

# A GOOD (enough) recipe for Lab?

**Directions:** Find a recipe for the given lab ingredient/topic. Read the recipe carefully and entirely! Fill out the following form regarding the recipe.

Recipe Name:

Recipe Source (exact):

Features of a Standard Recipe		
	YES	NO
<b>1. Name of recipe</b>		
A. Name gives a sufficient description of the major ingredients or preparation.		
B. Name is appealing.		
<b>2. List of Ingredients</b>		
A. All ingredients are listed in the order they are used.		
B. Ingredients are listed as they are measured. (words describing ingredients are in the correct place. Ex: cup chopped onion, not cup onion, chopped)		
C. Measurements are given in common fractions. (1/2 cup)		
D. Ingredients are listed in the easiest units of measure (1/4 cup instead of 4 tablespoons.		
E. All measurements are spelled out, not abbreviated. Ex: cup, teaspoon, size can, etc. (4-ounce can).		
F. Weights instead of measures are used when helpful, as for uncooked meat, poultry, fish, cheese, etc.		
G. Sizes of cans or boxes are specified, (2 packages (10 ounces each) of frozen green beans instead of 2 boxes.)		
H. Brand names are avoided.		
I. Types of products needed are specified. (cake flour, all-purpose flour, dark corn syrup, etc.		
<b>3. Directions for Combining Ingredients</b>		
A. Clear instructions are used for every step of combining and cooking the ingredients.		
B. Short sentences are used.		
C. Simple words are used to describe combining and cooking processes; ("cook in a small amount of oil" instead of "sauté.")		
D. Word pictures, such as "chill until syrupy" or "mixture thickens as it cools," or actual pictures are used.		
E. Size of pans or containers is stated, (9-inch round layer pans)		
F. Temperatures are given for recipes requiring the oven.		

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Features of a Standard Recipe		
G. Cooking times and preparation times are stated.		
H. Number and size of servings included.		
I. Most efficient order of work is used to avoid extra bowls, cups, extra beating, etc.		
Features for Novice Cooks		
	Yes	No
1. Low-cost, readily available, and culturally acceptable ingredients are used.		
2. Only basic equipment and appliances are used.		
3. Recipes are easy to read and do (good use of print type, boxes).		
4. Total preparation time is 45 minutes or less.		
5. Seven or fewer ingredients are used (unless special occasion or holiday).		
6. Recipes are tasty (don't use fat-free foods if they decrease taste).		
Food and Nutrition Features		
	Yes	No
1. Nutrition information given in simple terms (format ranging from a nutrition label similar to that found on food products to a simple "High in Vitamin C" note to the side of the recipe)		
2. Tips on food safety are given.		
3. Specific internal cooking temperatures recommended for food safety.		

## Thinking Questions:

What will you learn by doing this recipe in lab that you can use in real life? (3 sentence minimum)

Why do you think this is a good recipe for lab? (minimum of 2 sentences)

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List all of the equipment needed to make this recipe.