**Natalie Brandenburg – Recipe Enlargement**

**Factor Method**

**Original Recipe Serving Size: 50**

**Factor Number: 150/50 = 3**

\*\*\*Please **BOLD** the answer for each calculation\*\*\*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Original Ingredients**(Name, amount, prep style) | **Multiply Factor**(Use above #) | **Convert to Purchasing Units**(Round up; this is what you will buy) | **Raw Yield %**(Produce only) | **Prep Amount**(Give practical amounts!) |
| 1 | 3 quarts Dried Brown Lentils | X 3 = 9 quarts or **2 gallons +1 quart** | 1 bag brown lentils = 1 lb.1 gallon = 8 lb. x 2gall. = 16 lb.+ 1 quart = 4 lb.16 lb. + 4 lb. = **18 lb. Dried Brown Lentils** |  | **2 gallons +1 quart****Dried Brown Lentils** |
| 2 | 16 quarts and 3 cups boiling water | X 3 = 48 quarts and 9 cups or**12 gallons + 2 quarts + 1 cup** | **12 gallons + 2 quarts + 1 cup** |  | **12 gallons + 2 quarts + 1 cup water** |
| 3 | 1/3 cup olive oil (½of the oil is for sweating the onions and the other ½ is for caramelizing the tomato paste). | X 3 = **1 cup** | 1 cup = **8 fl. oz.** |  | **1 cup olive oil** |
| 4 | 2 quarts and 1/3 cup onion, diced |  X 3 = 6 quarts and 1 cup onion or**1 gallon + 2 quarts + 1 cup** | 1 cup = 0.353 lb.1 gallon = 16 cups 2 quarts x (1 quart/ 2 pints x 1 pint/2 cups) = 8 cups16 cups + 8 cups + 1 cup = 25 cups25 cups x 0.353 lb. = 8.825 lb. or **9 lb. onions** | **0.9 or 90%** fresh | 9 lb. x .90 = 8.1 lb..1 lb. x (16 oz./1lb.) = 1.6 oz. or 2 oz.1 cup onion = 1 Medium onion1 gallon = 16 cups 2 quarts x (1 quart/ 2 pints x 1 pint/2 cups) = 8 cups16 cups + 8 cups + 1 cup = 25 cups**8 lbs. + 2 oz. in** 25 cups = **25 Medium Onions** |
| 5 | 1 cup garlic, chopped | X 3 = **3 cups** | 1 cup garlic = 136 grams3 cups x (136 grams) = 408 grams408 grams = 0.899 lb. or **1 lb. garlic** | **0.87 or 87%**fresh | 1 lbs. x .87 = .87 lbs..87 lb. x (16 oz./ 1 lb.) = 13.92 oz. or 14 oz. (round to 1lb.)1 cup = 16 Tbsp.16 Tbsp. x 3 cups = 48 Tbsp.2 Tbsp. = 5 cloves garlic48 Tbsp./2 = 24 24 x (5 cloves garlic) = 120 cloves of garlic**1 lb. in 120 cloves of garlic** |
| 6 | 1 quart, 3 cupsTomato paste  | X 3 = 3 quarts and 9 cups or5 quarts + 1 cup = 5 x (1 gallon = 4 quarts) = **1 gallon + 1 quart + 1 cup** | 1 gallon + 1 quart + 1 cup1 gallon = 16 cups1 quart = 4 cups16 cups + 4 cups + 1 cup = 21 cups21 cups (1 cup = 8 oz.) = **168 fl oz.**  |  | **1 gallon + 1 quart + 1 cup Tomato paste** |
| 7 | ½ cupGround cumin | X 3 = **1 ½ cup** | ¼ cup = 33.6 grams1 cup (1 cup = 4 , ¼ cups) = 4 + (1/2 cup= 2, ¼ cups) = 633.6 x 6 = 201.6 grams1 oz. = 28.35 grams201.6 grams/ 28.35 = 7.11 or**8 ounces** |  | **1 ½ cup ground cumin** |
