ELEVENTH EDITION

Food for Fifty

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To the many talented Kansas State University Housing and Dining Services dietitians and food service professionals that I have had the privilege to learn from.

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Preface

For 65 years *Food For Fifty* has been used as a resource for students in quantity food production and for persons in foodservice management. The book is designed to provide food professionals with quantity recipes that they can prepare with confidence of quality outcomes. Since the book's origin, revisions have been made to keep abreast of the changing foodservice industry. In the eleventh edition, new recipes have been added that reflect current food preferences and modern eating styles. Nonmeat pasta, bean, and vegetable entree recipes have been added in this new edition. Besides keeping current with new recipes, a longtime goal of *Food For Fifty* is to provide basic standardized recipes that can be adapted to produce similar foods as shown in popular magazines, home-size cookbooks, and trade publications. New recipes in this edition support this goal. This edition also includes an expanded section for planning and serving special meals, new temperature guidelines and safe food-handling standards, and updated food production procedures. The food safety guidelines in *Food For Fifty* will be useful for developing Hazard Analysis Critical Control Point (HACCP) plans.

ORGANIZATION OF THE BOOK

Food For Fifty is divided into three major sections. Part One, "Food Production Information," is intended as a guide to planning and preparing food in quantity. The section begins with a comprehensive table of amounts of food needed to serve 50 people, followed by tables of weights and measures, including metric conversion, and tables to help in changing weights of recipe ingredients to volume measurement. Directions for increasing recipe yields are helpful when adapting recipes given in this book to different yields and for increasing home-size recipes for quantity production. Preparation guides include tables for cooking temperatures, time and temperature standards, guidelines for handling food safely, food substitutions and equivalents, and pan and mixer bowl capacities.

Part Two, "Recipes," includes a wide variety of tested recipes given in yields of 50 portions and with many suggestions for variations of the basic recipes. Recipes are organized according to menu categories. Each recipe chapter begins with a discussion of general principles and production techniques for preparing the recipes in that section. Nutritive values for recipes are identified.

Part Three, "Planning the Menu and Special Events," offers guidelines and procedures for planning meals, with special considerations for different types of foodservices. Planning and serving special foodservice events such as receptions, buffets, and banquets are discussed, and guidelines for planning are provided.

At the back of the book is a list of menu planning suggestions (Appendix A), information for using herbs and spices in cooking and regional flavorings (Appendix B), potentially hazardous foods (Appendix C), food evaluation criteria (Appendix D), food customs of different religions (Appendix E), and an expanded glossary of menu and cooking terms.

DISTINCTIVE FEATURES OF THE BOOK

Food For Fifty has been recognized for many years as a dependable resource for students and food production managers. Part One is considered by many to be an indispensable reference for food production information. The various tables are helpful for menu planning, purchasing, and when making food production assignments.

Dietitians, foodservice managers, and faculty members have for many years depended on the standardized recipes in *Food For Fifty.* Recipes are written in an easy-to-read format, with standardized procedures that allow quality products to be prepared consistently. Suggested variations for many of the recipes increase the value of the recipe section. In this revised book, recipes now include new foods on the market and foods appropriate for helping clientele meet their dietary standards. This new edition serves to increase *Food For Fifty*'s value as a resource for a broad variety of recipes. The nutrition information will be helpful in planning and preparing foods for clientele with different needs. Food production, service, and storage

procedures will be useful for developing Hazard Analysis Critical Control Point (HACCP) plans.

Menu planning information is given in concise terms in Part Three. The discussion of planning procedures and the menu suggestion list in Appendix A are helpful to students and to foodservice managers whose responsibilities include menu planning. Many foodservices are called upon today to provide food for special events such as holiday meals, buffets, and coffees, receptions, and teas. Part Three offers suggestions for menus, organization, and service of these functions.

Many new full-color pictures present the reader with attractive photo inserts of breads, meats, produce, and salads. The pictures are provided to generate ideas and offer creative food production and service suggestions.

