

# Scaling Recipes

Food Foundations • another NAQ Nutrition program

## How to scale a recipe

Adjusting the number of servings for a recipe is known as scaling, which means to multiply (increase) or divide (decrease) the quantities of each ingredient in the recipe.

For example, when making a meal for 20 children and your recipe serves 5, you simply multiply each ingredient by 4. Or for 50 children, multiply by 10.

Most recipes quantify well, however other considerations include cooking time, temperature and the size of equipment used during cooking.

Try to keep the consistency and thickness of the food as close to the original recipe as possible, as this will keep the cooking time and temperature similar. If the recipe has increased in thickness, then the temperature and cooking time will be affected.

For example, if you are cooking a frittata, and instead of it being 5cm thick, it is now closer to 8cm thick, the heating through will take longer and the temperature will need to be reduced to stop the top from burning. This can be done by lowering the temperature by 20°C from 180°C to 160°C and increasing the cooking time by 25 to 30 minutes. Covering the top with tin foil will also improve cooking time and stop the top from burning.

Below is an example of how to quantify our Chicken Fried Rice recipe.

Ingredients	5 serves	20 serves	50 serves
Vegetable oil	½ tbsp	2 tbsp	5 tbsp
Crushed garlic	½ clove	2 cloves	5 cloves
Crushed ginger	1 tbsp	4 tbsp	10 tbsp
Chicken or pork mince	250g	1kg	2.5kg
Frozen vegetable mix	500g	2kg	5kg
Cooked rice	1 ¼ cups	5 cups	12.5 cups
Salt reduced soy sauce	1 tbsp	4 tbsp	10 tbsp
Spring onions	1 stalk	4 stalks	10 stalks
Bean sprouts	½ cup	2 cups	5 cups

For the full Chicken Fried Rice recipe click [here](#).