

Lesson 8:

Chapter 3 Module 2

Food Ingredients and Recipes

Chapter 3: Knowing the Menu

| | |
|-----------------------------------------------|----|
| Module 1: Time/Temperature Control for Safety | 41 |
| Module 2: Food Ingredients and Recipes | 48 |
| Module 3: Menu Labeling | 54 |

Chapter 3 – Module 2: Food Ingredients and Recipes

FOOD INGREDIENTS AND RECIPES

Key Words:

- Food Label
- Ingredient List
- The Big Eight
- Standardized Recipes
- U.S. Food and Drug Administration (FDA)
- Food Allergen Labeling and Consumer Protection Act (FALCPA)

Main Ideas:

- Understand the importance of ingredient labels
- Know The Big Eight and common food sources
- Importance and benefits of standardized recipes

Knowing Ingredients

All restaurant managers and chefs should know the ingredients contained in menu items served at their restaurant. Usually this information can be obtained from food labels. The U.S. Food and Drug Administration (FDA) requires all packaged food products to have an ingredient list on the food label. Ingredients are listed in order of amount according to weight. In addition, the Food Allergen Labeling and Consumer Protection Act (FALCPA) requires packaged food products to identify any of **The Big Eight** food allergens (milk, eggs, soy, wheat, fish, crustacean shellfish, peanuts, and tree nuts) on the product label. The example of the ingredient label for mushroom soup shows that it contains **wheat, milk, and soy** as food allergens.

SAMPLE INGREDIENT LIST

Cream of Mushroom Condensed Soup

Ingredients: Water, Mushrooms, Soybean Oil, Modified Corn Starch, Wheat Flour. Contains less than 2% of Salt, Cream, Whey Powder (Milk), Soy Protein Concentrate, Monosodium Glutamate, Color, Maltodextrin, Autolyzed Yeast Extract, Disodium Phosphate, Natural Flavor, Garlic Powder.

Contains: Wheat, Milk, Soy



When packaged food contains an allergen from **The Big Eight**, the FALCPA labeling law requires that the specific type of nut (such as almond, cashew, pecan, or walnut), type of fish (such as bass, flounder, or cod), or type of crustacean shellfish (such as crab, lobster, or shrimp) be listed on the label.

Knowing ingredients in menu items is important. Individuals with food allergies must avoid foods containing specific proteins. ***Even the smallest amount of an allergen can cause an adverse reaction to food.*** Customers with food allergies trust the restaurant manager and chef to know the ingredients in each menu item and to prepare food that is allergen-free. Therefore, restaurant employees must carefully check ingredient labels and recipes for each menu item. If there are any questions about what ingredients are contained in a food product, ask your manager or supervisor. Most food labels list a toll free telephone number of the food manufacturer if the label is unclear.

Convenience Food Products

Many restaurants today serve a number of pre-prepared, convenience items that only need to be fried, grilled, or baked before being served to customers. Most of these items will come with instructions from the food manufacturer concerning preparation methods. When preparing these products, restaurant employees should be sure to follow the manufacturer's instructions.



Instructions for a frozen breaded shrimp product might read

“Fry 10 lbs. of shrimp in deep fat fryer at 350°F for approximately 5 minutes.”

- ✘ If the fryer temperature is only 300°F, the shrimp are not likely to reach doneness in 5 minutes.
- ✘ If 20 lbs. of shrimp are added at one time to the fryer, the shrimp are not likely to reach doneness in 5 minutes.

Serving undercooked seafood increases risk of foodborne illness for customers.

Standardized Recipes

Many restaurants use recipes to prepare menu items that have unique appeal to their customers. When recipes are used, they should be standardized recipes. Having standardized recipes is an important tool for restaurants that wish to continuously serve high quality food safely to customers.

Standardized recipes are written recipes that list:

- ✓ Ingredients with exact measurements
- ✓ Equipment necessary
- ✓ Methods of preparation
- ✓ Portion size and yield

When followed, standardized recipes will give the same product each time the recipe is prepared, no matter who is the cook.

Chefs and cooks:

- ✓ Should always follow standardized recipes
- ✘ Should not add extra ingredients, especially ingredients that contain common food allergens

Example of Standardized Recipe for Meat Loaf (25 servings – Portion: 4 oz)

| Ingredients | Weight | Measure | Instructions |
|-------------------------------------------------------------------|--------|----------|-------------------------------------------------------------------------------|
| Ground beef | 5 lb | | Mix all ingredients in large bowl, or use mixer with flat beater. |
| Ground pork | 1 lb | | |
| Bread crumbs, soft | 6 oz | 6 slices | |
| Onions, finely chopped | 3 oz | ½ cup | |
| Eggs | 9 oz | 6 each | |
| Salt | | 1 Tbsp | |
| Black pepper | | ½ tsp | |
| | | | Press mixture into half size counter pan (12 x 10) or (6.5 x 20). |
| Ketchup or barbecue sauce* | 1 lb | 2 cups | Spread ketchup or barbecue sauce over top of meat loaf. |
| | | | Bake at 325°F for about 75 minutes, until internal temperature reaches 180°F. |
| | | | Hold meat loaf for service at temperature of 135°F or higher. |
| Food Allergy Warning: This recipe contains eggs and wheat. | | | |

Recipe 1: Meat Loaf. Recipe obtained from the National Food Service Management Institute.

