

CULINARY CALCULATIONS

Introduction

This module provides practice in basic calculations to plan, purchase, prepare and serve sufficient amounts of food in CACFP meals. The inspiration and content for the module comes from the reference book *Culinary Calculations* that was sent to all CACFP-participating institutions.

Reference Materials:

Culinary Calculations, Simplified Math for Culinary Professionals, 2nd edition, Terri Jones, John Wiley & Sons, Inc., 2008.

Culinary Calculations

Review the book *Culinary Calculations*. The information in this book will provide you the knowledge to complete this module's quiz and activity. Many general concepts in the book apply to all food service operations. Not all of the content applies to nonprofit food service operations or to food services for children.

Summary

Accurate calculations of ingredients and portions are necessary to manage food service. Familiarity with common food measurements and math functions are necessary to create recipes for your program. *Culinary Calculations, Simplified Math for Culinary Professionals* has been provided to help you succeed. We hope you enjoyed using the book for this module and for your program purposes in the future.

Quiz

This quiz contains five questions based on information from the book “Culinary Calculations”. Each question notes a corresponding page number in the book where the answer to the question can be found. For each question, choose the best answer.

- _____ 1. What ensures that recipes produce the stated number of portions and the portions are sized correctly.
- Mathematics
 - Estimating
 - Guessing
- _____ 2. Food is often purchased in a unit of measure that is _____ the unit of measure used in a recipe, or the unit of measure to be served.
- different from
 - the same as
 - twice
- _____ 3. Perishability or shelf life _____ the quantity of product available to serve.
- makes no difference in
 - can increase
 - can reduce
- _____ 4. Recipe yield refers to _____
- the total nutrient content of the recipe.
 - the flavor, taste and overall acceptance of the recipe.
 - the total weight, volume, count or number of portions the recipe produces.
- _____ 5. ‘Recipe ready’ means ingredients _____
- in the state needed to prepare a recipe.
 - as purchased from the store.
 - as served.

Activity

Standardize a recipe. Use information from Chapter 6: The Standardized Recipe. Use the format found on page 71 to provide your answer. Use a recipe you would use in your regular food service that is large enough to serve all participants in your care.