



# 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. 1.25 L.
- 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 heat element/griller/gas flame

### 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 over a high heat in a very hot wok or large, deep frying pan in small amount of oil