

*Standardized recipes are used in child nutrition programs as a guide to preparing food served to customers. A standardized recipe is a recipe that has been carefully adapted and tested to ensure that it will produce a consistent product every time it is used.*

### **Why it is important to use standardized recipes:**

- Consistent Food - Same great product every time.
- Predictable Yield – Prevent food waste or shortages.
- Accurate Nutrient Content – Nutrient values are the same each time.
- Accurate Crediting of Meals – Be assured of meeting meal pattern.
- Portion Control – Ensure the same serving size for each participant.
- Efficient Purchasing & Inventory – Plan and purchase more effectively.
- Employee Confidence – Eliminate guesswork and error.
- Reduced Record Keeping – Spend less time filling out production records.

### **Recipe Standardization Steps:**

1. Prepare a recipe, test and adapt until a high-quality product is produced. Consider student preference, ease of preparation, and time commitment to prepare.
2. Determine and record portion size. Will portion vary for different age/grade groups?
3. Calculate how a portion contributes to the meal components and overall meal pattern.
4. Retest the recipe if any changes are made.

### **Additional Considerations:**

1. Recipe variations, alternative ingredients.
2. Food safety. Designate if a recipe is categorized as Process 1 (no cook), Process 2 (same day) or Process 3 (includes a cooling stage). Include Critical Control Point steps in preparation instructions.
3. Special diet instructions (carbohydrates, gluten free, etc.).
4. Calculate the cost of the recipe and the per serving cost.

### **Resources:**

Individual training and additional resources for Standardized Recipes can be found on the ODE Nutrition training webpages.

## Key Components of a Standardized Recipe:

1. Name of Recipe – The name should reflect contents.
2. Recipe # – Meal identification for easy access.
3. Number of Servings – Indicates the number of individual servings the recipe makes.
4. Serving Size – Portion size for a single serving, by age/grade group if applicable. Needs to identify a specific size or amount, like ½ cup or 2 oz.
5. Ingredients – Exact ingredients by form (canned, frozen, fresh) and pre-preparation steps (diced, chopped, grated, cooked). List in the order to be used.
6. Weights and Measure – List measured weight, volume or specific can size for each ingredient. Use most common form of measurement.
7. Directions – Detailed step-by-step procedures for preparation, cooking and serving. Include all steps for assembling ingredients.
8. Cooking Temperatures and Cooking Time
9. Cooking Equipment – Include equipment needed, pan size, number of pans.
10. Meal Pattern Contribution – Record the contribution the recipe ingredients make to the required food components (oz. equivalents for meat/meat alternate and grains / cups for fruits and vegetables).
11. Food Safety Information (HACCP) – Food Process, Critical Control Points, Temperatures and how to cool and store are important food safety information to be recorded as part of the standardized recipe.

**Standardized Recipe Form**

Recipe Name 1 \_\_\_\_\_ Category \_\_\_\_\_ Recipe # 2 \_\_\_\_\_

**11** HACCP Process: 1 – No Cook    2 – Cook & Same Day Serve    3 – Cook, Cool, Reheat, Serve

Ingredients	For <u>3</u> Servings		Directions: Include <i>step by step</i> instructions, the critical control points (specific points at which a hazard can be reduced, eliminated or prevented) and critical limits (time and/or temperature to be achieved to control a hazard).
	Weight	Measure	
<b>5</b>	<b>6</b>		<b>7</b>
Notes: _____			

Serving Size 4 \_\_\_\_\_ Pan Size 9 \_\_\_\_\_ Oven Temperature & Baking Time: 8

Yield \_\_\_\_\_ Number of Pans \_\_\_\_\_ Temperature \_\_\_\_\_ Minutes \_\_\_\_\_

Conventional \_\_\_\_\_ Convection \_\_\_\_\_

<b>10</b> Meal Component Fulfillment (Based on Serving Size)			Nutrition Analysis (if available):	
Serving Size: _____			Serving Size: _____	
_____ Meat/Meat Alternative	_____ Fruit	_____ WW Grains/Breads	_____ Calories	_____ Trans Fat
_____ Dark Green Veg.	_____ Starchy Veg.	_____ Red/Orange Veg.	_____ Saturated Fat (g)	
_____ Beans/Peas	_____ Other Veg.		_____ Sodium (mg)	