

# Recipe Conversion

APRIL 30, 2020

Recipes let us know about how much they will make in the **Yield**. The yield is usually included near the beginning of the recipe. The yield will sometimes tell you *how many* it will make, for example 24 cookies, and sometimes it will tell you *how much* it will make, for example 1 litre of soup. But what happens if you need more or less of a recipe? Chefs **convert** recipes all the time so that they can make the amount that is needed.

- If you need **more of a recipe**, we multiply the amount of each ingredient to get a new amount. For example, if a banana bread recipe that makes 1 loaf calls for 3 bananas and you want to make 2 loaves of banana bread, you would **multiply**:  $3 \times 2 = 6$ . 6 bananas will be needed.
- If you need **less than a recipe's yield**, you divide the amount of each ingredient to get a new amount. For example, if a cookie recipe yield is 50 cookies and you only need half of that, or 25, you would convert the recipe by dividing the ingredient by 2. If 4 eggs were needed in the original recipe, you would **divide**:  $4 \div 2 = 2$ . 2 eggs will be needed.
- Sometimes you need **somewhere in the middle**. In that case you *round up* to the closest amount you will need. This makes sure everyone gets some of the food. For example, if our sushi maki recipe serves 6 and you need to serve 10, you will need to double the recipe and make enough for 12. This won't be a problem though, as we've rarely seen any sushi left over, no matter how much we make!

## ACTIVITY INSTRUCTIONS

### #1 HAVE A LOOK AT OUR CHOCOLATE COOKIE RECIPE



The yield of this recipe is 24 cookies. Imagine you are making cookies to take to a party and you need 48 cookies. Draw a t-chart in your Food Journal. Make a list of the ingredients in the left hand column. Now convert the recipe and write the new amount of each ingredient you will need in the right hand column.

### #2 HAVE A LOOK AT OUR TASTY CALZONE RECIPE



A calzone is like an inside out pizza. The yield is 4 calzone. What if you have 7 people in your family and need 7 calzone. What will you do? Remember, round up to the amount you will need. (The toughest part of making this recipe would be deciding who gets the extra calzone.) Draw a t-chart in your Food Journal. Make a list of the ingredients in the left hand column. Now convert the recipe and write the new amount of each ingredient you will need in the right hand column.

### #3 HAVE A LOOK AT OUR CRITTERLESS CAESAR SALAD RECIPE



The yield of this recipe is 4 servings. What if there are only two people eating? Convert this recipe to 2 servings. Draw a t-chart in your Food Journal. Make a list of the ingredients in the left hand column. Now convert the recipe and write the new amount of each ingredient you will need in the right hand column.

### #4 A RECIPE CONVERSION FOR THE LITTLE CHEFS

Have a look at our [Apple Bites recipe](#). It makes 1 serving of this snack. You want to make this for two people. How much of each ingredient will you need? Draw a t-chart in your Food Journal. Make a list of the ingredients in the left hand column. Now convert the recipe and write the new amount of each ingredient you will need in the right hand column.

