

## Recipe Standardization/Costing Assignment FSM 120L



### Lemon Spaghetti with Spinach

These lemon spaghetti with spinach are the perfect recipe for busy weeknights! It's a one pot meal, super delicious, comforting, and 100 % vegan!



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Course: Entrée Cuisine: Italian Keyword: lemon spaghetti

Prep Time:

5 mins

Cook Time:

15 mins

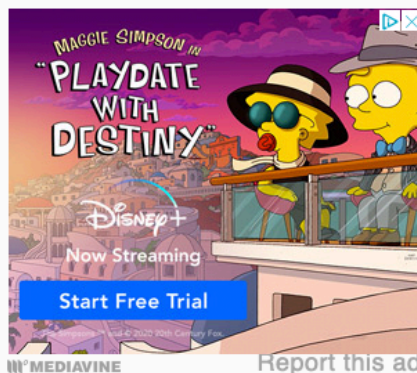
Total Time:

20 mins

Servings:  people Calories: 497kcal Author: Sina

#### Ingredients

- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 1/2 cups vegetable broth
- 1 cup canned coconut milk (full fat)
- 9 oz spaghetti
- 3 cups fresh spinach
- lemon juice of 1/2 lemon
- 1 teaspoon lemon zest
- salt
- pepper
- red pepper flakes



#### Instructions

1. In a large pot, heat some oil and sauté the onion for 3 minutes until it becomes translucent. Then add the garlic and cook for another minute.
2. Add the uncooked spaghetti, the vegetable broth, the coconut milk, and the lemon juice. Stir a couple of times and gently push the spaghetti in the liquid when they're soft enough (this might take a couple of minutes. Try not to break them when they're still too hard). Cook for 15-18 minutes.
3. When the spaghetti are al dente, stir in the spinach and the lemon zest. Cook for 2 more minutes and season with salt, pepper, and red pepper flakes. Enjoy!

### Notes

- I usually cook my one pot lemon spaghetti on medium heat. Just make sure that the spaghetti are not sticking to the bottom once in a while. If this is the case, turn down the heat a bit.
- Don't be surprised that the cooking time is a bit longer than usual (15-18 minutes). The spaghetti won't be over-cooked at all. They just need more time as they don't have as much liquid as they would when you cook them in water. However, they will have a much deeper flavor this way!
- It will take some time until all of the spaghetti are covered with liquid. Don't worry that's normal! Stir a couple of times and gently push the spaghetti in the liquid when they're soft enough. This might take a couple of minutes. Try not to break them when they're still too hard.
- I usually use full-fat coconut for my lemon spaghetti to make it extra creamy. However, I had some readers try it with light coconut milk and they said it still turned out very creamy.

### Nutrition

Calories: 497kcal | Carbohydrates: 64g | Protein: 13g | Fat: 23g | Saturated Fat: 19g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Potassium: 308mg | Fiber: 7g | Sugar: 15g | Vitamin A: 45% | Vitamin C: 32% | Calcium: 6% | Iron: 21%

<https://veganheaven.org/recipe/lemon-spaghetti-with-spinach/>

**Recipe Enlargement Form**

Enlarge the original recipe to 250 servings by using the **factor method** (see FFF).

**Original # servings: 2**

**Factor: 125**

Your final measures should be in simplified measures and rounded off following rounding rules.

