



# RECIPE WRITING TIPS

Writing a recipe is an important skill. Here are some helpful tips from the McCormick Test Kitchen.

## Recipe template

There are seven key elements of a recipe. Be sure to include all these within your written recipe.

### Recipe title

e.g. Rich bolognese sauce

### Preparation time

This indicates the preparation time prior to cooking, e.g. preparing vegetables, marinating meat etc.

### Cooking time

This indicates the total time for the cooking process. The cooking time will also be featured within the method. If no cooking is needed then the cooking time will be 0 minutes.

### Number of serves / Makes

While this challenge requires each recipe to serve two, it is still important to state how many people a recipe will serve. Sometimes it is more relevant to state how many items the recipe makes (e.g. Makes 12 (6 serves), 2 serves = 4 rolls).

### Ingredients

To be listed in order that they are used in the recipe (see extra tips on ingredients).

### Method

To be listed in the order they will be carried out (see extra tips on the right).

### Presentation

Describe how this dish should be presented on the plate.

## Tips for listing ingredients in a recipe

When listing ingredients, list them in order of their use and always list the quantity.

- Common measurements include: tablespoon, teaspoon, mL (milliliters), g (grams), kg (kilograms)
- For volumes of 1 litre and above, use litres e.g. 1.25L
- Packaged and canned goods should be stated as available in store (e.g. 1 x 400mL can, 1 x 800g jar, etc)
- Vegetables should be described according to common descriptions e.g. 4 small carrots, 4 medium stalks celery, 1 bunch parsley  
If the vegetable is sold packaged list the package weight e.g.
  - ½ x 150g packet snow pea shoots
- All preparation descriptors should be listed after the ingredient itself: e.g.
  - 4 carrots, washed and diced
  - 1 x 250g can apricot halves, drained
  - 1 chicken breast fillet, sliced
- If butter or another spread is an ingredient, show the amount in grams (g) or tablespoons or teaspoons
- If oil is an ingredient, show the amount in tablespoons, teaspoons or cups.

## Cooking method explanations

### Bake or oven bake

–to cook in an oven

### BBQ or barbeque

–to cook on a pre-heated BBQ plate

### Boil

–to cook in water that is bubbling so the bubbles constantly break the surface

### Grill

–to cook under a griller

### Panfry

–to cook in a frying pan with a small amount of oil

### Rapid boil

–to cook in water that is bubbling so the bubbles rapidly break the surface

### Saute

–to cook small amounts of food in oil, over medium to high heat

### Simmer

–to cook in water that is bubbling so the bubbles occasionally break the surface

### Steam

–to cook foods in the vapour/steam of boiling water

### Stir frying

–to cook foods quickly in a very hot wok or large, deep frypan in small amount of oil.

### Example 1: Vegetable pho with tea broth

Preparation time: 20 min

Cooking time: 3 min

Serves: 4

#### Ingredients

- 200 g shirataki noodles
- 2 teaspoons McCormick Chinese 5-spice blend
- 1 teaspoon McCormick garlic, minced
- 1 teaspoon McCormick onion powder
- 1 pinch McCormick chilli flakes, crushed
- 2 tablespoons loose Lapsang Souchong tea
- 3 tablespoons Hoisin sauce
- 1L boiling water

#### Garnishes

- 2 spring onions, thinly sliced
- ½ red capsicum, thinly sliced
- ½ small carrot, finely sliced
- 4 shiitake or wild mushrooms, thinly sliced
- Lime wedges to serve

#### Method

1. Rinse noodles with hot water in a colander and divide amongst 4 soup bowls.
2. Combine rest of the ingredients, excluding garnishes, in a large coffee plunger. Let stand for 3 minutes.
3. Using the large coffee plunger, strain the stock.
4. Pour the liquid evenly into the bowls and arrange garnishes on top.

#### Presentation:

Place each bowl on a plate with a lime wedge on the side of the bowl.



### Example 2: Easy lemon tea-infused custard with candied apricots

Preparation time: 10 min

Cooking time: 15 min

Serves: 4

#### Ingredients

- Lemon tea-infused custard:
- 300 mL double-cream
  - 4 lemon-flavoured herbal tea bags
  - 4 eggs
  - 50 g sugar
  - ½ teaspoon McCormick ginger, ground

#### Garnishes

- Candied apricots:
- 50 g dried apricots, finely diced
  - 2 tablespoons sugar
  - 2 tablespoons water
  - ¼ teaspoon McCormick ginger, ground
  - 25 g almonds, slivered

#### Method

Lemon tea-infused cream

1. Microwave cream and tea bags in a medium microwavable bowl on high for 4 minutes.
2. Cover and steep for 5 minutes, then discard tea bags.

Candied apricots

3. Place apricots, sugar, water and ginger in a small microwavable bowl. Microwave on high for 1 minute.
4. Stir in almonds, cover and set aside.

Custard

5. Beat eggs and sugar in a large bowl with a wire whisk until well blended.
6. Gradually whisk in the lemon tea-infused cream.
7. Pour into 4 microwavable ramekins or cups.
8. Microwave on low power for 7 minutes or until custard is just set (stop microwaving for a few seconds if mix begins to rise over the surface) .
9. Stand for 5-10 minutes.
10. Serve the custard with the diced candied apricots.

#### Presentation:

Place a napkin onto a plate and top with the hot ramekin.

