



Recipe

RECIPE



A recipe is written along with the ingredients and the precise measurements to ensure the cooking standard, achieves consistent quality and quantity. Below is the food weight and measurement conversion that is widely used in the recipe. Gram is the basic unit for weight, a liter is a basic unit for volume, and a meter is the basic unit for length (The American Culinary Federation, 2006).

Recipe

- Recipe is a written record of the ingredients and the preparation steps needed to make a particular dish (The American Culinary Federation, 2006). Recipes provide instructions to set the standardized ingredients and steps used in the cooking process in order to be efficient and to control the food cost.
- Good recipe should guarantee consistent quality and quantity for any cook who made the dish, can monitor the efficiency of working procedures and provide transparency information to guests regarding the ingredients being used.

There are a number of elements required to be included in a recipe:

- Name or title of the dish
- Recipe category based on the main ingredients or cooking methods.
- Yield information: express the total weight, total volume, and total number of portions.
- Portion information: pieces per portion, weight per portion, and volume per portion.
- The ingredient list including the preparation of certain required ingredients.
- Equipment information for preparation, processing, storing, holding, and serving.
- The method details.
- Service suggestion including garnish and proper service temperature.



Food Weight and Measurement

QUICK ALTERNATIVES

1 tablespoon (tbsp)	3 teaspoons (tsp)
1/16 cup	1 tablespoon
1/8 cup	2 tablespoons
1/6 cup	2 tablespoons + 2 teaspoons
1/4 cup	4 tablespoons
1/3 cup	5 tablespoons + 1 teaspoon
3/8 cup	6 tablespoons
1/2 cup	8 tablespoons
2/3 cup	10 tablespoons + 2 teaspoons
3/4 cup	12 tablespoons
1 cup	48 teaspoons
1 cup	16 tablespoons
8 fluid ounces (fl oz)	1 cup
1 pint (pt)	2 cups
1 quart (qt)	2 pints
4 cups	1 quart
1 gallon (gal)	4 quarts
16 ounces (oz)	1 pound (lb)
1 milliliter (ml)	1 cubic centimeter (cc)
1 inch (in)	2.54 centimeters (cm)

CAPACITY (U.S to Metric)

1/5 teaspoon	1 milliliter
1 teaspoon	5 ml
1 tablespoon	15 ml
1 fluid oz	30 ml
1/5 cup	47 ml
1 cup	237 ml
2 cups (1 pint)	473 ml
4 cups (1 quart)	.95 liter
4 quarts (1 gal.)	3.8 liters

WEIGHT (U.S to Metric)

1 oz	28 grams
1 pound	454 grams

CAPACITY (Metric to U.S.)

1 milliliter	1/5 teaspoon
5 ml	1 teaspoon
15 ml	1 tablespoon
100 ml	3.4 fluid oz
240 ml	1 cup
1 liter	34 fluid oz
	4.2 cups
	2.1 pints
	1.06 quarts
	0.26 gallon

WEIGHT (Metric to U.S.)

1 gram	0.035 ounce
100 grams	3.5 ounces
500 grams	1.1 pounds
1 kilogram	2.205 pounds
	35 ounces

Recipe

Sweet Tooth

Raw Nirvana (Avi's Recipe)

- 2 c Unsweetened Shredded Coconut
- 1/2 c Cacao Powder
- 1/4 t Maca Powder
- 1/4 t Mesquite Powder
- 1/4 c Cacao Nibs
- 1/2 c Agave Nectar
- 1/2 c Coconut Butter
- 1/2 c Coconut Oil



Preparation:

1. Mix all dry ingredients in a big mixing bowl.
2. Add wet ingredients and mix with hands until thoroughly mixed.
3. Form into balls: mini-1t; boulders 1-1/2" diameter
4. Place in refrigerator to set, about 10-20 minutes. You may set out a few minutes before eating.

Store in refrigerator up to several weeks. They are tasty just out of the freezer as well.



My favourite dish

Pasta with bacon and tomato sauce

Ingredients

- 1 red onion
- 2 red peppers
- 120 g bacon
- 1 can (450 g) tomatoes
- 1 cup water
- olive oil
- garlic
- oregano
- 50 g pasta per person



Method

- 1 Cut the onion, red peppers and bacon into small pieces.
- 2 Heat some olive oil in a pan and fry the onion, red peppers and bacon.
- 3 Add oregano, garlic, tomatoes and water and cook for 20 minutes.
- 4 Cook the pasta in a big pot of boiling water.
- 5 Serve the pasta with the sauce, and enjoy!

