken
 - 90/10 Ground Beef vs. 80/20 Ground Beef
 - Salsa for diced tomatoes
 - One vegetable vs. blend
 - Fresh vs. dried herbs

***Just make sure to double check the crediting*

Let's Make Something!

Whole Grain Rich Macaroni and Cheese

SERVING SIZE: 1 Cup

YEILD: 11 SERVINGS

MEAL PATTERN CONTRIBUTION: 1.25 oz eq grain 2 oz eq m/ma

Ingredients and Instructions

Whole wheat Macaroni (or pasta of your choice)	1 Pound
Butter	½ Cup
Flour, all-purpose	½ Cup
Salt	1 tsp
Pepper, black	½ tsp
Milk	4 Cups
Cheddar Cheese, grated	1 Pound ½ ounce

1. Cook pasta per instructions, set aside.
2. Melt butter in a saucepan over medium heat; stir in flour, salt, and pepper until smooth, about 5 minutes. Slowly pour milk into butter-flour mixture while continuously stirring until mixture is smooth and bubbling, about 5 minutes. Add cheese to milk mixture and stir until cheese is melted.
3. Fold pasta into cheese sauce until coated.
4. Serve and watch the kids enjoy!