



MAINE DEPARTMENT
OF EDUCATION
Child Nutrition Programs

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			Meal Pattern Contribution
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

- Substitutions:
 - Diced chicken for chicken strips
 - Beef crumbles vs. raw beef
 - Salsa for diced tomatoes
 - One vegetable vs. blend
 - Fresh vs. dried herbs

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



Let's Credit a Recipe!

Mexican Corn in a Cup Recipe

👤 Rebekah Garcia Kalinowski | Kitchen Gidget 📅 June 7, 2017 4:00 pm

Yield: 4 Servings

Ingredients

4 ears Corn, shucked

4 tablespoons Mayonnaise, or sour cream

4 tablespoons Margarine, or butter, melted

8 tablespoons Cotija Cheese, crumbled, or Parmesan

1 Lime, juiced

Chili Powder, and hot sauce, for serving

Buying Guide for Child Nut... x Food Buying Guide for Child Nut... x +

https://foodbuyingguide.fns.usda.gov/MasFoodItems/Index

Child Nutrition | De... Food Buying Guide... NEO v2.3.8.312 ICN Home - Institut... MSNA Per Diem Rates Loo... INET MS-TAMS Microsoft Training

Keywords:

corn

Meal Component:

Vegetables

Category:

Starchy Vegetables

Search Reset Search

Comparison

Select up to 4 food items from search results to be compared.

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
No item for Comparison.				

Clear All

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Vegetables	Starchy Vegetables CORN	Corn, fresh With husks (5 to 6-inch length), Medium	Pound	1.67	1 medium ear (about 1/2 cup cooked vegetable)	Add	Add
Vegetables	Starchy Vegetables CORN	Corn, fresh With husks (5 to 6-inch length), Medium	Pound	3.35	1/4 cup cooked vegetable (about 1/2 cob)	Add	Add
Vegetables	Starchy Vegetables CORN	Corn, fresh Without husks (5 to 6-inch length), Medium	Pound	2.33	1 medium ear (about 1/2 cup cooked vegetable)	Add	Add

Mexican Corn in a Cup Recipe

👤 Rebekah Garcia Kalinowski | Kitchen Gidget 📅 June 7, 2017 4:00 pm

Yield: 4 Servings

Ingredients

4 ears Corn, shucked

4 tablespoons Mayonnaise, or sour cream

4 tablespoons Margarine, or butter, melted

8 tablespoons Cotija Cheese, crumbled, or Parmesan

1 Lime, juiced

Chili Powder, and hot sauce, for serving

The food buying guide says that 1 medium ear of corn is approx. $\frac{1}{2}$ cup starchy vegetable. This recipe provides 4 - $\frac{1}{2}$ cup servings

Food Buying Guide for Child Nutrition | Food Buying Guide for Child Nutrition |

https://foodbuyingguide.fns.usda.gov/MasFoodItems/Index

Child Nutrition | De... Food Buying Guide... NEO v23.8.312 ICN Home - Institut... MSNA Per Diem Rates Loo... INET MS-TAMS Microsoft Training

Keywords:

parmesan

Meal Component:

Meats/Meat Alternates

Category:

All Categories

Search Reset Search

Comparison


Select up to 4 food items from search results to be compared.

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
No item for Comparison.				

Clear All

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Meats/Meat Alternates ¹ Footnote	Cheese, Eggs, Yogurt CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)	Cheese, Parmesan or Romano¹⁶ Grated Footnote	Pound	16.00	1 oz serving (about 3/8 cup) provides 1 oz meat alternate	Add	Add
Meats/Meat Alternates ¹ Footnote	Cheese, Eggs, Yogurt CHEESE (includes reduced fat, lowfat, nonfat, and lite versions of cheese, cheese food, and cheese spread)	Cheese, Parmesan or Romano¹⁶ Grated Footnote	Pound	10.60	1.5 oz serving (about 5/8 cup) provides 1-1/2 oz meat alternate	Add	Add

MEASUREMENT CONVERSIONS 				
Cup	= Fluid OZ	= TBSP	= TSP	= Milliliter
1 C	8 oz	16 Tbsp	48 tsp	237 ml
3/4 C	6 oz	12 Tbsp	36 tsp	177 ml
2/3 C	5 1/3 oz	10 Tbsp + 2 tsp	32 tsp	158 ml
1/2 C	4 oz	8 Tbsp	24 tsp	118 ml
1/3 C	2 2/3 oz	5 Tbsp + 1 tsp	16 tsp	79 ml
1/4 C	2 oz	4 Tbsp	12 tsp	59 ml
1/6 C	1 1/3 oz	2 Tbsp + 2 tsp	8 tsp	40 ml
1/8 C	1 oz	2 Tbsp	6 tsp	30 ml
1/16 C	1/2 oz	1 Tbsp	3 tsp	15 ml

- The Food Buying Guide says that 3/8 cup equals 1 oz eq of m/ma
- The recipe calls for 8 Tbsp which in volume is equivalent to a 1/2 cup

Mexican Corn in a Cup Recipe

👤 Rebekah Garcia Kalinowski | Kitchen Gidget 📅 June 7, 2017 4:00 pm

Yield: 4 Servings

Ingredients

4 ears Corn, shucked
4 tablespoons Mayonnaise, or sour cream
4 tablespoons Margarine, or butter, melted
8 tablespoons Cotija Cheese, crumbled, or Parmesan
1 Lime, juiced
Chili Powder, and hot sauce, for serving

This recipe provides a total of 1.33 oz eq m/ma which gives you .33 oz eq per serving crediting for .25 oz eq.

MEXICAN CORN IN A CUP

SIDE DISH

SERVING SIZE: ½ CUP

YEILD: 4 SERVINGS

MEAL CREDITING: ½ cup starchy veg, .25 oz eq m/ma

Ingredients and Instructions

Corn, frozen	2 Cups
Mayonnaise, Lo Fat	4 Tbsp
Margarine or Butter (trans fat free), melted	4 Tbsp
Parmesan Cheese	½ Cup
Lime, juiced	1 Each
Chili Powder	To Garnish
Hot Sauce	To Garnish

1. Cook Corn until tender, drain and set aside
2. Combine mayonnaise, margarine, cheese and lime juice
3. Mix with corn until well combined, refrigerate
4. Serve cold with chili powder and hot sauce

Production Record

[illegible]



Stay Connected!

Find Us Online!



www.maine.gov/doe



@MaineDOEComm



@mainedepted



@mdoenews



@MaineDepartmentofEducation1

