Kitchen Essentials 4.2: Standardization & Portion Control Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Culinary Arts 1

**Standardization:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ customer \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Ensures \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Eliminates excessive \_\_\_\_\_\_\_\_\_\_
* Ensures \_\_\_\_ kitchen \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have needed production information readily \_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Available on either recipe cards or maintained in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ files
* Ensures the recipe will be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_each time
* Must be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to employees preparing the food

**Standardized Recipes**

Recipes for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or **standardized recipes**, must follow a \_\_\_\_\_\_\_\_\_\_\_ that is \_\_\_\_\_\_\_\_\_\_to anyone who uses them.

A standardized recipe lists the ingredients first, in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, followed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or the method for putting the ingredients together.

**Must include:**

* Name of recipe
* Ingredients
* \_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ size
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_time, equipment
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_directions
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_information

**Portion Control includes**

Standardization of:

**Standard Portion Size**

Def.: The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ served to a customer for a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Determined by quantifying menu item by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Tools that can be used to standardize portions:

**Kitchen Measurements**

1 T = \_\_\_\_\_ t

1 C = \_\_\_\_\_ T

1 C = \_\_\_\_\_ fl oz

1 pt = \_\_\_\_\_ c

1 gal = \_\_\_\_\_ c

1 qt = \_\_\_\_\_ c

¼ c = \_\_\_\_\_ T

1 gal = \_\_\_\_\_ qt

1 lb = \_\_\_\_\_ oz

½ fl oz= \_\_\_\_\_ T

Less than 1/8 tsp =\_\_\_\_\_\_\_\_\_\_

1/8 c = \_\_\_\_\_ T

**Measuring**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the amount of \_\_\_\_\_\_\_\_\_\_\_ an ingredient takes up; best used for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Liquid measuring cups are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and have measurement markings on the side.

**Dry ingredients** are measured by \_\_\_\_\_\_\_\_\_\_\_\_\_ them off evenly at the rim of the spoon or cup using a straight-edge.

* A typical set of measuring cups includes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Measuring spoons generally come in a set of 4 or 6, sets including: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Weight** is the measurement of an item’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (expressed in the U.S. as ounces and pounds)
* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is helpful for measuring ingredients by weight.

**3 Methods of Measuring Fat:**

**Stick method:**

* Used for fat that comes in \_\_\_\_\_\_\_\_\_\_\_\_ sticks, such as butter or margarine.
* The wrapper is marked in \_\_\_\_\_\_\_\_\_\_ and in fractions of a cup; simply cut off the amount needed.

**Dry measuring cup method**:

* \_\_\_\_\_\_\_\_ the fat down into the cup. Level off the top.
* When adding to the recipe, use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to empty as much of the fat as possible from the cup.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ method:**

* This method involves combining \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in a liquid measuring cup.

**Converting Recipes**

* The conversion of the recipe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, but \_\_\_\_\_ necessarily the cost of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* When properly converted and prepared, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the product produced from the recipe should not vary from the original, no matter how many portions it yields.

**Convert** a recipe when the yield of the recipe (the amount it provides) is not the same as the amount of product needed. **Conversion factor** is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**EP/AP Amounts for Produce**

* Most vegetables have to be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and cut before being used in recipes.
* Cooks must calculate the **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (EP)** amount from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (AP)** amount
* Products today can frequently be purchased in an “as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.” This is something that is purchased \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**See TABLE 4.10 for Percentage Yields of Produce (pg. 255-256)**

To determine how much of an item is needed to yield an **AP (as purchased )** amount:

**As Purchased: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

To determine how much you can make with a product you have on hand, reverse the above equation:

**Edible Portion: As Purchased x \_\_\_\_\_\_\_\_\_\_\_\_\_**

**EP/AP Amounts for Meat Products**

* To determine the AP quantity needed to result in a given **EP (edible portion)** quantity, it is also important to know the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the item, especially for meat products.

**Conversion Charts**

* A **conversion chart** is a list of food items showing the \_\_\_\_\_\_\_\_\_\_\_\_, or average, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ from AP amount to EP amount.
* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is used to measure the amount of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that occurs during the trimming of a \_\_\_\_\_\_\_\_\_\_ product.
* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a way to measure the amount of product shrinkage during the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ process.