

Recipe Yields

A recipe yield indicates the number of portions one will achieve when following a recipe...

Example: Yields 4 – This means you will feed 4 people if you follow this recipe.

I'm sure you have had many a situation where your recipe only caters for 4 but you want to cook for more OR, your recipe caters for 10 but you only want to cook for 2 ... and probably like me, you spend ages trying to work out the new measurements and end up confusing yourself to the point of no return! Well, you can put that all behind you and take on any recipe with confidence, by using this very simple formula that I learnt in culinary school -

New Yield / Old Yield x Old Measurement

In other words – New Yield = the number of people you want to feed with this recipe. Old Yield = the number of people this recipe currently feeds. Old measurement = the ingredient measurement per item as listed on the recipe.

Example –

Spaghetti Recipe

Yield 4

Ingredients:

Pasta 50grms

Mince 500grms

Tomato Puree – 30ml

Chopped up tinned tomatoes – 250grms

Onion 1

Beef stock – 500ml

You have the above recipe but you are having 10 people over for dinner – therefore;

10 divide by 4 = 2.5 (new yield divided by old yield = 2.5)

Pasta 50grms x 2.5 = 125grms

Mince 500grms x 2.5 = 1,250 kgs

Tomato Puree – 30ml x 2.5 = 75ml

Chopped up tinned tomatoes – 250grms x 2.5 = 625grms

Onion 1 x 2.5 = 2.5 onions

Beef stock – 500ml x 2.5 = 1,250 litres

Note: If you want to reduce the yield of a recipe – apply the same formula –

Example -

Spaghetti Recipe

Yield 4

Ingredients:

Pasta 50grms

Mince 500grms

Tomato Puree – 30ml

Chopped up tinned tomatoes – 250grms

Onion 1

Beef stock – 500ml

You have the above recipe but you just want to make enough for just yourself - therefore;

1 divide by 4 = 0.25 (new yield divided by old yield = 0.25)

Pasta 50grms x 0.25 = 12.5grms

Mince 500grms x 0.25 = 125grms

Tomato Puree – 30ml x 0.25 = 7.5ml

Chopped up tinned tomatoes – 250grms x 0.25 = 62.5grms

Onion 1 x 0.25 = quarter onion

Beef stock – 500ml x 0.25 = 125ml