

PROCESS FOR NEW RECIPE DEVELOPMENT

Recipe development depending on the type and cooking methods required can take a considerable amount of time. A number of attempts and revisions may be required.

- › Chef creates a bulk recipe
- › Dietitian does nutritional analysis and creates individual recipe that meets specified minimum nutrition standards
- › Dietitian checks ingredients for therapeutic diet suitability



- › Chef cooks recipe for small number of portions and it is reviewed in kitchen for taste, smell, food aesthetics on plating post holding time (cook fresh) and on regeneration (cook chill)
- › Cooked portion weight checked
- › Not always achieved on first try! Often needs to be made a couple of times with changes built into “working recipe”
- › Bulk recipe and yield created



- › Chef cooks bulk recipe
- › Taste, smell, aesthetics and final service product quality checked by chef, catering management and dietitian
- › Recipe yield and portion control measure rechecked and agreed
- › Nutritional analysis completed by dietitian
- › Not always achieved on first try! Often needs to be made a couple of times with changes to “working recipe” tried



- › Consultation with speech and language therapy to see if recipe suitable for Textured Modified Diets and Thickened Fluids
- › Added to appropriate menus for a trial period
- › Allergen information updated



Update of:

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| › Ward pantry dietary information | › Update for chefs |
| › Requisition/Food ordering system | › Nutritional analysis and menu coding |
| › Recipe and method book in kitchen | › Combination diet menu cycles |
| › Ingredient orders | |



- › Feedback from patients and ward staff in relation to uptake of dish
- › Review of feedback by catering management, chef, dietitian
- › Added as standardised recipe to production cycle