

# RECIPE FORMATS

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## Recipe Formats

There are three commonly used formats for recipes: Standard Format, Active Format, and Narrative Format.

### **STANDARD FORMAT**

*This recipe format is easy to follow and takes up the least space. Ingredient list is a quick reference to determine if ingredients are on hand and listed in order of use in recipe. Step-by-step method follows ingredient list.*

#### CHOCOLATE CHIP MUFFINS

1½ cups	all-purpose flour	1 cup	chocolate chips
½ cups	sugar	1	egg
1 tbsp	baking soda	1 cup	milk
¼ tsp	salt	¼ cup	melted butter

1. Mix dry ingredients and add chocolate chips.
2. Combine egg, milk, and butter and stir into the flour mixture. Do not overmix.
3. Bake at 375°F for 20 minutes.

### **ACTIVE FORMAT**

This recipe format has a step-by-step method that is easy to follow, but takes up more space. Checking ingredients for availability is not as convenient as they are placed in recipe within directions.

Measure and mix together:

1½ cups all-purpose flour

½ cup sugar

1 tbsp baking soda

¼ tsp salt

Stir in:

1 cup chocolate chips

In a separate bowl, combine:

1 egg

1 cup milk

¼ cup melted butter

Stir wet ingredients into flour mixture. Do not overmix. Bake at 375°F for 20 minutes.

### **NARRATIVE FORMAT**

This recipe format is written in paragraph form giving the ingredients along with the method of combining them. It works well for short recipes with few ingredients.

#### CHOCOLATE CHIP MUFFINS

Measure and mix together 1½ cups all-purpose flour, ½ cup sugar, 1 tbsp baking soda, and ¼ tsp salt. Stir in 1 cup chocolate chips. In a separate bowl, combine 1 egg, 1 cup milk, and ¼ cup melted butter. Stir wet ingredients into flour mixture. Do not overmix. Bake at 375°F for 20 minutes.

## MEASURING UP PERFECTLY

To be a great cook, you need to be able to measure to be able to measure accurately with proper equipment. If you follow the suggestions given in this handout, you will be able to do just that. You must use standard measures – either metric or imperial. Using a regular teaspoon or any cup is inaccurate because they vary in size. Standard measures are always the same size, consequently, the amounts measured are exactly the same.

### Dry Measuring Cups

Dry imperial measuring cups are used to measure dry or solid ingredients. They are each a different size: 1 cup, ½ cup, 1/3 cup, and ¼ cup. Use these cups to measure whole cups or fractions of cups.	
Dry metric measures come in these sizes: 250 mL, 125 mL, 80 mL, and 60 mL.	

Dry measuring cups should be used only for dry ingredients such as flour, or solid ingredients such as shortening. Do not use them to measure liquids. You can easily spill liquid because the ingredients must come to the top of the cup for accurate measurement. This means you will not have an accurate measure. To measure liquids, use a liquid measuring cup.

## MEASURING DRY INGREDIENTS

In many recipes, **White Flour** must be sifted before can be measured. In that case, the recipe will state "1 cup sifted flour." If the flour is not to be sifted, the recipe will either omit the word 'sifted' or will specify 'unsifted' flour.

To measure white flour:

- 1 – Sift flour, if specified in the recipe.
- 2 – Spoon the flour gently into the measuring cup. If the flour must be sifted, sift it right into the dry measuring cup if you wish. Wax paper comes in very hand to catch the spills. Do not pack the flour down and do not shake the cup – the measurement will not be accurate.
- 3 – Level off the top of the cup with a metal spatula or a knife.

**Whole Grain Flours:** Whole-grain flour such as whole wheat and rye should never be sifted. The flour is coarse. Some of the large-grain particles will be sifted out along with valuable nutrients. Use whole-grain flours exactly as they come from the package. If the flour is lumpy or packed down, stir it lightly with a spoon.

To measure whole-grain flour:

- 1 – Spoon into a dry measuring cup.
- 2 – Level off.

### **Granulated Sugar:**

- 1 – If the sugar is lumpy, first sift it through a sieve to break the lumps.
- 2 – Spoon the sugar into a dry measuring cup.
- 3 – Level off.

**Confectioners' Sugar (Icing Sugar):**

- 1 – Always sift confectioners' sugar before measuring.
- 2 – Sift the sugar into a dry measuring cup.
- 3 – Level off.

**Brown Sugar:** Brown sugar contains moisture. For accurate measurement, brown sugar must be packed down into the cup.

To measure brown sugar:

- 1 – Place the measuring cup on waxed paper. Spoon the brown sugar into it, packing it down hard.
- 2 – Level off the top.
- 3 – When you turn the cup upside down, the sugar should come out and hold the shape of the cup.