Top Tips for writing

1. When writing a recipe or instructions, use numbers to indicate the stages and use the base form of the verb (imperative) to give instructions.
2. Use commas between things in a list. Use 'and' between the last two things.

Chicken casserole with herby dumplings

L Prep: 30 mins
Cook: 1 hr and 10 mins

E Easy

S Serves 6



Ingredients

12 skinless chicken pieces – a mixture of thighs and drumsticks on the bone, and halved chicken breasts

3 tbsp plain flour

2 tbsp sunflower oil

2 onions, sliced

2 carrots, diced

200g bacon lardons, smoked or unsmoked, or streaky rashers, snipped

3 bay leaves

3 sprigs thyme

250ml red wine

3 tbsp tomato paste

1 chicken stock cube

For the herby dumplings

140g cold butter, diced

250g self-raising flour

2 tbsp chopped mixed herb – try parsley, thyme and sage or chives

Method

Step 1 Heat oven to 180C/160C fan/gas 4. Toss the chicken pieces with the flour and some salt and pepper, to coat them – it’s easy to do this in a plastic food bag.

Step 2 Heat the oil in a casserole with a lid. Brown the chicken pieces well on all sides – you’ll need to do this in batches. Remove all the pieces to a plate, and tip the onions, carrot, lardons, bay and thyme into the pan. Cook gently for 10 mins until the onion is softened.

Step 3 Return the chicken pieces, with any juices that have collected on the plate. Then pour in the red wine, 250ml water and tomato paste and crumble in the stock cube. Add a splash more of water if you need, until the chicken is almost covered. Bring to the boil, then cover with a lid and bake in the oven for 20 mins. Remove the lid and bake for another 10 mins while you make the dumplings.

Step 4 Rub the butter into the flour with your fingertips until it feels like fine breadcrumbs. Stir in the herbs with ½ tsp salt and some pepper. Drizzle over 150ml water, and stir in quickly with a cutlery knife to form a light dough. Use floured hands to shape into ping pong sized balls.

Step 5 Place the dumplings on top of the stew and bake for 20 mins more until the dumplings are cooked through.

Beef rendang & turmeric rice

L Prep: 40 mins
Cook: 2 hrs and 30 mins

E Easy

S Serves 6



Ingredients

3 tbsp vegetable oil

2kg beef shin or skirt, cut into bite-sized cubes

2 lemongrass stalks, bashed (see 'Tip' for how to prepare)

2 x 400ml cans coconut milk

4 tbsp desiccated coconut

2 kaffir lime leaves, torn

1 ½ tbsp chicken stock powder (we used one from an Asian supermarket)

2 tbsp tamarind paste

1 tsp golden caster sugar

¼ tsp salt

For the paste

15 dry chillies

6-8 baby shallots

thumb-sized piece ginger, chopped

thumb-sized piece galangal, peeled and chopped (use ginger if you can’t find it)

3 lemongrass stalks, chopped

For the rice

2 tbsp oil

2 tsp mustard seeds

2 tsp turmeric

10 curry leaves (optional)

700g jasmine rice

2 tsp chicken stock powder

Method

Step 1 For the paste, soak the chillies in boiling water for 15 mins. Drain, remove seeds and whizz with the rest of the paste ingredients in a small food processor until smooth.

Step 2 Heat the oil in a wok or a heavy-based flameproof casserole dish. Fry the paste for 5 mins until the aroma is released. Add the beef and the lemongrass, and mix well. Once the beef starts to lose its pinkness, add the coconut milk and 250ml water. Bring to the boil, then lower to a simmer, uncovered. Stir occasionally to avoid sticking, and more often towards the end.

Step 3 Meanwhile, toast the coconut in a frying pan on a low heat for 5-7 mins until golden brown. Set aside to cool. Using a blender, coarsely blend it to finer pieces – but not too fine. Put to one side.

Step 4 After 2 hrs, add the coconut, kaffir lime leaves, chicken stock powder, tamarind paste, sugar and salt to the pan. Simmer for 30 mins more. You should start to see the oil separating from the mix. It’s ready when the meat is tender and almost falling apart.

Step 5 For the rice, use a heavy-based saucepan with a lid. Heat the oil in the pan and add the mustard seeds. Once the seeds start popping, add the turmeric, curry leaves (if using) and rice, and mix well. Add the chicken stock and 1 litre of water. Bring to the boil, then turn down to the lowest simmer and cook, covered, for 5 mins. Remove from the heat, with the lid on and leave to steam for 25 mins.