| 8 | ¼ cup, 1 ½ TablespoonsGround coriander | X 3 = ¾ cup and 4.5 Tbsp. or**1 cup + ½ Tbsp.** | 1 Tbsp. = 7.2 grams1 cup = 16 Tbsp.16 Tbsp. x 7.2 grams = 115.2 ½ Tbsp. x 7.2 grams = 3.6115.2 + 3.6 = 118.8 grams1 oz. = 28.35 grams118.8 grams / 28.35 grams per oz. = 4.19 or **5 ounces** |  | **1 cup + ½ Tbsp. Ground coriander** |
| 9 | 2 teaspoonsRed pepper flakes | X 3 = 6 tsp. or**2 Tbsp.** | 1 Tbsp. = 4.8 grams2 Tbsp. x 4.8 grams per Tbsp. =9.6 grams1 oz. = 28.35 grams9.6 grams / 28.35 grams per oz. = 0.3386 ounces or **1 oz.** |  | **2 Tbsp. Red pepper flakes** |
| 10 | ¼ cup, 1 ½ TablespoonsDried oregano | X 3 = ¾ cup and 4.5 Tbsp. or**1 cup + ½ Tbsp.** | 1 Tbsp. = 3 grams1 cup = 16 Tbsp.16 Tbsp. x 3 grams = 48 grams½ Tbsp. x 3 grams = 1.5 grams48 grams + 1.5 grams = 49.5 grams1 oz. = 28.35 grams49.5 grams / 28.35 grams per oz. = 1.746 or **2 ounces** |  | **1 cup + ½ Tbsp. Dried oregano** |
| 11 | 1 teaspoonSea salt | X 3 = 3 tsp. or **1 tbsp.** | 1 Tbsp. = 5.2 grams |  | **1 tbsp. Sea salt** |
| 12 | 2 teaspoonsFresh ground black pepper | X 3 = 6 tsp. or **2 Tbsp.** | 1 Tbsp. = 8.4 grams2 Tbsp. x 8.4 grams per Tbsp. = 16.8 grams 1 oz. = 28.35 grams16.8 grams / 28.35 grams per oz. = 0.59 oz. or **1 oz.** |  | **2 Tbsp. Fresh ground black pepper** |
|  | MIXED VEGETABLES |  |  |  |  |
| 13 | 100343— Sweet Potatoes, Fresh, Whole  | 12 quarts and 2 cups 12 quarts x (4 quarts= 1 gallon) = 3 gallons + 2 cups x (1 pint = 2 cups) = **3 gallons + 1 pint** | 1 cup = 0.441 lb.(USDA Fruit and Vegetables Prices)3 gallons x (1 gallon = 16 cups) = 48 cups + 1 pint (1 pint = 2 cups) =50 cups x (1 cup = 0.441 lb.) =22.05 or **23 lb. whole sweet potato** | 1 lb. raw yields **.846 or 85%** | 23 lbs. x 0.85 = 19.55 lbs. ;0.55 lb. x (16 oz./1 lb.) = 8.8 or 9 oz.;19 lb. + 9 oz.12 quarts x (4 quarts= 1 gallon) = 3 gallons + 2 cups x (1 pint = 2 cups) = **19 lb. + 9 oz. in** **3 gallons + 1 pint** **whole sweet potatoes** |
| 14 | 110425— Spinach, Chopped, No Salt Added, Frozen  | 12 quarts and 2 cups 12 quarts x (4 quarts= 1 gallon) = 3 gallons + 2 cups x (1 pint = 2 cups) = **3 gallons + 1 pint** | 1 cup = 0.375 pounds3 gallons + 1 pint = 50 cups50 cups x 0.375 lb. = 18.75 or **19 lb. frozen spinach** | 1 lb. raw yields **100%** | 19 lbs. x 100% = 19 lb.12 quarts and 2 cups 12 quarts x (4 quarts= 1 gallon) = 3 gallons + 2 cups x (1 pint = 2 cups) = **19 lb. in 3 gallons + 1pint frozen spinach** |
| 15 | 100350— Peas, Green, No Salt Added, Frozen  | 12 quarts and 2 cups 12 quarts x (4 quarts= 1 gallon) = 3 gallons + 2 cups x (1 pint = 2 cups) = **3 gallons + 1 pint** | 1 cup = 0.3533 gallons + 1 pint = 50 cups50 cups x 0.353 lb. = 17.65or **18 lb. frozen peas** | 1 lb. raw yields **100%**(receive already shelled) | 19 lbs. x 100% = 19 lb.12 quarts and 2 cups 12 quarts x (4 quarts= 1 gallon) = 3 gallons + 2 cups x (1 pint = 2 cups) = **18 lb. or 3 gallons + 1 pint frozen peas** |

