



# 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

Name of dish  
e.g. Rich bolognese sauce

### Preparation time

The preparation time excluding cooking, e.g. preparing vegetables, marinating meat etc.

### Cooking time

Total time for the cooking process—if no cooking is needed then the cooking time will be 0 minutes

### Number of serves/Makes

The number of people the recipe will serve or the number of items the recipe will make e.g. 4 rice paper rolls (2 serves)

### Ingredients

Ingredients to be used, listed in order that they are used in the recipe (see *Tips for listing ingredients in a recipe*)

### Method

Steps to be carried out, listed in order (see *Cooking method explanations*)

### Presentation

How the dish should be presented

## 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 (millilitres), 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 400 mL can, 1 x 800 g 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 150 g packet snow pea shoots.
- All preparation descriptors should be listed after the ingredient itself e.g.
  - 4 carrots, washed and diced
  - 1 x 250 g can apricot halves, drained
  - 1 chicken breast fillet, sliced.
- If butter or another spread is an ingredient, show the amount in grams (g), 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

### Pan fry

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

FROM THE MCCORMICK TEST KITCHEN

## Example: Niçoise salad with chia, citrus and chilli crusted tuna

Preparation time: 30 mins

Cooking time: 50 mins

Serves: 6

### 1. Citrus, chilli and garlic blend:

- 1 tablespoon chia seeds
- 2 teaspoons grated lime peel
- 2 teaspoons McCormick Chilli Powder
- 1 teaspoon McCormick Garlic Powder
- ¼ teaspoon chipotle chilli pepper, ground

### 2. Vinaigrette:

- ¼ cup (60mls) extra virgin olive oil
- ¼ cup (60mls) white wine vinegar
- 2 teaspoons Dijon mustard
- ½ teaspoon McCormick Sea Salt
- 1 tablespoon chia seed with citrus, chilli and garlic blend

### 3. Tuna:

- 200g rectangular piece tuna
- ½ teaspoon McCormick Sea Salt
- ¼ teaspoon McCormick Black Pepper, coarse ground
- 4 teaspoons chia seed with citrus, chilli and garlic blend
- 2 tablespoons vegetable oil

### 4. Salad:

- 6 each baby yellow, red and purple new potatoes
- 250g fresh French green beans (haricot verts), trimmed
- 1 tablespoon white wine vinegar
- 6 large eggs
- ½ cup assorted teardrop tomatoes, halved
- ½ cup thinly sliced baby cucumbers
- ¼ cup pitted niçoise olives, halved
- Chia seed with citrus, chilli and garlic blend, for garnish

### Method

1. Mix all the citrus, chilli and garlic blend ingredients until well blended. Set aside in tightly covered jar.
2. For the vinaigrette, place oil, vinegar, mustard and sea salt in blender container; cover. Blend on high speed until smooth. Pour into small bowl. Stir in chia blend. Cover. Refrigerate until ready to use.
3. For the tuna, season tuna with sea salt and pepper. Coat with chia blend, pressing firmly so mixture adheres to the tuna. Heat oil in large fry pan on medium-high heat. Add tuna; sear 1½ to 2 minutes on all sides. Remove tuna to plate; set aside to cool slightly. Cover and refrigerate until ready to serve.
4. For the salad, cook potatoes in large saucepan of simmering salted water to cover 15 to 20 minutes or until fork tender. Drain and rinse with cold water. Let drain. Meanwhile, cook green beans in large saucepan of simmering salted water to cover 3 to 5 minutes or until tender-crisp. Drain and rinse with cold water. Drain well. Cut potatoes in half or quarter, depending on size. Place in large bowl with green beans. Add ¼ cup of the vinaigrette; toss to coat. Season with sea salt to taste. Set aside.
5. For the poached eggs, fill large deep saucepan with 2 inches of water. Add 1 tablespoon vinegar. Bring to boil. Reduce heat to medium. Break 1 egg into small dish. Carefully slide egg into simmering water (bubbles should begin to break the surface of the water). Repeat with remaining eggs. Poach eggs 3 to 5 minutes or until whites are completely set and yolks begin to thicken. Carefully remove eggs with slotted spoon. Drain on paper towels.

To serve, slice tuna into thin slices. Divide potato mixture, tomatoes, cucumbers and olives among 6 plates. Top each with tuna slices and a poached egg. Drizzle remaining vinaigrette over tuna slices. Sprinkle egg with additional chia blend.



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