


Recipe Selection and Evaluation

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TASTE



Individual tastes are primarily acquired or developed.

The majority of the public, even Adventist public have acquired tastes for salty, sweetness, bitter, savory and sour.

The goal of cooking schools is to move the attending public closer toward the center of healthy. We can seldom do that by offering extremes in taste.

Cutting pie ingredients down to zero sugar, fat, and salt, and refined flour is possible but not realistic.

GOALS OF COOKING SCHOOLS

The second goal is to motivate your audience to incorporate many of your recipes into their weekly routine.


If I find two recipes in a new cookbook that I or my wife uses on a weekly basis, I say that's worth the price.

Recently, two studies were conducted of attendees at a Lifestyle Center and both found very little change of patient lifestyle after one year. This center followed a no sugar, no dairy, no refined flour, and low fat dietary.

FIND THE RECIPE

- Your collection: Cookbooks: Friends, etc.
- Internet:
- Cooks.com - CookIllustrated.com - Cookinglight.com - Eating Well.com
- Healthy Eating.com; Fine Cooking.com
- All recipes.com; Myrecipes.com
- Recipe Finder - Foodnet.co - Epicurious.com
- Recipesource.com or Cuisine at Home.com
- Type baked sweet potato recipe

GUIDELINE PRINCIPLES



- Choose healthy Recipes - Moderate fat, low sugar, salt and refined grains
- Reasonable preparation time
- Select eye appealing dishes
- Recipe Fairly simple-not complex
- Above all the food must taste good-gourmet quality
- Economical - except special occasions
- Available ingredients-not exotic


RECIPE PRINCIPLES (CONTINUED)



1. Select a recipe using foods from one of the six primary foods groups, fruits, vegetables, whole grains, legumes, low-fat dairy, nuts, and seeds.
2. Fresh or frozen fruits and vegetables are best.
3. Whole grains cereals and breads and pastries.
4. Use healthy fats - olive oil, canola, soy, peanut oils
 - No-TFA margarines or foods
5. Use as much natural sweeteners as acceptable
 - dried fruits, fruit juice concentrate, dried cane sugars


RECIPE GUIDELINES (CONTINUED)

6. Use reduced fat dairy products
7. Use egg whites in place of egg yolks when possible
8. Use salt-free margarines in baking
9. Reduced the salt , <<<<<< than 200 mg.
10. Use generously herbs and spices-experiment



RECIPE GUIDELINES

11. High calcium 200 mg. per serving, high iron 3 mg. per serving, high fiber - .7 grams, high folate .50 mg.
12. Please do not demonstrate a negative: no salt, no sugar, no dairy, no GMO
13. Watch the sodium percentages per serving.
14. Always demonstrate recipes that you have prepared personally before the Demo, never trust your version of someone else recipe.



RECIPE GUIDELINES

15. Have on hand fortified dry soy milk– add to pancakes, waffles, analogs or other dishes you are baking.
16. Prepare chopped roasted nuts, pecans, pine nuts, seeds etc and place in freezer and use for opportunities nuts can add every opportunity.
17. Grow small herb gardens to use often- herbs such as Basil, Oregano, Thyme, Marjoram, Mint, Sage, Cilantro, etc
- 18.




Recipe Guidelines for Fast Food

- 19. Cook extra servings of cracked whole and multi-grains cereals, store for a couple of days in Frig or freeze for future use.
- 18. Soups and legumes freeze quite well and can be used in for fast meals.
- 20. Prepare more than one meat-analog dish such as Special K Loaf and freeze
- 21.

VOLUME AND WEIGHTS

Teaspoon measure volumes	
Grams measure weight	
1 t. of salt	6 grams
1 t. flour	2.5 g
1 t. brown sugar	4.6 g.
1 t. oil	5 g.
1 t. of butter	5 g.
1 t. water	5 g.
1 t. Baking powder or soda	4.6 g.