**Costing**

|  |  |  |
| --- | --- | --- |
| **Menu Item:** Lentil Stew | **Portion Size: 1-8oz. Ladle** |  |
| **Number of Portions: 150** | **Selling Price:** $1.29/0.30 = $4.30 or **$4.50** |  |
| **Cost per Portion**: $193.03/150 = **$1.29** | **Food Cost %: 30%** |  |

\*\*\*Please **BOLD** the answer for each calculation\*\*\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Ingredient (Preparation)** | **Recipe Quantity (AP)**(Use only ONE column per ingredient) | **Cost** | **Total Cost** |
| Weight | Volume | Count | APC/unit(AP Cost) | Cooked Yield %(Produce, meat) |
| 1 | Dried brown lentils | 18 lb. |  |  | 1lb. / $1.59 |  | 18 lb. x $1.59 = **$28.62** |
| 2 | boiling water |  |  |  |  |  |  |
| 3 | onion, diced | 9 lb. |  |  | 3 lb. / $1.44 | **0.89 or 89%**  | 3 x $1.44 = $4.32 / .89 = **$4.85** |
| 4 | olive oil | 8 fl. oz. |  |  | 1 qt. / $8.99 |  | **$8.99** |
| 5 | garlic, chopped | 1 lb. |  |  | 32 oz. / $3.63 | **0.87 or 87%** per lb. | 1 lb. x (1 lb= 16 oz.) = 16 oz.16 oz. / 32 oz. = 0.50.5 x $3.63 = **$1.82** |
| 6 | tomato paste |  | 168 fl. oz. |  | 6 fl. oz. / $0.49 |  | 168 fl. oz. / 6 fl. oz. = 4848 x $0.49 = **$13.72** |
| 7 | ground cumin | 8 oz. |  |  | 16 oz. / $5.39 |  | **$5.39** |
| 8 | ground coriander | 5 oz. |  |  | 2.3 oz. / $5.39 |  | 5 oz. / 2.3 oz. = 2.17 x $5.39 = **$11.72** |
| 9 | red pepper flakes | 1 oz. |  |  | 2.62 oz. / $2.59 |  | **$2.59** |
| 10 | dried oregano | 2 oz. |  |  | 0.75 oz. / $2.59 |  | 2 oz. / 0.75 oz. = 2.67 x $2.59 = **$6.91**  |
| 11 | sea salt | 5.2 grams |  |  | 1 lb. 10 oz. / $2.09 |  | **$2.09** |
| 12 | fresh ground black pepper  | 1 oz. |  |  | 3 oz. / $3.39 |  | **$3.39** |
| 13 | Sweet Potatoes, Fresh, Cubd  | 20 lb. |  |  | 1 lb. / $0.92  | **81.1% or .811** per 1 ounce of raw sweet potato which is 23 grams cooked. | 20lb. x $0.92 =$18.40/81.1 = **$22.69** |
| 13 | Spinach, Chopped, No Salt Added, Frozen  | 19 lb. |  |  | 1 lb. / $1.90  | **0.77 or 77%** per 1 lb. cooked | 19 lb. x $1.90 =$36.10/.77 =**$46.88** |
| 14 | Peas, Green, No Salt Added, Frozen  | 18 lb. |  |  | 1 lb. / $1.65 | **0.89 or 89%** per pound cooked | 18 lb. x $1.65 =$29.70/.89 =**$33.37** |
|  |  |  |  |  | **Total Recipe Cost: $193.03** |

