Learning Objectives

- Develop a clear and purposeful dish concept that guides ingredient, technique, and presentation choices.

- Assemble flavors intentionally, using balance, contrast, and ingredient roles to support the concept.

- Select and organize ingredients with accurate amounts and clear, practical prep instructions.

- Write method steps that are logical, detailed, and aligned with the intended technique.

- Apply visual and structural principles of plate design to create balanced, cohesive dishes.

- Test and refine recipes for clarity, consistency, and alignment with the original concept and goals.

What is a Recipe?

- Step-by-step guide to prepare a dish
- Includes ingredients, amounts, prep, and method
- Bridges concept and execution
- Must be clear, precise, and testable

Serves multiple purposes:

- **Instructional:** teaches skills or techniques
- **Operational:** ensures consistency across teams or locations
- **Creative:** captures and expresses a culinary concept

Recipe Template

RECIPE NAME
RECIPE SUBTITLE (IF APPLICABLE)

Yield:

Ingredients	Amounts
Ingredient name, prep	Ingredient weight/volume
Ingredient name, prep	Ingredient weight/volume
Ingredient name, prep	Ingredient weight/volume

Method
1.
2.
3.

Recipe Development Sequence

Choose a concept → Define ingredients → Approximate ingredient amounts → List ingredient preps → Write method steps → Test your recipe → Revise your recipe → (Choose a concept)
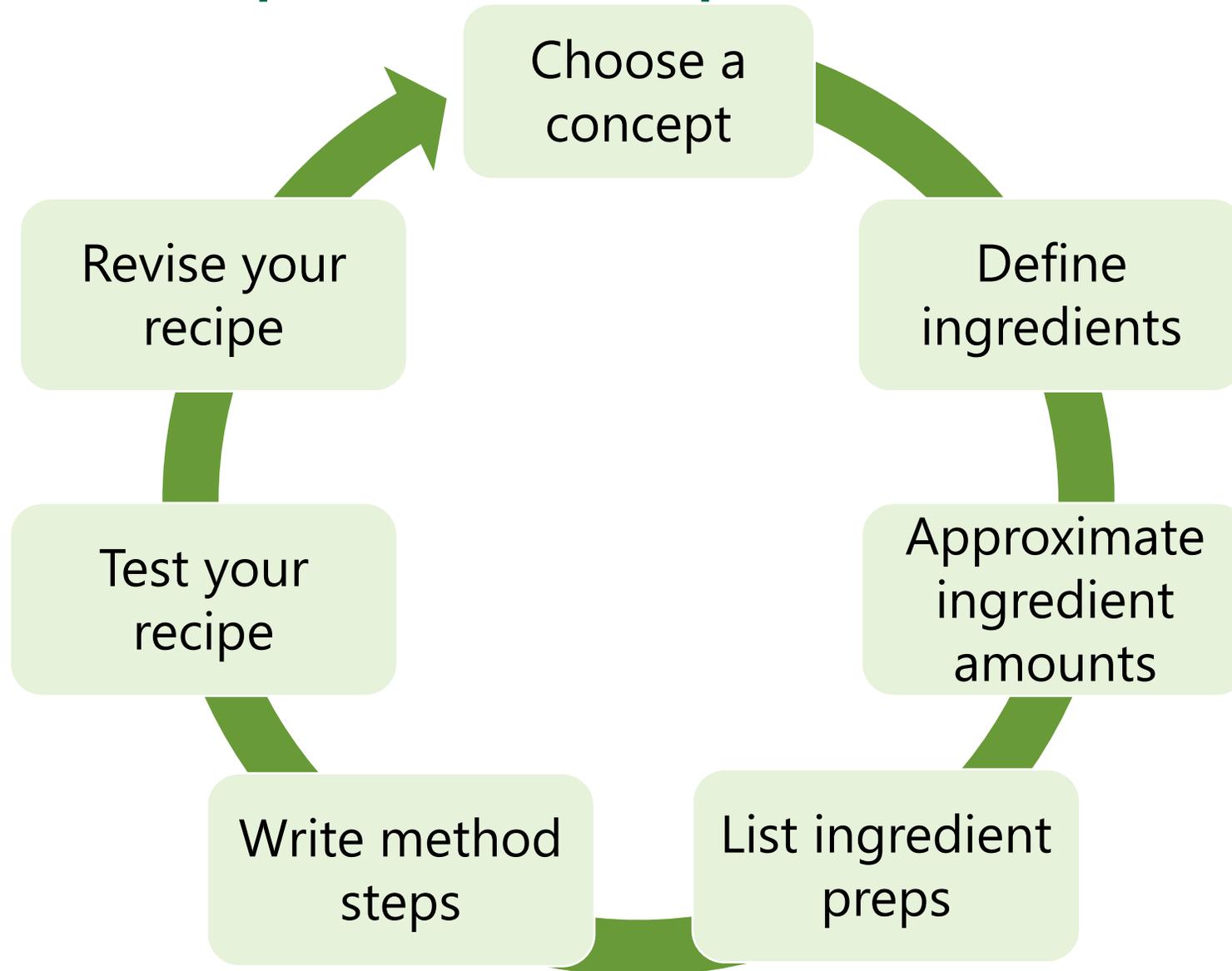
Choose a Concept: **Italian-Marinara**

