

Converting Recipes Activity

Often a recipe you may find a recipe that serves four but you need it to serve 12 or it serves 12 and you only need four—what to do? Recipe conversion! Calculate the new amount of each ingredient in the modified recipe. To do this, divide the desired yield by the original yield, then multiply the original amount of each ingredient by this number.

EXAMPLE: If the original recipe yields four servings, but you need seven servings, divide seven by four. The result is $1\frac{3}{4}$. Multiply the amount of each ingredient in the original recipe by $1\frac{3}{4}$ (or 1.75) to find the amount of each ingredient for the modified recipe. This formula works whether you are increasing or decreasing a recipe.

- When decreasing a recipe, use a smaller pan and cook the food for a shorter time. When increasing a recipe, use a larger pan and cook the food for a longer time.
- Meat roasts do not decrease well; they tend to dry out and overcook easily.
- Breads, cookies, cakes, and other baked products usually require exact amounts of ingredients in relation to each other; decreasing the recipe is not recommended unless the recipe can be cut in halves or thirds exactly.

Here are some conversions for you to try!



Poached Peaches

Yield of original recipe is 12 servings—you want 6 servings. Each serving is two peach halves.

Original Recipe Ingredients	Converted Recipe Ingredients
24 peaches, peeled	
6 cups sugar	
1 Tbsp vanilla extract	
8 cups water	

Monster cookies

Yield of original recipe is 3 dozen cookies—you want 12 dozen.



Original Recipe Ingredients	Converted Recipe Ingredients
3 eggs	
1 1/4 cup light brown sugar, packed	
1 cup white sugar	
2 tsp baking soda	
1/2 tsp salt	
1 stick butter, softened	
1 1/2 cups peanut butter	
4 1/2 cups quick cooking oats	
1 cup chocolate chips	
1/2 cup coconut	
1 cup M & Ms	

Beef and Noodles

Original servings: 6

New number of servings: 12



Original Recipe Ingredients	Converted Recipe Ingredients
2 pounds beef, tender cut or tenderized, large dice	
2 Tbsp flour, all purpose	
1 tsp salt	
1/2 tsp black pepper	
2 Tbsp olive oil	
1 Tbsp butter	
1 cup onions, large dice	
2 cloves garlic	
2 1/2 cups mushrooms, sliced	
1 pint beef stock	
1 cup sour cream	
3 cups cooked egg noodles	

**Vegetable Stir Fry**

Original servings: 4

New number of servings: 12

Original Recipe Ingredients	Converted Recipe Ingredients
3 Tbsp vegetable oil	
2 cups broccoli florets	
1 cup cauliflower florets	
1 cup zucchini, thick slices, halved	
1 cup celery, sliced	
1 cup carrots, sliced	
1 onion, cut in small half-moons	
1 1/2 cups mushrooms, sliced	
2 cloves garlic, minced	
1/2 tsp ginger, minced	
1 cup vegetable stock	
2 Tbsp soy sauce	
3 Tbsp cornstarch	