*It is important to check the ingredient labels of the ketchup and barbecue sauce for possible food allergens.

Food safety can be built into standardized recipes by stating exact cooking and holding temperatures for recipes that have high risk food ingredients such as meat, poultry, fish, shellfish, eggs, and dairy products.

The standardized recipe for meat loaf above states specific cooking instructions:

- ✓ Oven temperature (bake at 325°F)
- ✓ Approximate cooking time (about 75 minutes)
- ✓ Final internal temperature (180°F), to be tested with a thermometer

The recipe also provides additional food safety information:

- ✓ Hold meat loaf for service at temperature of 135°F or higher
- ✓ Common food allergens: eggs and wheat

Cooking and holding foods at proper temperatures ensures that the final food product will not contain bacteria or viruses that cause foodborne illness. Although cooks have been trained in safe cooking methods, these recipe instructions can serve as an additional food safety reminder.

Avoiding Recipe Substitutions and Additions

One of the keys to success when using standardized recipes is following the recipe exactly as it is written with no substitutions or additions. Substitutions or additions create a significant risk for customers with food allergies. The only way for an individual to prevent an allergic reaction to food is by avoiding the food or foods to which they are allergic.

Recipe substitutions occur when:

- The kitchen runs out of an ingredient
- The manufacturer changes the formulation of a product

Additions occur when chefs or cooks decide to be creative to change or complete a dish by:

- Adding a new ingredient or flavor
- Adding a sauce
- Adding a garnish

When substitutions or additions are made, the information provided to customers may be inaccurate or incomplete, thus placing customers at risk for unknowingly consuming food allergens and suffering an allergic reaction to food. When substitutions cannot be avoided, customers with food allergy concerns should be notified that an ingredient substitution has been made.

When the ingredients and cooking methods remain uniform, customers can be assured that menu items are safe to consume.

In addition to the risk for allergic reaction to food, substitutions also increase the risk for foodborne illness. For example, bone-in chicken breasts require additional cooking time when substituted for boneless chicken breasts. Although a seemingly simple substitution, the chef must realize the substitution, alter the cooking time and temperature, and check the internal temperature of the final product. Otherwise, undercooked chicken could be served to customers posing a significant risk for foodborne illness.

Scenario 4: Recipe Change Causes Death from Food Allergy

A man who had a food allergy to peanuts ordered an eggroll at a Chinese restaurant. The waitress assured him that the eggroll had not been fried in peanut oil. However, she did not know that the eggroll recipe had been changed to include peanut butter to make it taste better. When the man began having difficulty breathing his wife asked to speak to the manager. The manager disclosed that peanut butter was an ingredient in the eggroll. Although the man was taken to a nearby urgent care center, he went into anaphylactic shock and died. This case shows how recipe changes and inaccurate information place customers with food allergies at risk.



STANDARD OPERATING PROCEDURES: FOOD INGREDIENTS AND RECIPES

- Read ingredient lists on food labels carefully to identify food allergens
- Contact the food manufacturer if there are questions about ingredients in a food product
- Follow standardized recipes
- Avoid ingredient substitutions and additions to standardized recipes
- Obtain manager's approval if it is necessary to change an ingredient in a recipe and notify other employees of the change

[**View Video linked from Chapter 3 Module 2.**](#)

Quiz...Next Page

Food Ingredients and Recipes

Module Quiz: Please make sure you have read Chapter 3 – Module 2 and watched the corresponding video before you take the quiz. If you have any questions about the information found in Module 2, please ask your manager before you begin.

1. Where can one find a list of ingredients contained in a packaged food product?
 - a. Invoice
 - b. Food label
 - c. Menu
 - d. Purchase order
2. Federal law requires that **The Big Eight** food allergens be listed by common names on food labels of packaged food products.
 - a. True
 - b. False
3. Ingredients are listed on a food label in order of:
 - a. Weight
 - b. Volume
 - c. Cost
 - d. Alphabet
4. A restaurant cook is about to prepare frozen breaded chicken patties, a convenience product. The best advice for cooking these patties is:
 - a. Check a cookbook for time and temperature
 - b. Cook until they look done
 - c. Ask another cook for help
 - d. Follow the manufacturer's directions
5. An advantage of standardized recipes is that they allow cooks to:
 - a. Add different ingredients
 - b. Use different cooking methods
 - c. Obtain the same quality and yield of product every time
 - d. All of the above
6. A cook notices that the distributor has delivered a different brand of soy sauce. What should the cook do?
 - a. Use the new soy sauce in recipes as before
 - b. Check the food label for any ingredient changes before using
 - c. Return the soy sauce to the distributor
 - d. Omit soy sauce from recipes
7. To improve food safety, what information can be added to standardized recipes?
 - a. Final cooking temperatures
 - b. Hot or cold holding temperatures
 - c. Food allergens contained in the recipe
 - d. All of the above