

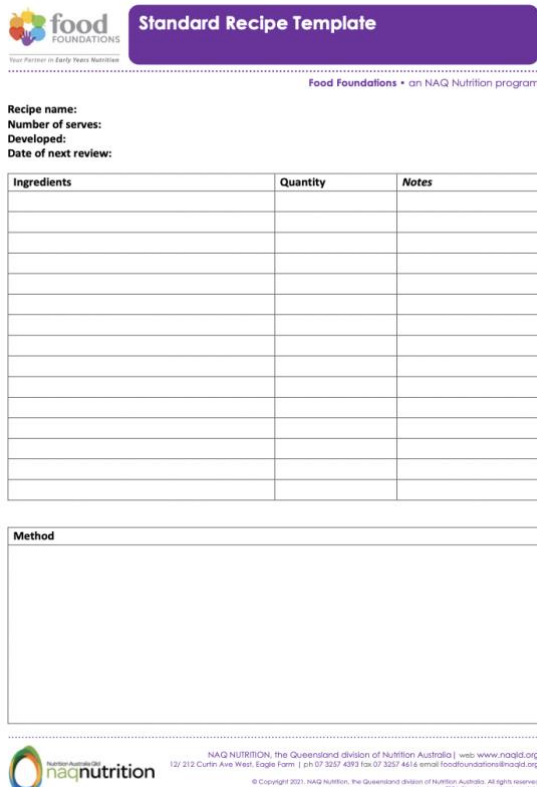
Tips for Standard Recipes

Food Foundations • an NAQ Nutrition program

It can seem like an overwhelming task to document standard recipes that you already have committed to memory. There are so many benefits to using standard recipes. They ensure you are providing optimal nutrition to the children in your care; allows for the recipe to be replicated by someone else; assists with food ordering and budgeting; and adds to the enjoyment of the role of centre cook! Here are some tips for what an ideal standard recipe looks like.

Standard recipes should include:

- Recipe name and the number of serves (recipe yield)
- Date recipe is developed and when it is to be reviewed
- Each ingredient with exact quantities, e.g. Spiral pasta, 3kg
- Detailed method on how to prepare the meal
- Serving instructions for the meal, e.g. ½ cup steamed vegetables, 10cm x 10cm portion of lasagna
- Any modifications for special diets e.g. gluten or lactose free.
- How many serves from each of the food groups the recipe yields



Standard Recipe Template


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Recipe name:
Number of serves:
Developed:
Date of next review:

Ingredients	Quantity	Notes

Method

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FSM_Standard recipe template



Standard Recipe Template

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Serving Instructions

Modifications for food allergies and intolerances

Additional notes

Recipe Photo:

Food group	Serves per recipe	Notes
Vegetables and legumes		
Fruit		
Grains		
Lean meat, poultry, fish, eggs, tofu, nuts & seeds		
Milk, yoghurt, cheese		
Unsaturated fats and oils		

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FSM_Standard recipe template

Tips for writing standard recipes:

- Include all ingredients and steps including preheating the oven or lining pans.
- Include details about size of pans, pots and spoons to use.
- Include if vegetables or meat need to be chopped and to what size.
- Include approximate cooking times and preparation time if relevant e.g. time necessary to marinate meat or freeze a dessert before serving.
- Include a clear and current photo for each recipe. Consider how each recipe can be plated for best visual appearance.
- List ingredients in order of their use when preparing the meal.
- Write the method/instructions as if the user has never prepared this recipe before – i.e., make sure all steps are included.
- Use standard serves/scoops when plating meals and document this in the serving instructions.
- Include additional notes where necessary. E.g. any seasonal changes to the menu or if OHS precautions need to be highlighted (such as instructions for lifting heavy pots).
- Include the date of last review and the date for next review (e.g. 12 months) to ensure your recipes are being updated as necessary.



When using a standard recipe template:

- Remember to “Save As” before you start editing the template to save your recipes in your own files.
- Delete any rows not required to save space. Extra rows can be added to the tables if necessary.
- Print recipes and file the hardcopies in order of use as per your menu. Keep a copy in the kitchen alongside your menu and ensure all staff are aware of them and how they can be used.

To help you start developing standard recipes for your centre, download our standard recipe template [here](#), or the editable word version [here](#).