

**Recipe Enlargement Form****Factor Method:**

Enlarge the original recipe to 150 servings by using the factor method.

Calculate to six decimal places and round off to five decimal places.

Your final measures should be in simplified measures and rounded off following rounding rules.

**Original serving size:** 4

**Factor:** 37.5

	Ingredients	Original recipe	Convert to weight (if needed)	Multiply by factor	Convert to appropriate measure & simplify (use 1 gallon vs. 128 oz, etc.)
1	Water	2 cups	1 lb	37.5 lb	4.50 gallons
2	Finely chopped carrots	2 cups	0.66 lb	24.75 lb	24.75 lb
3	Unsalted butter	2 Tbsp.	0.0625 lb	2.34376 lb	4.75 cups
4	Light sour cream	1 Tbsp.	0.42 oz	15.75 oz	16.00 oz
5	Salt, divided	$\frac{3}{4}$ tsp.	0.166 oz	6.225 oz	6.25 oz
6	Garlic Powder	1 tsp.	0.11 oz	4.125 oz	4.00 oz
7	Paprika	1 tsp.	0.0825 oz	3.09375 oz	3.00 oz
8	Black pepper, divided	$\frac{3}{4}$ tsp.	0.0625 oz	2.34375 oz	2.25 oz
9	Flank steak	1 lb.	1 lb	37.5 lb	37.5 lb
10	Olive Oil, divided	1 Tbsp.	0.48 oz	18.0 oz	2.25 cups
11	Frozen steam-in-bag sugar snap peas	1 (12-oz)pkg.	12 oz	450.0 oz (37.5 pkgs)	28 lb
12	Unseasoned rice vinegar	1 Tbsp.	0.03125 lb	1.171875 lb	2.25 cups

**UC Davis Dining Services  
STANDARDIZED RECIPE FORM**

**Recipe Name:** Spiced and Seared Flank Steak**Yield:** 150**Portion Size:** 3 oz. steak, about 1/3 cup carrot mixture, and ¼ cup peas.**Portion Utensils:** Size 12 scoop, 6oz ladle portion server, 2.5 gallon pan.**Major Equipment:** 20 gallon steam jacketed kettle, tilting skillet.**Cooking Temperature:** Medium-high**Cooking Time:** 25-30 minutes

Ingredient:	Amount:	Procedure:
	Volume/Weight/Count	
Water	4.50 gallons	1. Bring 4.50 gallons of water and 25.75 pounds of carrots to a boil in a 20 gallon steam jacketed kettle over medium-high. Cover and cook for about 15 minutes or until tender; drain. Place carrots in a 3.5 gallon pan with butter, sour cream, and 2.00 ounces of salt. (Use size 12 scoop for serving 1/3 cup mashed carrots).
Carrots	24.75 lb	
Butter	4.75 cups	
Sour Cream	16.00 oz	
Salt	2.00 oz	
Salt	4.25 oz	2. Combine remaining 4.25 ounces of salt, garlic powder, paprika, and 1.50 ounces of black pepper in a large bowl; rub over steak. Heat 9.00 ounces of olive oil in a tilting skillet over medium-high. Add steak to tilting skillet, cook 5-10 minutes on each side until browned. Let stand five minutes. Cut across the grain into slices.
Garlic Powder	4.00 oz	
Paprika	3.00 oz	
Black Pepper	1.50 oz	
Steak	37.50 lb	
Olive Oil	9.00 oz	3. Cook snap peas according to package directions. Add remaining 9.00 ounces of olive oil and snap peas to a tilting skillet; cook 3 minutes or until lightly browned, stirring frequently. Stir in the remaining 0.75 ounces of black pepper and vinegar. Serve snap peas with carrot mash and steak. (Use ladle portion server in 6 oz to serve ¾ cup snap peas)
Snap peas	28.00 lb	
Olive Oil	9.00 oz	
Black Pepper	0.75 oz	
Vinegar	2.25 cups	

Notes:

## Recipe Costing Form

**Recipe Name:** Spiced and Seared Flank Steak**Yield:** 150**Portion Size:** 3 oz. steak, about 1/3 cup carrot mixture, and ¼ cup peas.**Food Cost %:** 35%**Cost Per Portion:** \$10.25**Selling Price:** \$1,537.03

	Ingredient:	Recipe Quantity (AP)	Cost	Total Cost
		(Volume/ Weight/ Count)	APC/unit (AP Cost)	
1.	Water	4.50 gallons	\$1.49/gallon	\$6.71
2.	Carrots	24.75 lb	\$1.65/lb	\$40.84
3.	Unsalted butter	4.75 cups	\$0.28/ounce	\$11.26
4.	Light sour cream	16.00 oz	\$0.12/ounce	\$1.92
5.	Salt	6.25 oz	\$0.03/ounce	\$0.19
6.	Garlic powder	4.00 oz	\$1.00/ounce	\$4.00
7.	Paprika	3.00 oz	\$2.12/ounce	\$6.36
8.	Black pepper	2.25 oz	\$2.11/ounce	\$4.75
9.	Flank steak	37.5 lb	\$9.99/lb	\$374.63
10.	Olive oil	2.25 cups	\$0.33/fl.oz	\$5.75
11.	Pkg. Frozen steam-in-bag sugar snap peas	28 lb	\$0.17/oz	\$76.50
12.	Unseasoned rice vinegar	2.25 cups	\$0.28/fl.oz	\$5.05
			<b>Total Recipe Cost:</b>	\$537.96



## spiced and seared flank steak with carrot mash and snap peas

Active: 20 min. Total: 23 min.  
Here, we update the usual peas  
and carrots with a fresher take.

- 2 cups water
- 2 cups finely chopped carrot
- 2 Tbsp. unsalted butter
- 1 Tbsp. light sour cream
- $\frac{3}{4}$  tsp. salt, divided
- 1 tsp. garlic powder
- 1 tsp. paprika
- $\frac{3}{4}$  tsp. black pepper, divided
- 1 lb. flank steak
- 1 Tbsp. olive oil, divided
- 1 (12-oz.) pkg. frozen steam-in-bag sugar snap peas
- 1 Tbsp. unseasoned rice vinegar



1

KIDS  
CAN  
HELP



2



3

Let's  
**COOK!**

**\$12 OR LESS.  
30 MIN. OR LESS.**

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