STANDARD RECIPE and STANDARD POERTION SIZES

Objectives :-

1. To be get familiar with all the bar terminologies.
2. To understand the Standard Recipes used in bar
3. To understand and remember importance and use of portion sizes.

STANDARD RECIPE:

- The Importance of Using Standardized Recipes: There are many reasons why using standardized recipes are important. The following are reasons why a program would benefit to use them.

- Consistent Food Quality: Standardized recipes help ensure that the best possible food items are produced every time.

- Predictable Yield: Knowing how much of an item the recipe will produce helps prevent food waste and shortages when serving to children.

- Accurate Nutrient Content: Standardized recipes help ensure that the best possible food items are produced every time. Conscientious food and ingredient shopping is also key.

- Food Cost Control: When the same ingredients and quantities are used each time the recipe is prepared, the cost per serving remains the same.

- Efficient Purchasing: The quantity of ingredients needed for production can be easily calculated based on the information provided on the recipe.

- Inventory Control: If a standardized recipe is followed, the quantity of food inventory used each time the recipe is produced can be estimated.

- Labor Cost Control: Written procedures allow staff to make good use of their time and move through their work day more efficiently.

- Employee Confidence: Staff can feel more satisfied and confident because eliminating guesswork decreases the likelihood of mistakes and poor food quality.

All standardized recipes should include the following information:

1. Recipe Title – This is the name of the product being created.

2. Recipe Category – This is the classification of the creditable component(s) being claimed for reimbursement (fruit, vegetable, meat/meat alternate, bread/grain, dairy).

3. Serving Size – This is the single required portion of the final product being served to a child.

4. Recipe Yield - This is the total number of servings available when the final product is made.

5. Equipment and Utensils to Use – Listing of cooking and serving tools needed to produce and serve the food item.

6. Ingredients – Food items used in the recipe.

7. Weight/Volume of each ingredient – This is the required amount of each ingredient in the recipe.

8. Preparation Instructions – These are the specific directions for preparing the recipe.

9. Cooking Temperatures and Time – This is the appropriate temperature and amount of time needed for the highest quality product.

STANDARD PORTION SIZE:

A Standard Portion Size represents the amount (weight, count, size or value) of each food or beverage item which is sold to the guest for a stated price and should be established for all items, including appetizers, main courses, vegetables, salads, desserts, beverages, etc.

The main objective of standard portion size is to serve the guest with measured quantity of food and beverage for which he is paying, thereby earning guest satisfaction.

It is used as a tool for controlling staff activity regarding production & sales, and determining standard cost per portion.

Some examples of standard portion control tools are – scoop, spoon, ladle, peg measure, soup bowl, pony tumbler, etc.

References :-

1. **Food and Beverage Service-** 2nd Edition in Oxford Higher Education by R. Singaravelavan.
2. **Food and Beverage Service-** A Training Manual by Sudhir Andrews.
3. **Food and Beverage Service-** 9th edition by Dennis Lilicrap.
4. **www.ihmnotessite.net**
5. **www.slideshare.net**