<b>Column A</b> Ingredients	<b>Column B</b> Original recipe amounts	<b>Column C</b> Convert to common denominator or weight (if needed)	<b>Column D</b> Multiply by factor (show your work; include calculations here) Amount x factor = ?	<b>Column E</b> Convert to appropriate measure & simplify (use 1 gallon vs. 128 oz, etc.) (Show your work; include calculations such as how you convert from pounds > ounces > gallons > gallons + cups, etc.) This is where you ROUND to <u>full</u> household measures!
<i>Example:</i> milk, nonfat	1 cup	1 cup or 8 oz (choose one)	1 cup x 25 = 25 or 8 oz x 25 = 200 oz (example factor = 25)	1 gallon = 16 cups; 25/16=1.5625 gall; 0.5625gall=2 qts + 1 cup =>1 gall, 2 qts, 1 c. milk 1 gallon=128 oz; 200/128=1.5625 gall (see above)
Onion	1 chopped	110 g	110 g x 125 = 13750 g OR = 1.375 kg	1 kg = 2.2 lb; 1.375 kg x 2.2 lb = 3.025 lb
Garlic	3 cloves	15 g	15 g x 125 = 1875 g OR = 1.875 kg	1 kg = 2.2 lb; 1.875 kg x 2.2 lb = 4.125 lb
Vegetable Broth	2.5 cups	20 fl oz	20 fl oz x 125 = 2500 fl oz	1 gallon = 128 fl oz; 2500 fl oz/128 = 19.53125 gallons = 20 gallons
Canned coconut milk (full fat)	1 cup	8 fl oz	8 fl oz x 125 = 1000 fl oz	1 gallon = 128 fl oz; 1000 fl oz /128 =7.8125 gallons = 8 gallons
Spaghetti noodles	9 oz	9 oz	9 oz x 125 = 1125 oz	16 oz = 1 lb; 1125 oz/16 oz = 70.3125 lb = 70.5 lb
Fresh spinach	3 cups	90 g	90 g x 125 = 11250 g OR = 11.25 kg = 11.5 kg	1 lb = 453.6 g; 11250 g/453.6 g = 24.8015873 lb = 25 lb
Lemon juice	1/2 lemon	0.5 fl oz	0.5 fl oz x 125 = 62.5 fl oz = 63 fl oz	1 quart = 32 fl oz; 63 fl oz/32 fl oz= 1.96875 qt = 2 quarts

Lemon zest	1 teaspoon	2 g	2 g x 125 = 250 g	<p>250 g OR  1 lb = 453.6 g; 250g/453.6g =  0.551146384 lb = 0.6 lb OR  1 oz = 28.35 g; 250/28.35 =  8.818342152 oz = 9 oz</p> <p>1 medium lemon = 1 tablespoon of  lemon zest; 3 tsp of lemon zest in 1  lemon; 125 tsp needed/3tsp per  lemon = 41.6 = 42 lemons</p>
Salt	To taste	1 g	1 g x 125 = 125 g	<p>125 g OR  1 oz = 28.35 g; 125 g /28.35 =  4.409171076 oz= 4 oz</p>
Pepper	To taste	.3 g	0.3 g x 125 = 37.5 g	<p>37.5 g OR  1 oz = 28.35 g =  37.5 g/28.35g =1.322751323 oz =1  oz</p>
Red Pepper Flakes	To taste	.3 g	0.3 g x 125 = 37.5 g	<p>37.5 g OR  1 oz = 28.35 g =  37.5 g/28.35g =1.322751323 oz =1  oz</p>
Oil* *not listed in original recipe list but is listed in step 1 of recipe so I followed Food for Fifty's portioning for 50 yield in pasta making	3 tbsp for yield of 50	3 tbsp	3 tbsp x 5 (factor) = 15 tbsp	<p>15tbspn/2tbspn =7.5 fl oz</p>

**UC Davis Dining Services  
STANDARDIZED RECIPE FORM**

**Recipe Name:****Major Equipment: Jacketed Kettle****Yield:** 250**Cooking Temperature: Medium heat ~375F****Portion Size:** 8 oz**Cooking Time:** 47 minutes**Portion Utensils:** Pasta Spoon (Spaghetti Spoon)

<b>Ingredient:</b>	<b>Amount:</b> Volume/Weight/ Count (select one)	<b>Procedure:</b>
Vegetable Oil	7.5 fl oz	1. Coat the Jacketed Kettle with oil
Onion, chopped	3 lbs	2. Add Onion to Jacketed kettle and cook until translucent (~6 minutes)
Garlic, peeled and minced	4 lbs	3. Add garlic and cook (~2 minutes)
Vegetable Broth	20 gal	4. Stir in broth with lemon juice and coconut milk into the pot
Lemon Juice	2 qt	
Coconut milk, full fat, canned	8 gal	
Spaghetti	70.5 lbs	5. Add spaghetti noodles into pot while gently pushing the noodles into the liquid when they are becoming softer. Cook for about 35 minutes.
Spinach, raw	25 lb	6. Mix in spinach with sauce along with lemon zest. Cook for about 4 minutes.
Lemon zest	9 oz	
Salt	4 oz	7. Mix in salt, black pepper, and red pepper flakes with sauce at the end
Black Pepper	1 oz	
Red Pepper Flakes	1 oz	