WELL WRITTEN RECIPES (CONTINUED)

1. List of all ingredients in order of usage.
 - Cup – 1C. .25, .5, .75, and number of grams and or ounces-shopping tips (one small medium large onion).
2. Name and amounts – Descriptive name and correct measure
 - If baking or frying or temp sensitive – give temperature in F and C (Bake at 350 degrees F.)
3. List special equipment needed — Size of baking sheet (9x13) or (1 quart) sauce pan or 12 skillet
4. Write the steps of preparation in logical order
 - Any advance preparation state at the beginning (pre-cook)

WELL WRITTEN RECIPES

5. Give approximate preparation time or when frying patties give time for each side.

10. Calories and nutrient amounts are great, but not necessary

6. Include number of servings per recipe:

9. Sell the recipe in one sentence – the uniqueness




7. Include serving size
1 C. Leafy green salad, .5 C. cooked vegetables, .25 C. dried fruits, .5 C. apple juice

8. Be concise, but clear in descriptions

RECIPE GUIDELINES

- Each serving of fruits and vegetables:
 - One serving < than 480 mg of sodium
 - $\leq \frac{1}{2}$ t. of sucrose or equivalent
 - ≤ 3 grams of fat
 - .28 g. fiber per 2000 calories
- Fats and sugars do not include naturally occurring sugars

Guidelines from Fruit and Vegetable More Matters

TOTAL CALORIES

< 35 % of calories from fat



< 15% of calories from added sugars

≤ 10 % of calories from saturated fat

ADJUSTING RECIPES



Doubling recipe:

- Pasta – O.K.
- Cakes – No No

Cookies:

- If baking 2 pans instead of one, rotate one-half baking time and allow longer to bake. Adjust size of pan or pot.

Halving recipe:

- Adjust cooking time and divide by even numbers Look at lowest common denominator. Ex. One egg. Don't divide an egg.

MAKING OVER RECIPES

Grains:

- Go for whole grains most often.
- try whole wheat or white whole wheat flour as often as possible. Replacing one half of the white flour with 100 % Whole-Pase.
- Pies-use a graham cracker crust instead of white flour or pastry whole wheat flour.

Fats:

- Use diet margarine instead of regular except in baking.
- Use canola, walnut, soy oils in cooking, and olive oil in dressings.
- In cakes and cookies you can sometimes replace half the oil with apple sauce.

MAKE OVER RECIPES



Dairy:

- Use non-fat yogurt instead of sour cream. Or if available "Libne"- a Greek low fat yogurt (drain or concentrate yogurt)
- Use low fat or non-fat milk
- Use evaporated milk instead of cream
- Use non-fat or low fat cream cheese
- Use a healthier margarine instead of butter
- Use low-fat cheeses instead of regular cheese

Eggs:

- Use two egg whites instead of one egg. In baking often use whipped egg whites and fold into cakes, cookies entree's

ADJUSTING RECIPES

Sugar:
Cut the sugar by 25-50 % in many recipes.



Salt



Sugar

Salt:

- Cut salt gradually to 120 g. per 100 grams per recipe
- If using salad dressing, condiments, soy sauce, chips, etc., add up the % of sodium from each of the prepared foods.

PECAN PIE MAKE OVER

Pecan Pie Crust - Cooking Light Nov. 2009


- 1 c. all purpose white flour (Traditional - White Flour)
- 3 T ice water
- 1 t. lemon juice
- 2 T. powdered sugar

Cut in 4 T margarine) (Lard or shortening)

Press mix on parchment paper--pat out to 4 inch round--top with another layer of paper and freeze for 10 minutes

Thaw and roll out for pie pan.

Bake for 8-10 minutes in 350 F.



OLD FASHION SOUTHERN PECAN PIE (CONTINUED)

Filling:

1/3 cup unsalted butter

1 cup brown sugar


1 cup Karo light corn syrup (white corn syrup)

2 cups pecans

3 eggs

1/3 teaspoon salt

1 teaspoon vanilla



OLD FASHION SOUTHERN PECAN PIE

Pecan Pie Mix

- 1 C. light Karo syrup – Traditional
- ¼ c. Maple syrup
- 2 T. Flour
- 2 large eggs
- 2 egg whites
- 1 t. vanilla

Mix with beaters until smooth

¼ t. salt

Add 1 c to 1 1/2 c. Pecans and pour into baked shell

Bake 350 F. for 50 minutes

From Cooking Light November 2009 p. 224




TRANSITION

Crust – white flour
– unbleached white flour to pastry whole wheat flour or white whole wheat flour

Crust - lard to vegetable shno-salt margarine

Filling - brown sugar and Karo syrup to maple syrup and dates

Whole egg yolks to egg whites and the rest whites and maybe use 1 T. to arrowroot starch or corn starch



Recipe Selection and Evaluation

THE END