Strand 6 – Basic Culinary Math and

Standardized Recipes

Difference between Volume and Weight measurements

|  |  |
| --- | --- |
| Volume | Weight |
|  |  |

Equivalences

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Tool | Quarts | Pints | Cups | Tablespoons | Fluid Ounces |
| Gallon |  |  |  |  |  |
| Quart |  |  |  |  |  |
| Pint |  |  |  |  |  |
| Cup |  |  |  |  |  |
| Tablespoon |  |  |  |  |  |

Recipe Conversion Formula: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| What are the two types of volume measurements? | |
| How do you measure flour? | How do you measure salt/sugar? |
| How do you measure brown sugar? | How do you measure liquids? |
| How do you measure shortening?  1.  2. | How do you measure margarine or butter? |
| How do you measure eggs? |
| Why don’t you measure over the mixing bowl? | |

What are the four sizes of standard measuring cups?

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |

What are the four sizes of standard measuring spoons?

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |

What do the following abbreviations mean?

|  |  |  |
| --- | --- | --- |
| tbsp. | hr. | min. |
| doz. | oz. | T. |
| qt. | tsp. | pt. |
| gal. | lb. | c. |
| t. | C. |  |

Give the equivalents for the following:

1 tablespoon = \_\_\_\_\_ teaspoons ¼ cup = \_\_\_\_\_ tablespoons

1 cup = \_\_\_\_\_ tablespoons 1 cup = \_\_\_\_\_ fluid ounces

1 pint = \_\_\_\_\_ cups 1 quart = \_\_\_\_\_ pints

1 gallon = \_\_\_\_\_ quarts 12 tablespoons = \_\_\_\_\_ cup

1 stick of butter = \_\_\_\_\_ cup 1 quart = \_\_\_\_\_ cups

1/8 cup = \_\_\_\_\_ tablespoons 1 gallon = \_\_\_\_\_ cups

½ tablespoons = \_\_\_\_\_ teaspoons 1 cup = \_\_\_\_\_ ¼ cups

8 tablespoons = \_\_\_\_\_ cup 5 1/3 tbsp = \_\_\_\_\_ cup

This recipe makes 4 dozen cookies. Adjust the recipe to make 10 dozen cookies.

New yield ÷ Original yield = Conversion Factor

|  |  |  |
| --- | --- | --- |
| Recipe  (hint: convert fractions to decimals) | Conversion Factor  (this will be the same in every space) | New Amounts  (make these as efficient as possible) |
| 1 ½ cup sugar |  |  |
| ¼ cup brown sugar |  |  |
| 2/3 cup peanut butter |  |  |
| 2 ¼ cups oats |  |  |
| ¾ cup milk |  |  |
| 1 tsp. salt |  |  |
| 2 tbsp cocoa |  |  |
| 1 tsp vanilla |  |  |
| 2 eggs |  |  |
| 3 cups flour |  |  |
| 12 oz nuts |  |  |

When cutting a recipe in half, which of the following do you NEVER cut in half? (circle one)

Ingredients Pan size Cooking Time Oven Temperature

What is a standardized recipe? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reasons to standardize a recipe:

|  |  |
| --- | --- |
| Customer Satisfaction |  |
| Food Cost Control |  |
| Purchasing and Inventory |  |
| Labor Cost and Employee Confidence |  |
| Reduced Record Keeping |  |

Parts of a Standardized Recipe

|  |
| --- |
| 1 |
| 2 |
| 3 |
| 4 |
| 5 |
| 6 |
| 7 |