

Types of Knives

Directions: Identify each knife shown by writing its name in the space beneath each photo. To the right of each photo, describe the tasks for which the knife should be used.



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



6. _____



8. _____

Creating a Menu

Directions: Working in teams, select a type of restaurant and determine its menu items. Then create a menu by completing the following steps.

- Select a type of restaurant from the list that follows:
 - Italian
 - Family dining
 - Submarine sandwich shop
 - Mexican
 - Asian
 - Coffee shop
- Make a list of menu items for your team's type of restaurant. Be sure to include all traditional categories. List each menu item in the chart below.
- Determine each menu item's selling price. Use the competitors' pricing method to determine the selling price by researching menu prices from at least three similar local restaurants. You also may use the Internet to find menus from similar foodservice establishments. List each menu item's selling price in the chart below.
- Write a menu description under each food item listed in the Menu Items chart.
- Design a printed menu for your selected restaurant. Each menu must include the name of the restaurant, category headings, selling prices, menu selections with descriptions that follow truth-in-menu guidelines, and at least two illustrations.
- Print your menu. Menus may be generated by computer or by hand. Submit your team's finished menus for display.

Menu Items	
Menu Item and Description	Selling Price
1. Menu Item:	
Description:	
2. Menu Item:	
Description:	

(Continued on next page)

Menu Items, continued	
Menu Item and Description	Selling Price
3. Menu Item:	
Description:	
4. Menu Item:	
Description:	
5. Menu Item:	
Description:	
6. Menu Item:	
Description:	
7. Menu Item:	
Description:	
8. Menu Item:	
Description:	
9. Menu Item:	
Description:	
10. Menu Item:	
Description:	
11. Menu Item:	
Description:	
12. Menu Item:	
Description:	

Using a Standardized Formula

Directions: Working in teams, prepare chocolate chip cookies as directed by your instructor. Then evaluate each team's final product for quality and quantity. Answer the questions, and have your instructor complete the Performance Checklist that follows.

1. _____ Did each team achieve the same quality? Why or why not?

2. _____ Did each team achieve the same quantity? Why or why not?

3. What have you learned about standardized recipes and formulas?

Performance ✓ Checklist

Performance Standards

Level 4—Performs skill without supervision and adapts to problem situations.

Level 3—Performs skill satisfactorily without assistance or supervision.

Level 2—Performs skill satisfactorily, but requires assistance or supervision.

Level 1—Performs parts of skill satisfactorily, but requires considerable assistance or supervision.

Level 0—Cannot perform skill.

Attempt (circle one): 1 2 3 4

Comments: _____

Performance Level Achieved: _____

- _____ 1. Prepares ingredients as stated.
 _____ 2. Softens fats correctly.
 _____ 3. Adds sugars to creamed fats.
 _____ 4. Adds dry ingredients in stages.
 _____ 5. Uses appropriate mixing method.

- _____ 6. Blends the dough well.
 _____ 7. Portions the product appropriately.
 _____ 8. Produces exact yield in formula.
 _____ 9. Prepares cookie that displays quality characteristics.

Instructor's Signature: _____ Date: _____

Converting Weight and Volume

Directions, Part 1: Use the following information to convert the volume measures to weight measures. Use a separate sheet of paper to do your calculations and attach it to this lab activity. Then write your answers on the blanks provided.

1. If 1 lb. = 2 cups, then $3\frac{1}{2}$ cups = _____
2. If 1 lb. = 4 cups, then 3 cups = _____
3. If 1 lb. = 2 qt., then 2 cups = _____
4. If 1 lb. = 3 cups, then 5 cups = _____
5. If 1 lb. = 6 cups, then 3 cups = _____
6. If 1 oz. = $1\frac{1}{2}$ Tbsp., then 3 Tbsp. = _____
7. If 1 oz. = $1\frac{1}{4}$ tsp., then $2\frac{1}{2}$ tsp. = _____
8. If 3 lb. = 3 qts., then 3 cups = _____
9. If 16 oz. = 2 cups, then $3\frac{1}{2}$ cups = _____
10. If 64 oz. = $\frac{1}{2}$ gal., then 1 qt. = _____

Directions, Part 2: Use the following information to convert the weight measures to volume measures. Use a separate sheet of paper to show your work and attach it to this lab activity. Then write your answers on the blanks provided.

11. If 1 lb. = 4 cups, then 4 oz. = _____
12. If 2 lb. = 2 qts., then 16 oz. = _____
13. If 1 lb. = 4 cups, then 3 lbs. = _____
14. If 1 lb. = 2 cups, then $2\frac{1}{2}$ lbs. = _____
16. If 8 oz. = 1 cups, then 4 lbs. = _____
17. If 12 oz. = $1\frac{1}{2}$ cups, then 16 oz. = _____
18. If 24 oz. = 3 cups, then 16 oz. = _____

Converting a Recipe #1

Directions: Convert the recipe for *Omelet with Cheese* that follows by using the “Total Yield Conversion Method.” Use the steps that follow.

