

Recipe Conversion – U.S. Measures:
KEY

	60 portions <u>8 oz each</u>	48 portions <u>6 oz each</u>
Butter	30 oz	18 oz
Onion	20 oz	12 oz
Mushrooms	3 $\frac{3}{4}$ lb or 3 lb 12 oz	2 $\frac{1}{4}$ lb or 2 lb 4 oz
Flour	22 $\frac{1}{2}$ oz or 1 lb 6 $\frac{1}{2}$ oz	13 $\frac{1}{2}$ oz
White stock	11 $\frac{1}{4}$ qt or 2 gal 3 $\frac{1}{4}$ qt	6 $\frac{3}{4}$ qt or 1 gal 2 $\frac{3}{4}$ qt
Milk	7 $\frac{1}{2}$ pt or 3 $\frac{3}{4}$ qt	4 $\frac{1}{2}$ pt or 2 qt 1 cup
Heavy cream	3 $\frac{3}{4}$ pt or 1 qt 3 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ pt or 1 qt $\frac{1}{2}$ cup
Salt	to taste	to taste
White pepper	to taste	to taste

	60 portions <u>250 mL each</u>	48 portions <u>200 mL each</u>
Butter	950 g	550 g
Onion	625 g	375 g
Mushrooms	1.875 kg	1.125 kg
Flour	700 g	400 g
White stock	11.25 L	6.75 L
Milk	3.75 L	2.25 L
Heavy cream	1.875 L	1.125 L
Salt	to taste	to taste
White pepper	to taste	to taste

Recipe Conversion – U.S. Measures: The following ingredients and quantities are for a Cream of Mushroom Soup recipe that yields 24 portions, 8 oz each. Convert the recipe to the yields indicated.

	24 portions, <u>8 oz each</u>	60 portions <u>8 oz each</u>	48 portions <u>6 oz each</u>
Butter	12 oz	_____	_____
Onion	8 oz	_____	_____
Mushrooms	1 ½ lb	_____	_____
Flour	9 oz	_____	_____
White stock	4 ½ qt	_____	_____
Milk	3 pt	_____	_____
Heavy cream	1 ½ pt	_____	_____
Salt	to taste	_____	_____
White pepper	to taste	_____	_____

Recipe Conversion – Metric Measures: The following ingredients and quantities are for a Cream of Mushroom Soup recipe that yields 24 portions, 200 mL each. Convert the recipe to the yields indicated.

	24 portions, <u>250 mL each</u>	60 portions <u>250 mL each</u>	48 portions <u>200 mL each</u>
Butter	375 g	_____	_____
Onion	250 g	_____	_____
Mushrooms	750 g	_____	_____
Flour	275 g	_____	_____
White stock	4.5 L	_____	_____
Milk	1.5 L	_____	_____
Heavy cream	750 mL	_____	_____
Salt	to taste	_____	_____
White pepper	to taste	_____	_____

RECIPE SHEET

DATE: _____ MENU CYCLE: _____

NAME: _____
 NUMBER _____

YIELD: _____ PORTIONS _____ SIZE or _____ AMOUNT _____

List ingredients in order of preparation

INGREDIENT	AMOUNT	UNIT	\$ per unit	extension	METHOD	X2	X3	Div.5	Div.33	UNIT
1			\$0.00	0.00		0	0	0	0	0
2			\$0.00	0.00		0	0	0	0	0
3			\$0.00	0.00		0	0	0	0	0
4			\$0.00	0.00		0	0	0	0	0
5			\$0.00	0.00		0	0	0	0	0
6			\$0.00	0.00		0	0	0	0	0
7			\$0.00	0.00		0	0	0	0	0
8			\$0.00	0.00		0	0	0	0	0
9			\$0.00	0.00		0	0	0	0	0
10			\$0.00	0.00		0	0	0	0	0
11			\$0.00	0.00		0	0	0	0	0
12			\$0.00	0.00		0	0	0	0	0
13			\$0.00	0.00		0	0	0	0	0
14			\$0.00	0.00		0	0	0	0	0
15			\$0.00	0.00		0	0	0	0	0

BATCH TOTAL				0.00
MENU PRICE @25%	\$0.00	Menu		\$0.00
MENU PRICE @30	\$0.00	Price		\$0.00
MENU PRICE @33	\$0.00	Single Serving		\$0.00

SPECIAL INSTRUCTIONS:

Q FACTOR +	
PRICE EQUALS	
PLATE PRICE	\$0.00

Units of Measure

- **Metric**
- **Basic units**
- **Gram (g) = weight**
- **Liter (L) = volume**
- **Meter (m) = length**
- **Degree Celsius ($^{\circ}\text{C}$) = temperature**
-
- **Kilo = 1000**
- **Deci = $1/10$**
- **Centi = $1/100$**
- **Milli = $1/1000$**
-

Units of Measure

- **U.S. System**
- **Weight**
 - **1 pound (lb) or (#) = 16 ounces (oz)**
- **Volume**
 - **1 gallon (gal) = 4 quarts (qt) or 128 oz**
 - **1 quart (qt) = 2 pints or 32 oz**
 - **1 pint (pt) = 2 cups or 16 oz**
 - **1 cup = 8 oz**
 - **1 oz = 2 tablespoons (tbsp) or (T)**
 - **1 tablespoon = 3 teaspoon (tsp) or (t)**
 - **One fluid oz of water weights 1 oz, 1 pt weights 1 lb**

Units of Measure

- **Metric**
- **Basic units**
- **Gram (g) = weight**
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- **Kilo = 1000**
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- **Centi = $1/100$**
- **Milli = $1/1000$**
-

GALLON

QUART	QUART	
QUART	PINT	CUP
		CUP

PINT

CUP	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TBSP		
	TSP	TSP	TSP

WEIGHTS AND MEASURES EQUIVALENCIES

Dash	Less than 1/8 teaspoon
3 teaspoons	1 Tablespoon
2 Tablespoons	1/8 cup
4 Tablespoons	1/4 cup
5 1/3 Tablespoons	1/3 cup
8 Tablespoons	1/2 cup
10 2/3 Tablespoons	2/3 cup
12 Tablespoons	3/4 cup
16 Tablespoons	1 cup
1 cup	8 fluid ounces
2 cups	1 pint
2 pints	1 quart
4 quarts	1 gallon
Dash	Less than 1/8 teaspoon
1 ounce	28.35 grams (round to 30)
16 ounces	1 pound
1 pound	453.9 grams (round to 450)
2.2 pounds	1 kilogram

**CULINARY SKILLS 1
CUL 1100**

**CHAPTER 5
THE RECIPE: ITS STRUCTURE AND ITS USE**

Name _____

Date _____

Yield PERCENTAGE Formulas

Total yield of item	$AP \text{ weight} - \text{Trim weight}$
NET cost of item	$AP \text{ Cost} - \text{Trim cost}$
Cost per #	$NET \text{ Cost} \div \text{Total Yield}$
Percentage of Increase of cost per pound	$(\text{New APC per } \# - \text{old APC per } \#) \div \text{old APC per } \#$

MEAT Yield PERCENTAGES

Name _____

Date _____

ITEM: Veal rib chops			
AP Weight: 7 #		Price per #: \$15.99	Total Cost: \$111.93
ITEM	WEIGHT	VALUE/#	TOTAL VALUE (# × VALUE/#)
Bone	4 oz	n/c	
Cutting loss	2 oz	n/c	
Fat	.5 oz	\$1.78/#	
Ground veal	12.5 oz	4.89/#	
Total Weight of trim		Total value of trim	
Total yield of item (rib chops)	AP weight - Trim weight		
NET cost of item (rib chops)	AP Cost - Trim cost		
New Cost per #	NET Cost ÷ Total Yield		
Percentage of Increase of cost per pound	(New APC per # - old APC per #) ÷ old APC per #		

ITEM: Lamb bracelet to lamb rib chops			
AP Weight: 13 #		Price per #: \$2.19	Total Cost: \$28.47
ITEM	WEIGHT	VALUE/#	TOTAL VALUE (# × VALUE/#)
Bone	8 oz	n/c	
Cutting loss	10 oz	n/c	
Fat	1# 2 oz	\$0.07/#	
Ground lamb	12 oz	2.29/#	
Lamb Breast	3# 12 oz	1.99/#	
Total Weight of trim		Total value of trim	
Total yield of item (lamb chops)	AP weight - Trim weight		
NET cost of item (lamb chops)	AP Cost - Trim cost		
New Cost per #	NET Cost ÷ Total Yield		
Percentage of Increase of cost per pound	(New APC per # - old APC per #) ÷ (old APC per #)		