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## **Nutrient Analysis #1: Myfitnesspal**

## Alicia’s Lentil Stew

* 1.50 cup, Brown Lentils

|  |
| --- |
| **Nutrition Facts** |
| Servings 6.0 |
| Amount Per Serving |
| **calories** 337  |
| **% Daily Value \*** |
| **Total Fat**3 g | **4 %** |
| Saturated Fat 0 g | **2 %** |
| Monounsaturated Fat 1 g |
| Polyunsaturated Fat 0 g |
| Trans Fat 0 g |
| **Cholesterol** 0 mg | **0 %** |
| **Sodium** 1460 mg | **61 %** |
| **Potassium** 985 mg | **28 %** |
| **Total Carbohydrate** 60 g | **20 %** |
| **Dietary Fiber** 16 g | **64 %** |
| **Sugars** 18 g |  |
| **Protein** 17 g | **34 %** |
| Vitamin A  | **402 %** |
| Vitamin C  | **45 %** |
| Calcium  | **13 %** |
| Iron  | **26 %** |
| \* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. |

* 7.50 cup(s), Water - Municipal
* 2 tsp, Oil - Olive
* 1 cups, Onion
* 5 clove, Garlic, raw
* 0.75 cup(s), paste
* 1 tbsp(s), Ground Cumin
* 2 tsp, Coriander, Ground
* 0.25 tsp(s), Red Pepper Flake
* 2 tsp (1.8 g), Spices, oregano, dried
* 0.12 teaspoon, Salt
* 0.25 tsp, ground, Spices, pepper, black
* 2 cup, Sweet Peas
* 2 cup(s), Chopped Spinach Frozen
* 6 Sweet potato, raw, unprepared

**Nutrient Analysis #2: Supertracker**

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| **Alicia’s-Lentil-StewPortions: 6** |
| **Food Groups** | **Amount Per Portion** |
| **Grains** | 0 ounce(s) |
| **Whole Grains** | 0 ounce(s) |
| **Refined Grains** | 0 ounce(s) |
| **Vegetables** | 2 cup(s) |
| **Dark Green** | ¼ cup(s) |
| **Red & Orange** | ¾ cup(s) |
| **Beans & Peas** | ¾ cup(s) |
| **Starchy** | ¼ cup(s) |
| **Other** | 0 cup(s) |
| **Fruits** | 0 cup(s) |
| **Fruit Juice** | 0 cup(s) |
| **Whole Fruit** | 0 cup(s) |
| **Dairy** | 0 cup(s) |
| **Milk & Yogurt** | 0 cup(s) |
| **Cheese** | 0 cup(s) |
| **Protein Foods** | 0 ounce(s) |
| **Seafood** | 0 ounce(s) |
| **Meat, Poultry & Eggs** | 0 ounce(s) |
| **Nuts, Seeds & Soy** | 0 ounce(s) |
| **Oils** | 0 teaspoon |
| **Limits** | **Amount Per Portion** |
| **Total Calories** | 338 Calories |
| **Added Sugars** | 0 Calories |
| **Saturated Fat** | 4 Calories |
| **Nutrients** | **Amount Per Portion** |
| **Protein** | 21 g |
| **Carbohydrate** | 62 g |
| **Dietary Fiber** | 20 g |
| **Total Sugars** | 13 g |
| **Added Sugars** | 0 g |
| **Total Fat** | 3 g |
| **Saturated Fat** | 0 g |
| **Monounsaturated Fat**  | 1 g |
| **Polyunsaturated Fat** | 1 g |
| **Linoleic Acid** | 1 g |
| **α-Linolenic Acid** | 0.3 g |
| **Omega 3 - EPA** | 0 mg |
| **Omega 3 - DHA** | 0 mg |
| **Cholesterol** | 0 mg |
| **Minerals** | **Amount Per Portion** |
| **Calcium** | 210 mg |
| **Potassium** | 1395 mg |
| **Sodium** | 247 mg |
| **Copper** | 794 µg |
| **Iron** | 9 mg |
| **Magnesium** | 160 mg |
| **Phosphorus** | 394 mg |
| **Selenium** | 11 µg |
| **Zinc** | 3 mg |
| **Vitamins** | **Amount Per Portion** |
| **Vitamin A** | 1029 µg RAE |
| **Vitamin B6** | 0.7 mg |
| **Vitamin B12** | 0.0 µg |
| **Vitamin C** | 19 mg |
| **Vitamin D** | 0 µg |
| **Vitamin E** | 5 mg AT |
| **Vitamin K** | 391 µg |
| **Folate** | 372 µg DFE |
| **Thiamin** | 0.5 mg |
| **Riboflavin** | 0.4 mg |
| **Niacin** | 4 mg |
| **Choline** | 99 mg |
| [**www.SuperTracker.usda.gov**](http://www.supertracker.usda.gov/) |

