

Recipe for Success: How to Write a Recipe



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What is a Recipe

1. set of instructions telling you how to prepare and cook a particular food, including a list of what foods are needed for this:
2. a method to attain a desired end: a recipe for **success**.

Collins English Dictionary. Copyright © Harper Collins Publishers

<http://dictionary.cambridge.org/us/dictionary/english/recipe>

Recipe for Success



Recipe Writing Method

- Make the recipe measuring everything and following all directions
- Make adjustments
- Make the recipe again
- You may need to repeat this several times
- Have someone else make the recipe and compare the results
- Add costing and nutrition
- Update as needed

Recipe for Success



Measurements

- If you want a recipe followed, write it how you would cook it in a kitchen.
- Provide measurement tools necessary for follow your recipes

Recipe for Success



A dash of this & A pinch of that

- This is a great way to create a dish once, but if you want to duplicate it, you will need to measure.



Recipe for Success



Recipe Component

- Recipe Name
- Yield in servings
- Serving size
- Ingredients
- Unit of measure
- Amount
- Cost per unit
- Nutrition information
- Method (how to)

Recipe for Success



Method (how to)

Method is one of the most important parts of a recipe and is often not given the thought necessary.

Method should be Written in simple easy to follow chronological steps

Should be as specific as possible.

Use as much detail as necessary to explain your expectation.

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Cost and Nutrition

Recipe

- Yield in servings
- Serving size
- Ingredients
- Unit
- Amount
- Method
- Cost per unit
- Nutrition information

Cost per serving

Recipe cost / recipe yield

Nutrition per serving

Recipe nutrition / recipe yield

Recipe for Success



Know your GOESINTO's

- 1 cup goes into a gallon how many times?
- 1 Oz goes into a pound How many times
- Do not confuse oz. And F oz. etc.
- A cup of sifted flour and a cup of flour, sifted and not the same thing.

Recipe for Success



Resources

[Basics at a Glance Supertracker](#)

[Food Composition Databases](#)

[USDA-recipes-schools](#)

[HNRCA Recipe Calculator v8.xlsx](#)

Recipe for Success



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Questions ?



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