What is a concept?

- The main idea behind a dish
- Rooted in an ingredient, cuisine, technique, or goal
- Provides structure for creativity

Why it matters:

- Guides ingredient, prep, and technique choices
- Sets up a clear, usable recipe

How to choose:

- Ask:
  - What is the dish's purpose?
  - Who is it for?
  - Instructional, creative, or service-ready?
- Start broad, then narrow:
  - *"Sauce" → "Italian-marinara"*

Define the Ingredients

- **Start with the concept:** choose ingredients that clearly support the dish's purpose, flavor, or technique
- **Be intentional:** each item should serve a purpose; main, support, texture, or balance
- **Stay relevant:** keep ingredients aligned with the concept, avoid fillers
- **Think practically:** consider availability, seasonality, and kitchen needs
- **Use categories:** build from <u>recipe structure</u>

Recipe Structure

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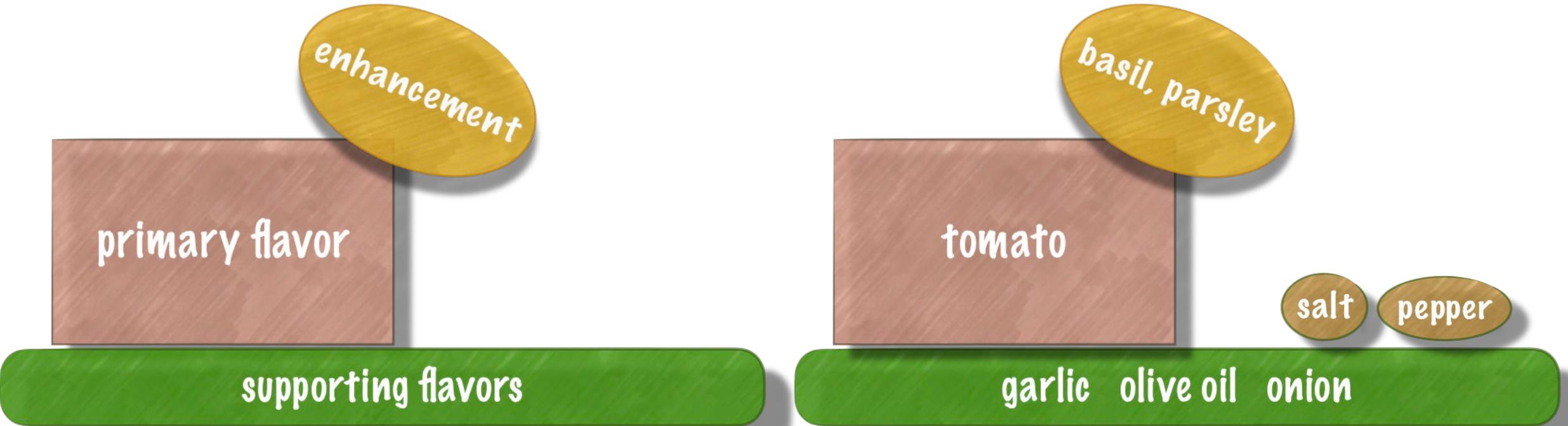
Italian-Marinara

Yield:

Ingredients

Olive oil

Garlic clove

Onion

Black pepper
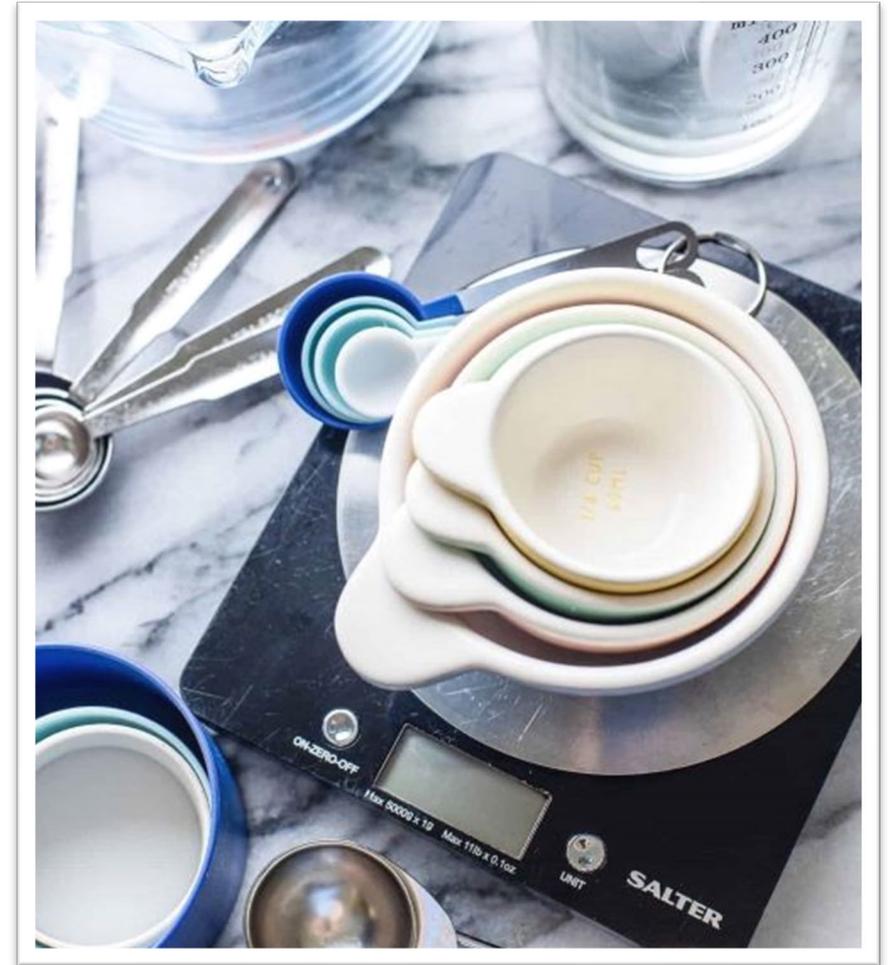
Tomatoes

Basil

Italian parsley

Sea salt

Approximate Ingredient Amounts

- **Use logic:** estimate amounts needed for balance and functionality
- **Think by role:** primary items require more; supporting ones, less
- **Balance flavor:** account for salt, fat, acid, and heat — avoid overpowering elements
- **Portion-based estimating:** consider how much is needed per serving, then scale
- **Measurements:** use unform units throughout

Italian-Marinara

Yield:

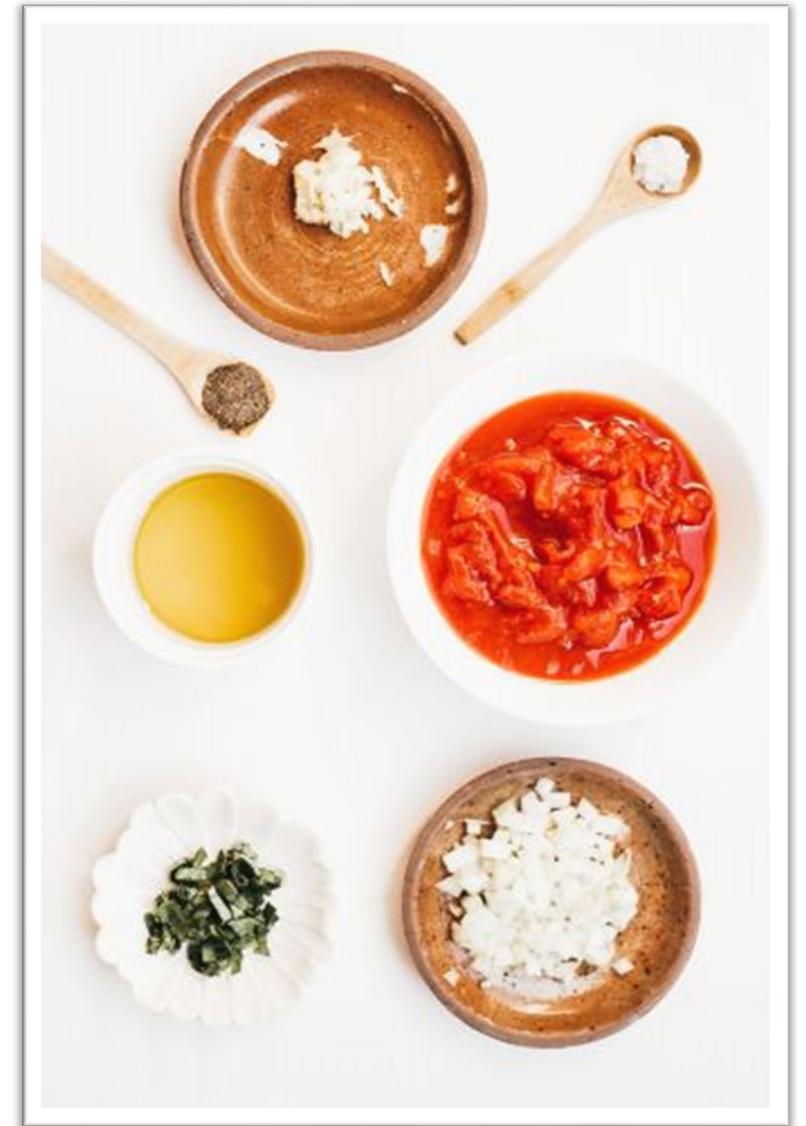| Ingredients	Amounts
Olive oil	150 g
Garlic clove	60 g
Onion	80 g
Black pepper	5 g
Tomatoes	600 g
Basil	30 g
Italian parsley	25 g
Sea salt	2 g

List Ingredient Preps

- **Be specific:** write exactly how each item should be prepped — no guesswork
- **Match the method:** prep should support the cooking technique (thin slice for sauté)
- **Keep it efficient:** choose prep styles that suit the dish and workflow
- **Include prep in the list:** write it directly with the ingredient
- **Stay consistent:** use uniform terms, and formatting throughout

Italian-Marinara

Yield:

Ingredients	Amounts
Olive oil	150 g
Garlic clove, **peeled, split**	60 g
Onion, **finely diced**	80 g
Black pepper, **crushed**	5 g
Tomatoes, **peeled, seeded, crushed**	600 g
Basil, **roughly chopped**	30 g
Italian parsley, **roughly chopped**	25 g
Sea salt	2 g

Write Method Steps

- **Be clear and direct:** use simple, professional language and strong action verbs

- **Go step by step:** list one clear action per line, in logical order

- **Match the concept:** highlight the core technique or skill being taught

- **Include key details:** add time, temp, and cues ("simmer 10 min, until reduced by half")

- **Avoid assumptions:** do not skip steps, write for accuracy and consistency

ITALIAN-MARINARA

Yield:

Ingredients	Amounts
Olive oil	150 g
Garlic clove, peeled, split	60 g
Onion, finely diced	80 g
Black pepper, crushed	5 g
Tomatoes, peeled, seeded, crushed	600 g
Basil, roughly chopped	30 g
Italian parsley, roughly chopped	25 g
Sea salt	2 g

Method

1. Heat the olive oil in a saucepan over medium heat until shimmering.
2. Add the garlic, onion, and pepper. Sauté until golden, 5 to 7 minutes.
3. Add the tomatoes and stir to combine. Simmer over medium-low heat until oil begins to show on the surface.
4. Stir in the basil, parsley, and salt. Remove from the heat.

Test Your Recipe Concept

- **Set your mise en place**: gather tools and ingredients as listed

- **Test the prep flow**: follow the recipe step-by-step

- **Stick to the script**: cook as written— no memory or instinct

- **Watch for breakdowns**: note anything unclear or inefficient

- **Check alignment**: does the dish match the goal or teaching point?