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**Standardized Recipe: Alicia’s Lentil Stew**

**Yield: 150 servings**

**Portion Size**

**Serving Utensils:**

**Ingredients:**

|  |
| --- |
| **Olive Oil**1 cup |
| **Medium Onions**25 |
| **Garlic**120 cloves |
| **Tomato Paste**1 gallon + 1 quart + 1 cup |
| **Water**12 gallons + 2 quarts + 1 cup  |
| **Ground Coriander**1 cup + ½ Tbsp. |
| **Ground Cumin**1 ½ cup |
| **Red Pepper Flakes**2 Tbsp. |
| **Dried Oregano**1 cup + ½ Tbsp. |
| **Sea Salt**1 Tbsp. |
| **Dried Brown Lentils**2 gallons + 1 quart |
| **Whole Sweet Potatoes, cubed**3 gallons + 2 cups |
| **Frozen Spinach**3 gallons + 2 cups  |
| **Frozen Peas**3 gallons + 2 cups |

**Equipment Needed:**

1 - 60 Qt. Heavy-Duty Stainless Steel Aluminum-Clad Stock Pot with Cover

1 – large knife

1 – cutting board

1 – 8 oz. One-Piece Solid Portion Spoon

1 – wooden spoon

1 – can opener

1 – set measuring spoons

1 – set measuring cups

\*When measuring, wash before reusing for a new ingredient.

**Total estimated preparation Time:** 45 min.

**Estimated Cooking Time:** 30 min.

**Total Cooking Time:** 1 hr. 15 min. – 1 hr. 45 min.

**Directions:**

**HAACP**: Prior to preparing the vegetables, hands, all counter areas, and tools must be properly washed.

 In addition, during preparation, hair net and single use gloves must be used to prevent cross-contamination. (Servsafe Manager, pg. 2.23)

* 1. Prepare the vegetables: chop the onion, mince the garlic, and chop the sweet potatoes using 1 large knife.
	2. Add 1/2 of the oil, onion, and garlic to stainless steel stock pot on low.
	3. Let the onion and garlic sauté until with a lid until the onions are soft and translucent.
	4. With a wooden spoon move the softened onion and garlic to one side of the pan and add the rest of the oil and the can of tomato paste.
	5. With the wooden spoon, move the paste into the oil to concentrate the tomato flavor.
	6. Add the water, spices, and lentils.
	7. Simmer for 10-15 minutes on medium heat with a lid.

**HAACP**: Cooking Temperature must at least reach 140°F in order to kill any possible bacteria. (Servsafe Manager, pg. 4.2)

* 1. Add the thawed and prepped vegetables, and if necessary add a little more water depending on the desired thickness of the stew.
	2. Continue cooking until the lentils are soft and tender to taste. (Lentils take about 20 minutes to cook.)
	3. When the stew has finished cooking add the salt.
	4. Serve using 8 oz. ladle.

