



The 5 Parts of a Recipe



1. Yield

The yield tells the number and size of servings the recipe will make. Knowing the yield in advance helps one to know if more or less food is needed – whether or not to make more or less of the food.



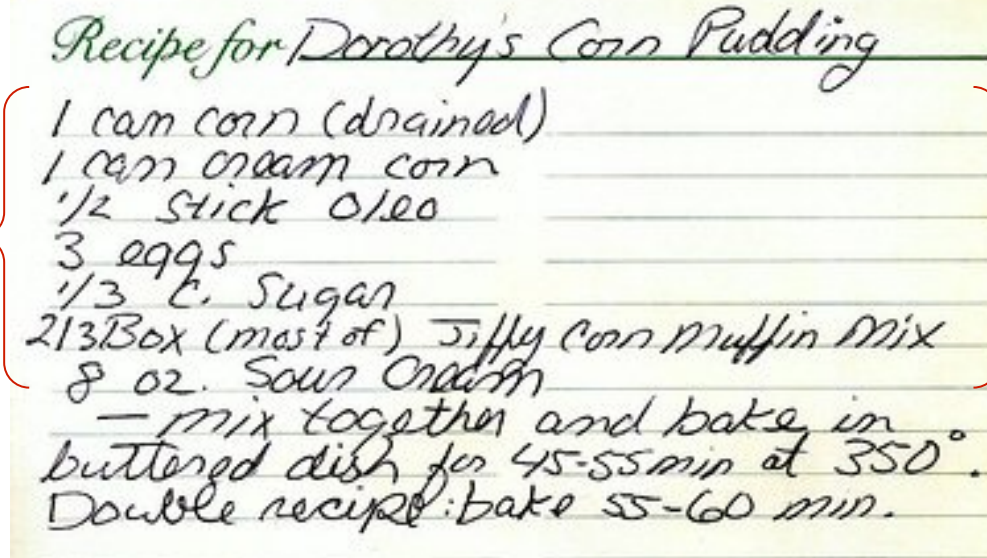
The image shows a recipe card template. On the left side, there is a small illustration of a flour bag with a checkered ribbon and the word 'Flour' written on it. To the right of the flour bag, the word 'Recipe' is followed by a horizontal line. Further to the right, the word 'Serves' is followed by a horizontal line. A red arrow points from the word 'Yield' (located to the right of the card) to the 'Serves' label. Below the 'Recipe' and 'Serves' labels, there are several horizontal lines for writing. In the bottom right corner of the card, the words 'Must Country' are printed.

Yield

2. List of Ingredients & Amounts

Ingredients are listed in the exact amount as needed. The specific form of ingredient is also stated. Ingredients should be listed in the order they are used in the recipe in order to prevent leaving out any ingredients.

**List of
Ingredients
& Amounts**



Recipe for Dorothy's Corn Pudding

- 1 can corn (drained)
- 1 can cream corn
- 1/2 stick Oleo
- 3 eggs
- 1/3 C. Sugar
- 2 1/3 Box (most of) Jiffy Corn Muffin Mix
- 8 oz. Sour Cream

— mix together and bake in buttered dish for 45-55 min at 350°.
Double recipe: bake 55-60 min.

3. Step By Step Directions for Mixing & Handling

The recipe should have directions for how to prepare it. The steps need to be listed in the order they should be done. Numbered steps are easy to follow & help to prevent steps from being skipped. However, some recipes are written in paragraph form, and should be read & followed VERY carefully.

Grandma's Potato Salad

Ingredients

- 4 large potatoes
- 1 small onion
- 3/4 C. Chopped Celery
- 2 hard boiled eggs, Chopped
- 2/3 Cup Mayonnaise
- 2 tsp. salt
- Pepper



Directions

1. Boil potatoes with skins on. When potatoes are tender drain & cool.
2. When cool, peel and slice into large bowl.
3. Add remaining ingredients. Mix all together.
4. Taste and add more salt if necessary.

DO NOT SKIMP on salt or mayonnaise!

4. Equipment (Container Size & Type)

Most recipes do **not** state ALL the necessary equipment; however, specific equipment such as a 8 x 8 square pan is sometimes listed. It is important to use the stated specific equipment so the food will not overflow or overcook.

BUTTERSCOTCH BROWNIES

Oven-350

Melt $\frac{1}{4}$ C Shortening

Blend in 1 C. Light Brown Sugar. Let Cool.