Omelet with Cheese

YIELD: 10 SERVINGS

SERVING SIZE: 8 OZ.

INGREDIENTS

30	Eggs
	Salt and ground white pepper, to taste
8 oz.	Milk
5 oz.	Clarified butter, melted
3 oz.	Fresh parsley, washed, excess moisture removed, and chopped
1 lb.	Cheese, julienne

METHOD OF PREPARATION

1. Season the eggs with salt and pepper. Add the milk, and **whisk** until the eggs are well combined.
2. Heat an omelet pan with $\frac{1}{2}$ oz. of butter.
3. When hot, add a 6-oz. ladle of egg mixture.
4. Shake the pan, and mix the eggs until they begin to firm, lifting the edges to allow liquid egg to run underneath.
5. When the omelet is almost firm, or 145°F (63°C), turn it over.
6. Place the cheese in the center of the omelet, fold, and roll onto a preheated dinner plate. Serve immediately, or hold at 135°F (57°C) or above.
7. Repeat the procedure until all of the eggs are cooked.
8. Garnish with chopped parsley.

(Continued on next page)

1. Use the following formula to determine the conversion factor. The desired yield of the recipe is 25-servings: $\text{desired yield} \div \text{existing yield} = \text{conversion factor}$
2. Use the Conversion Form below to calculate the conversion for each ingredient listed in the recipe. You may use Chapter 13 as a guide for recipe conversions.

Ingredient	Amount	Multiplied By	Conversion Factor	Equals	New Yield
Eggs	30	×		=	
Milk	8 oz.	×		=	
Clarified butter	5 oz.	×		=	
Fresh parsley	3 oz.	×		=	
Cheese	1 lb.	×		=	

3. Assume that you want the desired yield to be one serving. Repeat Steps 1 and 2 to calculate the conversion of the recipe.

Conversion Form

Standardized recipe name: _____

Existing serving yield: _____ Converted serving yield: _____

Ingredient	Amount	Multiplied By	Conversion Factor	Equals	New Yield
Eggs	30	×		=	
Milk	8 oz.	×		=	
Clarified butter	5 oz.	×		=	
Fresh parsley	3 oz.	×		=	
Cheese	1 lb.	×		=	

Converting a Recipe #2

Directions: Use the standardized *Marinara Sauce* recipe below to complete the following steps.

Marinara Sauce

Yield: 1 gallon

Serving Size: 2 oz.

Ingredients

8 oz.	Olive oil
12 cloves	Fresh garlic, peeled and minced
10 lbs.	Fresh plum tomatoes, washed, cored, blanched, peeled, seeded, and chopped
6 oz.	Basil leaves, washed and finely chopped
2 oz.	Fresh parsley, washed, excess moisture removed, and chopped
	Salt and freshly ground pepper, to taste

1. Use the following formula for the *Total Yield Conversion Method* to increase the yield of the above recipe by 16 servings. Show your calculations in the space provided.

desired yield \div existing yield = conversion factor

2. Multiply the existing yield of each ingredient by the conversion factor to obtain new ingredient yields.

existing ingredient quantity \times conversion factor = new desired quantity

(Continued on next page)

3. Assume you want to maintain the new desired yield calculated in Step 1, but want to increase the portion size for a dinner meal to 5 oz. Use the following formulas to calculate your answer. Show your calculations in the space provided.

Step A: existing portions × existing portion size = total existing yield

Step B: desired portions × desired portion size = new yield

Step C: new yield ÷ existing yield = conversion factor

4. Use the Conversion Form below to calculate the conversion for each ingredient listed in the recipe. To calculate the new yield, use the new ingredient yields from Step 2 on page 30 and the conversion factor calculated in Step 3 above.

Conversion Form

Standardized recipe name: _____

Existing serving yield: _____ Converted serving yield: _____

Ingredient	Amount	Multiplied By	Conversion Factor	Equals	New Yield
Olive oil		×		=	
Fresh garlic		×		=	
Fresh plum tomatoes		×		=	
Basil leaves		×		=	
Fresh parsley		×		=	

Recipe Costing

Directions: Select a recipe from those provided by your instructor. Then use the Recipe Costing form below to cost out the recipe. Use the information on pages 352-355 of your text as a guide. Ask your instructor for current as-purchased (AP) and Q-factor amounts. Then determine the cost per portion.

A. Recipe Name: _____		C. Yield: _____					
B. Portion Size: _____		D. Menu Category: _____					
E. Ingredients		F. EP%	G. AP Amount	H. Unit Purchase Price		I. Cost Per Unit	J. Ingredient Cost
Quantity	Item	EP%	Quantity	Cost	Unit		
K. Ingredient Cost Total							
L. Q Factor (5%)							
M. Total Recipe Cost							
N. Portion Cost							

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