- **Spot surprises**: look for timing and prep issues or unexpected results

Revise Your Recipe

- **Start with notes:** use what testing taught you
- **Spot issues:** focus on confusion or what didn't work
- **Clarify steps:** rewrite unclear instructions; add timing, order, visuals
- **Adjust amounts:** balance texture, consistency, and flavor
- **Refine prep:** ensure prep matches method and is easy to follow
- **Protect the concept:** improve execution, do not change the idea
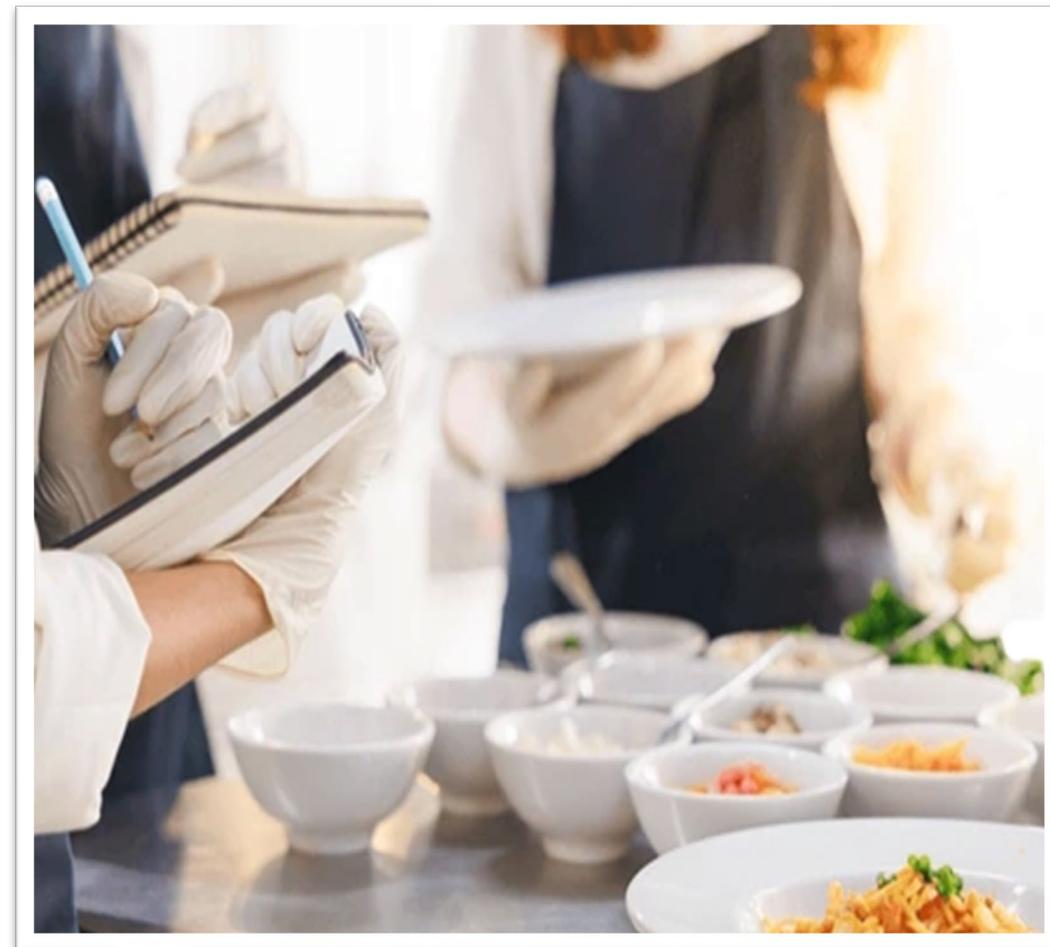
Recipe Refinement Process

Concept	Ingredients	Amounts	Prep	Method
↓	↓	↓	↓	↓
Definition	Flavors	Precision	Mise en Place	Technique

The **Concept** becomes a clear **Definition** of the dish's purpose, role, or origin

Ingredients are refined into intentional **Flavors** that support the concept

Amounts are adjusted for **Precision** to ensure consistency and scale

Prep details are clarified into actionable **Mise en Place** steps

Method is refined to highlight **Technique**, aligning with learning or execution goals

What is a Dish?

