

Converting Standardized Recipes

Calculate the conversion factor for each recipe. Round conversion to nearest cooking fraction.

Formula to increase or decrease yield:

$$\text{New Yield} \div \text{Old Yield} = \text{Conversion Factor}$$

$$\text{Old Yield} \times \text{Conversion Factor} = \text{New Yield}$$

1. 2-Step Chicken Yield: Serves 4 New Yield: 16

| Ingredient | Quantity | Conversion Factor | New Quantity |
|-----------------------------------|--------------|-------------------|--------------|
| Vegetable oil | 1 Tablespoon | | |
| Boneless chicken breast halves | 4 | | |
| Cream of chicken soup (10 ounces) | 1 can | | |
| Water | ½ cup | | |

2. "Super Drink" Smoothie Yield: Serves 12 New Yield: 75

| Ingredient | Quantity | Conversion Factor | New Quantity |
|--------------------------|---------------|-------------------|--------------|
| Strawberries, sliced | 4 cups | | |
| Peaches, canned, drained | 2 cups | | |
| Yogurt, plain, low-fat | 4 cups | | |
| Lemon juice | 2 Tablespoons | | |
| Bananas | ½ cup | | |

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3. "Tasty Tenders" Chicken Tenders Yield: Serves 25 New Yield: 90

| Ingredient | Quantity | Conversion Factor | New Quantity |
|--|----------------------|-------------------|--------------|
| Chicken, boneless skinless breasts or thighs | 3.5 lbs. | | |
| Wheat bran cereal, crushed | 3 $\frac{3}{4}$ cups | | |
| 1% (low-fat) or fat-free milk | 2.5 cups | | |
| Olive or canola oil | 5 Tablespoons | | |

4. Cornbread Yield: Serves 100 New Yield: 24

| Ingredient | Quantity | Conversion Factor | New Quantity |
|--|---------------------------|-------------------|--------------|
| Enriched all-purpose flour | 2 lbs. | | |
| Cornmeal | 2 lbs. | | |
| Sugar | 10 $\frac{1}{2}$ oz. | | |
| Baking powder | 2 oz. | | |
| Salt | 2 $\frac{1}{2}$ teaspoons | | |
| Frozen whole eggs, thawed or fresh | 10 $\frac{1}{2}$ oz. | | |
| Instant nonfat dry milk, reconstituted | 7 $\frac{1}{2}$ cups | | |
| Vegetable oil | 1 cup | | |
| Reduced fat cheddar cheese, shredded | 1 lb. 8 oz. | | |