USING THE BOOK

Food for Fifty is written for many users. Students in quantity food production and foodservice management use the text as a resource for learning the standards, skills, and techniques inherent in quality food production. Instructors find beneficial the basic menu planning and food production features that equip them with the tools necessary for designing teaching modules and supervising laboratories. The reliability of the recipes, tables, and charts in the book allows instructors to make assignments with confidence of a quality outcome. Additionally, the text provides a resource for instructing students on how to plan and serve special foodservice functions. Foodservice administrators, managers, and supervisors are also users of the text. *Food for Fifty* is a comprehensive resource for quantity recipes and technical food production information. The book serves as a foundation for the food production system.

The uses for *Food for Fifty* as both an instructional text and food production resource are unlimited. We believe the following examples of how the text can be used address many of the book's strengths.

- Amounts of food to purchase may be easily determined. Accurate calculations are achieved by using the purchasing and yield information in Part One and the standardized recipes in Part Two.
- While the recipes yield approximately 50 servings, they can be adjusted easily for other yields by using the recipe extension procedures in Part One. A computer CD-ROM may be purchased for extending recipes in *Food For Fifty.*
- Menu planning is simplified by the lists of food item names, by menu categories, in both Appendix A and the Index. *Food for Fifty* also provides a comprehensive file of standardized recipes that can support the menu plan. General information on writing menus for various kinds of foodservices is included in the text.
- Recipes and ideas from trade and popular food magazines and cookbooks can be produced in quantity by adapting the basic standardized recipes in *Food for Fifty.*
- Variations are included for most recipes. Users are given suggestions for producing food products consistent with contemporary eating trends.
- Quality standards for food products may be established by using standardized recipes that produce a consistent quality product. Specific standards are available for some product categories.
- Food costs are easily established for recipes. Each recipe includes specific portion size information and instructions for ensuring accurate yields.
- Efficient labor procedures were considered for all recipes. Students and foodservice operators may use the recipes as a model for making products using the minimum amount of labor.
- Standardized recipes assure that accurate nutrition values can be assigned to serving portions. Users of the book can review the recipe's nutrient values and make adjustments, if required, for a specific population.
- *Food for Fifty* can be used for planning teas, receptions, and special functions. Part Three brings together general information and guidelines useful for organizing events. Parts One and Two support the planning function with food production information.
- Using *Food for Fifty* as a resource to direct accurate food production techniques is intended in the design of the recipes. Each recipe can be used for communicating the techniques necessary for producing a quality product. In addition, the material prefacing each recipe category provides general text information that supports the standardized techniques specified in the recipes.

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Kansas State University's residence hall dining program "make-it-from-scratch" culture and high quality standards have for 65 years helped shape *Food For Fifty.* It is with sincere appreciation for the support and encouragement from John Pence, associate director of Housing and Dining Services, for continuing to value this endeavor. Special acknowledgment is given to John and his management staff for their support, advice, and creative ideas. Without their help, this eleventh edition of *Food For Fifty* would not have been possible. Appreciation is extended also to the many colleagues, family, and friends who have, through the course of association with the author, made this revision of *Food For Fifty* possible.

About the Author

Mary Molt, Ph.D., R.D., L.D., is assistant director of Housing and Dining Services and assistant professor of Hotel, Restaurant and Institution Management, and Dietetics (HRIMD), Kansas State University. She holds a bachelor's degree from University of Nebraska—Kearney, a master's degree from Oklahoma State University, and a Ph.D. from Kansas State University. Dr. Molt has 27 years of professional experience at Kansas State University, with a joint appointment in academe and food service administration. Current responsibilities include team teaching Food Production Management, assisting with supervised practice experiences for senior students in Dietetics, and directing management activities for three residence hall dining centers serving more than 8000 meals per day. Dr. Molt is active in the American Dietetic Association, Kansas Dietetic Association, and the National Association of College and University Food Services (NACUFS). Twice she was recognized with the NACUFS Richard Lichtenfelt Award for outstanding service to the association. In 1995 Dr. Molt received the Theodore W. Minah Award, the highest honor given by NACUFS, for exceptional contribution to the food service industry. The Award For Excellence in the Practice of Management was given to Dr. Molt in 1997 by the American Dietetic Association. She serves on several University committees including Faculty Senate and Intercollegiate Athletic Council (Chair), advises students in Kappa Omicron Nu, and holds membership in several honor societies including Kappa Omicron Nu, Delta Kappa Gamma, Phi Upsilon Omicron, and Phi Kappa Phi.