- Finished plate with purpose, balance, and identity
- Brings a recipe to life
- Shows flavor, culture, emotion, or technique
- Built from elements with specific roles:
  - Main (protein, starch, veg)
  - Support (sauce, garnish, texture)
- More than the sum of its parts
- Tells a story, sparks a reaction, or serves a purpose

Dish Creation Process
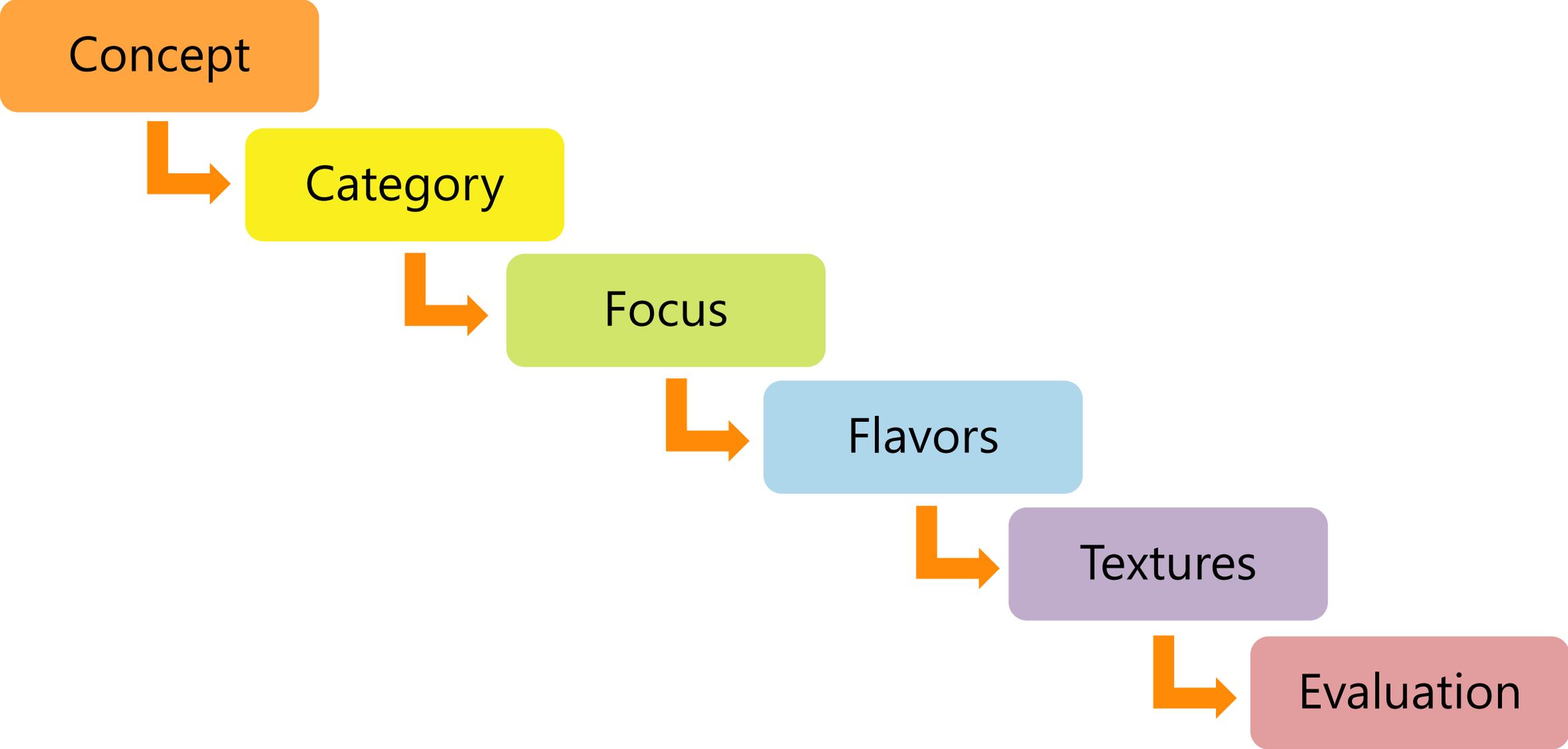
Concept → Category → Focus → Flavors → Textures → Evaluation

Concept Example

Goal: create a dish that feels warm, nostalgic, and comforting

Inspiration: "something that reminds you of when mom cooked"

Mood: friendly, familiar, and approachable

Purpose: engage customers emotionally through flavor and memory

Outcome: a signature dish that feels homey but refined, one everyone craves again