Stir in 1 Egg

Blend in Sifted - $\frac{3}{4}$ C Flour

1 t Baking Powder

$\frac{1}{2}$ t Salt

Add $\frac{1}{2}$ t Vanilla

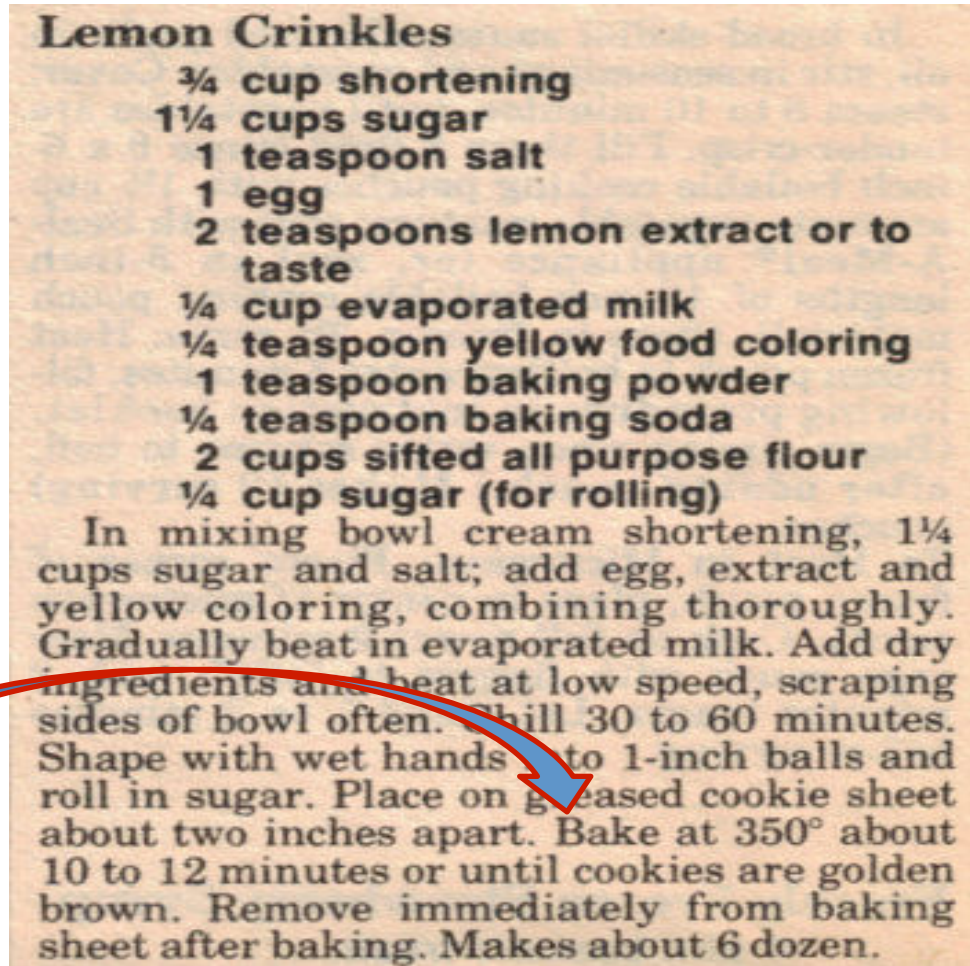
$\frac{1}{2}$ C Chocolate Chips

Grease an 8" square pan and Pour in batter and spread with spatula. Bake at 350 for 25minutes. Cool and cut in squares and lift out to plate for serving.

**Container
Size**

5. Temperature & Time

Some recipes give you exact cooking temperatures and times – ie. 375°F for 15 minutes. Others will tell you how to cook the food – ie. Heat liquid until it simmers. Oven temperatures may vary and times are for conventional ovens unless otherwise stated.



Lemon Crinkles

- $\frac{3}{4}$ cup shortening
- $1\frac{1}{4}$ cups sugar
- 1 teaspoon salt
- 1 egg
- 2 teaspoons lemon extract or to taste
- $\frac{1}{4}$ cup evaporated milk
- $\frac{1}{4}$ teaspoon yellow food coloring
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- 2 cups sifted all purpose flour
- $\frac{1}{4}$ cup sugar (for rolling)

In mixing bowl cream shortening, $1\frac{1}{4}$ cups sugar and salt; add egg, extract and yellow coloring, combining thoroughly. Gradually beat in evaporated milk. Add dry ingredients and beat at low speed, scraping sides of bowl often. Chill 30 to 60 minutes. Shape with wet hands into 1-inch balls and roll in sugar. Place on greased cookie sheet about two inches apart. Bake at 350° about 10 to 12 minutes or until cookies are golden brown. Remove immediately from baking sheet after baking. Makes about 6 dozen.

Optional: Nutrition Analysis

Nutrition information is not necessary for preparing a recipe, but it is very useful information when planning foods to fit into a particular eating plan. Some recipes include number of calories and/or grams per serving of various nutrients.

Nutritional Analysis			
<i>Per Serving Nutritional Information</i>			
Calories (kcal)	631	% Calories from Fat	16.11
Total Fat (g)	7.29	% Calories from Carbs	58.15
Saturated Fat (g)	2.43	% Calories from Protein	28.74
Monounsaturated Fat (g)	2.86	Vitamin C (mg)	17
Polyunsaturated Fat (g)	2.0	Vitamin A (iu)	1087
Cholesterol (mg)	64	Vitamin B6 (mg)	0.71
Dietary Fiber (g)	7.4	Thiamin B1 (mg)	0.81
Protein (g)	26.2	Riboflavin B2 (mg)	0.31
Sodium (mg)	958	Folacin (mcg)	180.4
Potassium (mg)	1281	Niacin (mg)	6.3
Calcium (mg)	113	Caffeine (mg)	0.0
Iron (mg)	6.4	Alcohol (g)	12.4
Zinc	5.2		



Apple Muffins

1 dozen



2 c. flour
3/4 tsp. salt
4 tsp. baking powder
1/4 c. sugar
3/4 tsp. cinnamon

1/4 tsp. nutmeg
1 egg, beaten
1 c. milk
1/3 c. shortening, melted
3/4 c. apples, chopped

1. Preheat oven to 400F.
2. Grease muffin pans.
3. In large mixing bowl, sift together the flour, salt, baking powder, sugar, cinnamon, & nutmeg. Make a well in the dry ingredients.
4. In separate mixing bowl, blend together egg, milk, and shortening, and add to dry ingredients; stir until ingredients are just moistened.
5. Fold apples into batter.
6. Fill muffin pans 2/3 full.
7. Bake for 25 minutes, or until golden brown.



Recipe Sleuth

?????????



1. Put brackets { } around the ingredients.
2. Circle ○ the ingredient amounts.
3. Place a star ☆ beside the yield.
4. Put a box □ around the cooking temperature.
5. Underline the cooking time.
6. Put an asterisk * * on either side of the cooking container.
7. **Highlight** nutritional analysis (if given).

Next Slide – Answer Key

After you have tried to label the parts, check it using the next slide!!!





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1 dozen ☆



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No Nutritional analysis given.....