**HAACP**: If soup falls below 135°F after two hours, reheat to the correct temperature. (Servsafe Manager, pg.4.4)

* 1. If leftovers, follow below storage requirements.

**HAACP**: Clean and Sanitize equipment. (Servsafe Manager, pg. 4.3)

**Serving suggestions include**: ½ cup barley, 1 slice whole wheat bread, 1 pita, or 1 cup mixed vegetables

**Garnishes**:1 Tbsp. dairy free plain yogurt**,** fresh lemon juice, 1 Tbsp. hummus, or nutritional yeast

**Nutrient Analysi**s **per serving**: 330 Calories, 21g Protein, 62g Carbohydrates, 20g Fiber. Total Fat 3g, Zero Cholesterol, 0g Saturated Fat, 247mg Sodium, 1395mg Potassium, 160mg Magnesium.

**Storage Requirements:**

1. Leave soup in stock pot while serving.
2. After serving, place leftovers in translucent storage container.
3. Leftovers must be stored in the fridge within four hours of preparation.

**HAACP**: Refrigerator must be at 40°F or below in order to prevent the growth of bacteria. (Servsafe Manager, pg. 4.2)

1. Label container with cooked and use by date.
2. All leftovers must be used within in one week.

**HAACP**: If reheated, internal temperature must reach at least 140°F in order to kill any bacteria. (Servsafe Manager, pg. 4.2)

**Calories per Portion: 338**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Amount/portion %DV** | **Amount/portion %DV** | **Amount/portion %DV** | **Amount/portion %DV** | **Amount/portion %DV** |
| **Total Fat** 3 g **4 %**Sat. Fat **Protein** 21 g | **Cholesterol 0 % Sodium 61 %** | **Total Carb** 62g **20%**Fiber 25 g **65 %** Sugars | **Vit. A 402 %****Vit C 45 %** | **Calcium 13 %****Iron 26 %** |

**DFM 458 / HTM 448**

**Evaluation Sheet for Recipe Enlargement, Costing, & Standardization Project**

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| --- |
| **Enlargement & Costing Evaluation** |
| Enlargement using the Factor Method:Do final amounts/measurements make sense?Calculations are correct (for 8 ingredients minimum)Each error = -2 points | **\_\_\_****30** |
| Recipe Costing:Appropriate selling price?Sensible portion size?Calculations are correct? (-2 points for each error) | **\_\_\_****40** |
| Enlargement and Costing Comments: |
| **Standardized Recipe Evaluation** |
| Followed the given format, concise, easy to read, lines to separate ingredients and steps, numbering of steps, etc.Overall accuracy of procedures as a standardized recipe.Matching used ingredients and cooking steps.Modify descriptions for large quantity production. | **\_\_\_****40** |
| **Standardization Checklist: Items included will receive 1 point; incorrect/missing items receive no pts.** |
|  | Recipe name |
|  | Yield |
|  | Portion size |
|  | Serving utensils |
|  | Pan size/description/number of pans needed |
|  | List of special equipment needed with size, usage times, equipment |
|  | Cooking temperature |
|  | Cooking method |
|  | Cooking time (reasonable estimated time frame) |
|  | Total estimated preparation time |
|  | Sequential listing of ingredients (in order of use) |
|  | Internal temperature |
|  | Serving/garnishing suggestions |
|  | Storage requirement before and after serving |
|  | HACCP instructions |
| Standardization Comments: |
| **Nutrient Analysis Evaluation** |
| Provided a Nutrients Report for one serving of recipe.Included all ingredients or appropriate alternatives from database.5 points for each analysis.  | **\_\_\_****10** |
| Nutrient Analysis Comments: |
| **Referencing:** If references are missing, points will be deducted from the corresponding section(s). See instructions for required references. | **Total: /120** |