Category

- Place your concept into a defined category

- Helps clarify the type of dish you are creating

- Guides decisions around ingredients, technique, and plating

- Useful for menu organization, cost analysis, and customer expectations

Category Example

Concept: a nostalgic, comforting dish
Category: Pasta
Why it fits:

- Hearty, familiar, family
- Style supports the warmth and comfort of the concept

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Focus

- Narrow down what you want the dish to communicate

- Highlight key attributes like simplicity, technique, or bold flavor

- Consider how the dish reflects your culinary identity

- Narrow the broad category into a specific dish idea that delivers your intended message clearly and memorably

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Focus Example

Category: Pasta
Dish idea: Ziti with Meatballs
Focus:

- Showcase simplicity through clean, classic preparation

- Highlight clear, balanced flavors, and strong presentation

- Use the dish to express our unique culinary style

Flavors Example

Dish idea: Ziti with Meatballs

Flavor profile:

- Tomato sauce for brightness and acidity

- Classic beef meatball for richness and tradition

- Parsley for freshness

- Overall: simple, clean, and craveable

Key elements to develop:

- Meatball

- Sauce

Texture

- Plan the textural experience of the dish

- Create contrast and balance: soft, crispy, chewy, smooth

- Use texture to support flavor and enhance satisfaction

- Think about mouthfeel, structure, and visual interest

- **Write the recipe!**

Textures Example

Dish idea: Ziti with Meatballs

- **Meatball:** tender, juicy, and cheesy for richness and comfort
- **Pasta:** al dente for bite and structure
- **Sauce:** smooth and rich to coat and unify the dish
- **Garnish:** crispy fried parsley for crunch and contrast

Evaluation

- Taste for flavor clarity and balance

- Confirm textures match your intention

- Check visual presentation and plating

- Evaluate temperature and doneness

- Ensure the dish reflects your original concept and focus

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Evaluation Example

- ✓ **Flavor:** rich tomato, savory meatball, balanced salt and acidity
- ✓ **Texture:** juicy meatball, al dente pasta, smooth sauce, crispy parsley
- ✓ **Presentation:** neat plating with height, garnish adds color and crunch
- ✓ **Temperature:** hot throughout, served on a warm plate
- ✓ **Concept delivery:** nostalgic, comforting, simple and craveable — exactly as intended

Culinary Quality Assurance Guidelines (CQAG)

- A tool used to improve the delivery of consistently prepared, high quality foods
- Helps you to critique your own recipes without being bias
- To accurately use this tool,
  - All ingredients must be weighed, scaled, and prepped to recipe specifications
  - All food must be cooked, plated, and served to recipe specifications

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Source: *Modern Batch Cookery* by Victor Gielisse and Ron DeSantis

CQAG Parameters

During the evaluation and tasting process:

- Taste for clean, balanced flavor

- Confirm freshness of all ingredients

- Check that all components are properly cooked (not over or under)

- Verify textures are correct for each element

- Ensure meats, poultry, and fish are cooked to proper doneness

- Serve hot food on hot plates, cold food on cold plates

- Keep holding time between cooking and tasting as short as possible

CQAG Evaluation Form

- Items that receive a minimum average score of 3.4 or less require further modification/training before retesting or serving to guests

- For best results, this form should be filled out by more than 1 person

  - Scores should then be tallied and averaged

	Score	Note	Scoring Guidelines (use whole numbers only)
RECIPE/FORMULA (The food is prepared using the appropriate technique as stated in the recipe.)			1 Not up to standard. Reproduce item again. Not to be served to guests.
APPEARANCE/FRESHNESS (Presentation looks fresh and follows formula specification, diagram, or photo.)			2 Below standard. Not to be served to guests. Adjust according to suggestions and/or provide additional coaching
TASTE/AROMA/FLAVOR (Food smells and tastes great with an appropriate flavor profile.)			3 Executed within range of acceptability. May be served to guests after appropriate adjustments and/or additional coaching.
TEXTURE (Food has correct texture: e.g., crispy if fried, smooth if pureéd.)			4 Executed within range of acceptability. Appropriate to serve to guests. May consider minor adjustments or coaching to improve quality.
TEMPERATURE (Food served at the appropriate temperature: hot foods hot and cold foods cold.)			5 Perfectly executed. Appropriate to serve to guests. No further modifications or coaching required.

Date	Item Prepared		Prepared by:	
			Prepared by:	
		Servable Y / N	Average score:	

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