

Getting the quantities right

Being a chef requires more than cooking. You also need to be able to use numeracy.



When you use a recipe it is important that you use the correct quantities. (A quantity is an amount).

Number skills will help you work out the correct ingredients. This keeps wastage to a minimum and helps you create better dishes.

Use the information on page 2 to complete the table below.

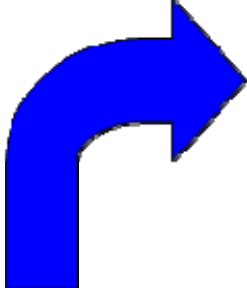
Use kg (kilograms) or l (litres) as your measurement.

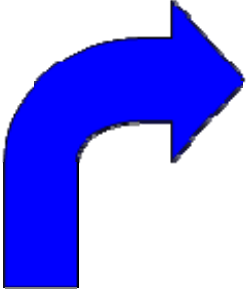
Ingredients	4 portions (g or ml)	4 portions (kg) or (l)
Onions	100g	
Carrots	200g	
Celery	100g	
Leeks	750g	
Sunflower oil	100ml	
Tomatoes	250g	
Mushroom trimmings	250g	
Water	1500 ml	
Yeast extract	5g	(oz)


All recipes in this resource are taken from:
Practical Cookery 10th Edition. Foskett, D. Ceserani, V. Kinton, R.

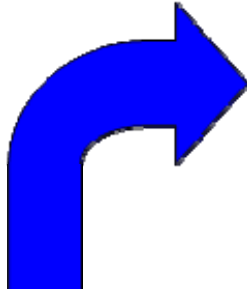
Getting the quantities right


Approximate (close to) measures to help work out quantities.

Weight in grams(g)		Weight in ounces(oz)
5g		$\frac{1}{4}$ oz
25g		1 oz
100g		4 oz

Weight in grams(g)		Weight in kilograms(kg)	Kilograms (decimals)
100g		$\frac{1}{10}$ kg	0.10kg
250g		$\frac{1}{4}$ kg	0.25kg
500g		$\frac{1}{2}$ kg	0.50kg
750g		$\frac{3}{4}$ kg	0.75kg
1000g		1 kg	1kg

Weight in pounds(lb)		Weight in kilograms(kg)
2lb		1kg

Capacity in millilitres(ml)		Capacity in litres(l)	Litres (in decimals)
250 ml		$\frac{1}{4}$ l	0.25l
500 ml		$\frac{1}{2}$ l	0.5l
750 ml		$\frac{3}{4}$ l	0.75l
1000 ml		1 l	1l

1 tea spoon		5ml
1dessert spoon		10ml
1 table spoon		15ml

Getting the quantities right

A recipe for a function requires 24 portions.

However, the recipe in the book only gives the quantities for 4 portions.

How do you work out how much you will need?

Look at the recipe below for **Irish stew**.

	4 portions	24 portions
Stewing lamb	500g (½ kg)	3000g (3kg)
Bouquet garni		
Potatoes	400g	2400g (2.4kg)
Onions	100g (4oz)	600g
Celery	100g (4oz)	600g
Savoy cabbage	100g (4oz)	600g
Leeks	100g (4oz)	600g
Button onions	100g (4oz)	600g
Chopped parsley		

First, work out the weight of one portion:

To do this you divide the quantity of the ingredients by the number of portions given

E.g. the lamb **500 (g) ÷ 4 (portions) = 125g**

The quantity of lamb for 1 portion is 125g

To find out what 24 portions is you multiply the quantity of 1 portion by 24.

E.g. **125(g) x 24 =3000g**

The quantity of 24 portions of lamb is 3000g

3000g = 3kg

Getting the quantities right

Look at the recipe below for **steamed currant roll**.

	4 portions	12 portions
Flour	200g	600g
With baking powder	approx 7g	20g
Or self-raising flour	200g	600g
Pinch of salt		
Chopped suet	100g	300g
Sugar(caster or unrefined)	50g	150g
Currants	66.67g	200g
Water or milk	125ml	375ml

For your recipe you need quantities for 4 portions.

