

## How to Write a Recipe

### CHARACTERISTICS OF A GOOD RECIPE:

1. It should be accurate.
2. It should be complete.
3. It should be simple and clear.
4. It should list all ingredients in the order used.
5. It should give exact measurements in the easiest unit of measure (i.e., 1/4 cup not 4 tablespoons).
6. If possible, in the space allowed, do not abbreviate.
7. Use weights for meat when possible (ex... 1 pound ground beef).
8. Use weight or fluid measure of canned foods (ex ... state "one 12-ounce can of pineapple" rather than "one can pineapple".)
9. Use short sentences and clear, simple descriptions of methods.
10. Give word pictures, if possible (foamy, syrupy, lemon-colored).
11. Specify pan sizes.
12. Give two tests of doneness, if possible. For example, a thermometer reading and a cold water test for candy.
13. Give total yield or number of servings, and state serving size.
14. If possible, state nutritional information per serving. For example, calories, fat grams, cholesterol.

### RECIPE CONSTRUCTION:

Standard form ...

1. The most widely and easily read form. Excellent for recipes containing many ingredients.
2. List all ingredients first, including any modifications of the ingredient. For instance, if your recipe requires 1 cup chopped nuts - the nuts should be measured after chopping. However if the ingredient listed is 1 cup nuts, chopped -- the nuts are measured, first, then chopped.
3. The method of combining the ingredients follows the listing. It may be stated in a paragraph or numbered steps.

EXAMPLE:

#### Waffles

- 1 3/4 cups sifted enriched flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 2 beaten egg yolks
- 1 1/4 cups milk
- 1/2 cup melted shortening
- 2 stiff-beaten egg whites

Preheat waffle iron. Sift dry ingredients; stir in combined egg yolk, milk and shortening. Fold in egg whites. Bake in hot waffle iron. Makes 8. OR:

1. Preheat waffle iron.
2. Sift dry ingredients into bowl.
3. Combine egg yolks, milk and shortening.

#### Waffles

4. Stir in dry ingredients.
5. Fold in beaten egg whites.
6. Bake in hot waffle iron. Makes 8 waffles.

Action Form ...

1. Takes more space than the stand form, but it is easy to follow.
2. The narrative description of the "action" of combining ingredients is included with the list of ingredients.
3. Ingredients are described the same way as in the Standard Form.

#### Waffles

- Preheat waffle iron.  
Measure an sift together into mixing bowl:
- 1 3/4 cups sifted enriched flour
  - 1 teaspoons baking powder
  - 1/2 teaspoon salt
- Mix together:
- 2 beaten egg yolks
  - 1 1/4 cups milk
  - 1/2 cup shortening

Stir liquid ingredients into dry ingredients.  
Fold in 2 beaten egg whites.  
Bake in hot waffle iron.  
Makes 8 waffles.

Narrative form ...

1. The most difficult to follow. Requires very little space. Suited for simple recipes with few ingredients.
2. Includes the ingredients and amounts with the method in paragraph form.

Descriptive form ...

1. Requires more space than other forms. Very easy to read and follow.
2. Ingredients, amounts and mixing directions are listed in 3 separate columns. Each step in mixing is a separate paragraph. Ingredients are described the same way as in the Standard form.

#### Waffles

Flour, enriched, sifted  
1 3/4 cups  
Preheat waffle iron.  
Baking powder, double-acting  
1 teaspoons

Mix dry ingredients  
Salt 1/2 teaspoon  
Combine egg yolks, milk and shortening  
Eggs, separated  
2

Stir liquid ingredients into dry

- Milk 1 ¼ cups
- Fold in egg whites which have been beaten until stiff but not dry
- Shortening, melted
- ½ cup
- Bake in hot waffle iron.

If more than one accompaniment appears, place one at each side on the same line (c), or place both on the same line below (d).

## Writing the Menu

1. List the foods in the following order. Every menu will not include all of the foods listed.

- Appetizer
- Main Dish
- Starchy Vegetable
- Other Vegetable
- Salad
- Bread
- Dessert
- Beverage

Example:

- Broiled Ham
- Gilled Pineapple Slices
- Cole Slaw
- Hot Gingerbread with Applesauce
- Coffee
- Milk

2. Use capitals for all words except articles, conjunctions, and prepositions.
3. When an item on the menu has an accompaniment, place the main item to the left and the accompaniment to the right (a), or you may center the main item and write the accompanying item underneath (b).

- a. Braised Pork Chops      Applesauce

- b. Braised Pork Chops  
Applesauce

- c. Sesame Seed Wafers  
Tomato Bouillon  
Saltines

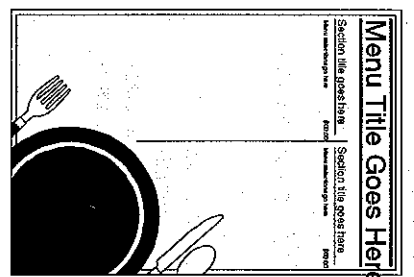
- d. Tomato Bouillon      Saltines  
Sesame Seed Wafers

4. When a food is commonly prepared in more than one way, avoid confusion by describing the method of cooking, such as:
  - a. Roast Turkey
  - b. French Fried Potatoes

5. List each food with the exception of butter, cream, sugar, or salad dressing, unless it is something special, such as Grandma's Sour Cream Dressing.

6. List the beverage last.

7. Plan the spacing and arrangement of the items on the menu so that the written menu is symmetrical.



## Menu Planning

When planning a menu, decide first on the main dish. Next select accompanying dishes, followed by dessert and beverage, if appropriate.

A well-planned menu should:

- Contain a variety of foods to meet the nutritional needs of those for whom it is planned.
- Be attractive, with a variety of colors, textures and flavors.
- Be suitable for the meal.
- Be readily prepared and easily served.
- Show wise use of money and time.
- Utilize foods in season.
- Conserve energy