**Notes:**

- Time/Temperature Control for Safety Food (TCS). *Food Safety Standards:* Hold food for service at an internal temperature of 135°F or above. Cool leftover product quickly following time standards and cooling procedures.
- Reheat leftover product quickly (within 2 hours) to 165°F or above. For quality and safety reasons, it is recommended leftovers be reheated only once and old product is not mixed with new.
- For such a large recipe, it is recommended to use vegetable bouillon paste to keep cost lower.
- Full fat coconut milk can be replaced with light version.
- Lemon juice can be derived from a bottle rather than fresh lemons.
- To adapt to those sensitive to gluten, gluten free pasta noodles could be used instead of regular spaghetti noodles.
- Garlic can be sliced or chopped opposed to minced.
- Original recipe was one-pot pasta \*cooking time was doubled for this recipe

Recipe Costing Form

Recipe Name: Lemon Spaghetti with Spinach

Food Cost %: 33%

Yield: 250

Cost Per Portion: \$55.58

Portion Size: 8 oz

Selling Price: \$168.44

Ingredient:	Recipe Quantity (AP) (from Standardized Recipe)	Cost (show calculations)	Total Cost 250 portions
	Volume/ Weight/ Count (select one)	APC/unit (AP Cost)	
<i>Example:</i> milk, nonfat	200 fl oz	\$3.98/gall or \$0.03/fl. oz (Safeway.com)	200 fl oz x \$0.03/fl. oz = <b>\$6.00</b>
Onion, yellow	3 lbs	\$1.33/lb ( <a href="http://safeway.com">safeway.com</a> )	3 lb x \$1.33/lb - \$3.99
Garlic, peeled	4 lbs	\$0.50/oz ( <a href="http://safeway.com">safeway.com</a> )	4lb/0.063 oz= 63.4920635 oz = 63.5 oz x \$0.50 = \$31.75
Vegetable Broth	2500 fl oz	\$0.08/oz ( <a href="http://safeway.com">safeway.com</a> )	2500 fl oz x \$0.08/ oz = \$200
Canned coconut milk (full fat)	1000 fl oz	\$0.22/ fl oz ( <a href="http://safeway.com">safeway.com</a> )	1000 x \$0.22 = \$22
Lemon juice	8 gal	\$4.99/gal ( <a href="http://webstaurantstore.com">webstaurantstore.com</a> )	8 gal x \$4.99 = \$39.92
Spaghetti noodles	70.5 lbs	\$11.20/ 20 lb bag ( <a href="http://webstaurantstore.com">webstaurantstore.com</a> )	70.5 lb/20lb = 3.525 3.525 x \$11.20 = \$39.48
Spinach, raw	11250 g	\$0.16/ oz ( <a href="http://safeway.com">safeway.com</a> )	11250g/28.35g = 396.825397 oz = 396.8 oz x \$0.16= \$63.49
Lemon zest	9 oz OR 42 lemons	\$0.99/each ( <a href="http://safeway.com">safeway.com</a> )	\$0.99 x 42 lemons = \$41.58
10 Salt	4 oz	\$0.06/oz (safeway.com)	4 oz x \$0.06/oz = \$0.24
Pepper	1 oz	\$1.33/oz ( <a href="http://safeway.com">safeway.com</a> )	1 oz x \$1.33/oz = \$1.33
Red Pepper Flakes	1 oz	\$1.74/6oz ( <a href="http://webstaurantstore.com">webstaurantstore.com</a> )	\$1.74/6oz = \$0.29
Vegetable Oil	7.5 fl oz	\$0.08/oz (safeway.com)	7.5fl oz x \$0.08/ fl oz = \$0.60
		<b>Total Recipe Cost:</b>	\$444.67

Costing Definitions:

Cost per Portion:	The cost of each serving. Total recipe cost divided by the number of portions.
Selling Price:	Based on the food cost percentage allowed by the budget. It's the cost per portion divided by the food cost percentage. Selling price = cost per portion/food cost % (in decimal form)
Food Cost %: selling price	An expression of food cost in relation to the selling price. Food cost % = cost per portion/ selling price
Recipe Quantity:	List all ingredients in <b>one</b> of the following: by weight, volume or count (each, bunch, case, etc.)
APC/unit: Safeway.com, Bi-rite, etc.	As purchased cost per unit is the current market price of an ingredient. Can use Safeway.com, Bi-rite, etc.
Total cost:	The total cost of each ingredient used.
Recipe cost: the recipe.	The total of all items in the total cost column. This represents the total estimated cost of the recipe.