How do you do this?



Remember: find one portion first by dividing the quantity of the ingredients by the number of portions given.



E.g. $600(\text{g}) \div 12 = 50(\text{g})$

The quantity of flour for 1 portion is 50g.

To find the quantity for 4 portions you multiply the quantity for 1 portion by 4.

E.g. $50(\text{g}) \times 4 = 200\text{g}$

The quantity of flour for 4 portions is 200g.

Now try the practice examples on pages 6 -7.

Getting the quantities right

Complete these recipes.
(Remember to use the information you already have).

Recipe 1

Supreme of chicken in a cream sauce

	4 portions	24 portions
Butter, margarine or oil	50g	
Flour	25g	
Supremes of chicken	4	
Sherry or white wine	30ml	
Double cream or non dairy cream	125ml	
Salt, cayenne pepper		

Recipe 2

Courgette and potato cakes with mint and feta cheese

	6 portions	24 portions
Courgettes	3 large	
Potatoes	350 g (14oz)	
Chopped fresh mint	2 tbsp	
Feta cheese	200g (8oz)	
Spring onions (chopped)	2	
Eggs	1	
Plain flour	25g (1oz)	
Butter	25g(1oz)	
Olive oil	1 tbsp	
Seasoning –salt/pepper		

Getting the quantities right

Complete these recipes.
(Remember to use the information you already have).

Recipe 3

Leek and potato soup

	4 portions	24 portions
Leeks, trimmed and washed	400g	
Butter, margarine or oil	25g	
White stock	750ml	
Bouquet garni		
Potatoes	200g	
Salt, pepper		

Recipe 4

Apple crumble

	4 portions	24 portions
Bramley apples		3600g
Sugar		600g
Cloves		6
Topping-plain flour		900g
Soft brown sugar		600g
Butter or margarine		300g

Getting the quantities right - answers

Ingredients	4 portions (g or ml)	4 portions (kg) or (l) or (oz)
Onions	100g	0.1 kg or 4oz
Carrots	200g	0.2 kg or 8 oz
Celery	100g	0.1 kg or 4oz
Leeks	750g	0.75kg or $\frac{3}{4}$ kg
Sunflower oil	100ml	0.1l
Tomatoes	250g	$\frac{1}{4}$ kg or 0.25 kg
Mushroom trimmings	250g	$\frac{1}{4}$ kg or 0.25 kg
Water	1500 ml	1.5 l or 1 $\frac{1}{2}$ l
Yeast extract	5g	$\frac{1}{4}$ oz

Recipe 1

Supreme of chicken in a cream sauce

	4 portions	24 portions
Butter, margarine or oil	50g	300g
Flour	25g	150g
Supremes of chicken	4	24
Sherry or white wine	30ml	180ml
Double cream or non dairy cream	125ml	750ml
Salt, cayenne pepper		

Recipe 2

Courgette and potato cakes with mint and feta cheese

	6 portions	24 portions
Courgettes	3 large	12
Potatoes	350 g (14oz)	1400g
Chopped fresh mint	2 tbsp	8 tbsp
Feta cheese	200g (8oz)	800g
Spring onions – (finely chopped)	2	8
Eggs	1	4
Plain flour	25g (1oz)	150g
Butter	25g(1oz)	150g
Olive oil	1 tbsp	
Seasoning – salt/pepper		

Getting the quantities right - answers

Recipe 3

Leek and potato soup

	4 portions	24 portions
Leeks, trimmed and washed	400g	2400g
Butter, margarine or oil	25g	150g
White stock	750ml	4500ml
Bouquet garni		
Potatoes	200g	1200g
Salt, pepper		

Recipe 4

Apple crumble

	4 portions	24 portions
Bramley apples	600g	3600g
Sugar	100g	600g
Cloves	1	6
Topping-plain flour	150g	900g
Soft brown sugar	100g	600g
Butter or margarine	50g	300g