

Standardized Recipes Review
(use your notes and the textbook if needed!)

1. List 5 things or types of information a standardization recipe must have.
- a. Product Name
 - b. Yield - serving size
 - c. Preparation Procedures - quantity of ingredients.
 - d. Cooking Time
 - e. Temperature

2. Give two reasons why we use standardized recipes.
- a. quality
 - b. quantity

3. Measurements in recipes can be given in 3 types of measurements- volume, weight and count or number. Give 2 examples of units of measurement for each type.
- a. Volume- cups and tbsp tsp ml
 - b. Weight- lb and oz
 - c. Count or number- eggs and onions

4. The following recipe has an original yield of 20 servings. You need to make 30 servings. **Write the equation** to find the number to multiply by and then **increase the recipe** to make this desired yield.

$\times 1.5$
 375 ml grated cheddar cheese \rightarrow 562.5 ml
 50 ml butter \rightarrow 75 ml
 750 ml hot mashed potatoes \rightarrow 1125 ml
 3 egg yolks \rightarrow 4.5 egg yolks
 150 ml milk \rightarrow 225 ml
 7 ml salt \rightarrow 10.5 ml

Conversion factor
 =
 $\frac{\text{desired yield}}{\text{original yield}}$
 =
 $\frac{30}{20} = 1.5$
 ↑

5. Write the equivalent for each of the following.
- a. 1 cup = 16 tablespoons
 - b. 1 teaspoon = 5 milliliters
 - c. 1 liter = 1000 milliliters
 - d. 1 pound = 16 ounces
 - e. 1 tablespoon = 15 milliliters
 - f. 9 teaspoons = 3 tablespoons
 - g. 1 pound = 454 grams

multiply all ingredients by this number

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- h. 1 ounce = 28 grams
- i. 1 cup = 250 milliliters
- j. 1 Tablespoon = 3 teaspoons

6. Write abbreviations for each of the following words.

- a. Teaspoon- tsp
- b. Tablespoon- tbsp
- c. Cup- c
- d. Milliliter- ml
- e. Pound- lb
- f. Ounce- oz
- g. Kilogram- kg
- h. Gram- g
- i. Liter- L

7. Match the following terms with their meaning.

Cream	Blend	Chop	Knead	Dice	Preheat
Cut-in	Broil	Pinch	Fold	Garnish	Portion Control

- cut-in To combine fat into dry ingredients using a pastry blender.
- blend To combine two or more ingredients together.
- preheat To heat a pan or oven to a desired temperature before placing food in it to cook.
- portion control Achieving this means that everyone gets the same size of serving.
- cream To combine butter and sugars together until smooth with a wooden spoon.
- garnish To decorate a dish to enhance its appearance.
- broil Cooking on a grill or oven under strong direct heat.
- chop To cut food into pieces with a sharp knife.
- pinch A measurement using your thumb and forefinger.
- fold To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles.
- dice To cut food in small cubes of uniform size and shape.
- knead To work and press dough with the palms of your hands to develop gluten in the flour.

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8. In your kitchen, you have a paring knife, Santoku knife & a serrated knife. Which knife will you use for the following tasks?
- a. Cutting up a full pineapple Santoku
 - b. Mincing an onion Santoku
 - c. Carving a turkey serrated
 - d. Halving English muffins serrated

9. Explain the proper/safest way to hold a knife. ~~What about the hand holding the food? Why?~~

thumb & fore finger on either side of blade, other three on handle

10. What conversion factor would you use to decrease the yield of a recipe that serves 120 people to only serve 15? (Show formula!)

$$\frac{\text{desired yield}}{\text{original yield}} = \frac{15}{120} = 0.125$$

11. You are creaming sugar and butter together. How do you know that you are done creaming?

all sugar is incorporated into the butter and there is no evidence of chunks of butter.

****Read over ALL of your notes that I have given you for this unit! ☺**

good luck!
