

Recipe Standardization

NFSC 431: Management

Skill Area: Food Service Management

Assignment Title: Recipe Standardization

What I Learned: This assignment taught me how to create an easy to read menu that can be understood and practiced by the general public. I learned how to describe ingredients and preparation techniques, give easy to follow cooking instructions, and calculate measurements as well as exercise my Microsoft Office Excel skills.

Reflection to assignment: This assignment allowed me to choose two of my favorite recipes that I have been preparing for years, and share them with my classmates and people at the farmers market. I chose to make two separate menus, one on Stuffed Portobello Mushrooms and the other on Marinated Bell Peppers. The menus provided what ingredients were needed and what amount was required for each ingredient. I also provided in depth preparation and cooking instructions that are very easy to follow. This assignment was an excellent way for me to learn how to create a recipe and apply recipe standardization skills. It also allowed me to exercise my creativity in creating a recipe.

Relevance to the profession: Food service management is a very important component of Nutrition and Food Science as a profession. The skills taught in this assignment are critical for any professional field I choose to go into.