PALACE YIELD PERCENTAGES

Recipes and losses information for use in menu data costing sheets

No pharmacist attempts to mix a prescription unless he has a written formula. No carpenter attempts to build a house until he has a blue print. No one who is successful in the kitchen attempts to cook without a recipe.

Some cooks are able to make things without a written recipe in front of them because they have had considerable practice and experience. They know the proportions of ingredients to use and are familiar with the correct appearance at different stages of the preparation. Although it seems that they are working without a recipe, they actually are using a recipe that is based on extensive experience.

Even with this background, there may be noticeable variation in a product from one time to another unless careful measurements are made each time. Recipes are important in controlling the quality of foods we prepare.

When we use a recipe, we should always be alert to reduce work required and to simplify procedures. New ingredients or prepared foods are appearing constantly on the market and often may be used to an advantage. When a product is finished, we should critically examine it and evaluate its qualities.

It is then wise to jot down modifications that might be incorporated in the recipe to improve the product. Recipes are vital things and constantly need revision to meet changing conditions. There is always a better way of doing something.

Recipes for quantity food preparation should contain information needed to plan menus and to prepare the food. A standardized recipe for quantity cookery is a statement of (1) the number of portions and their size, (2) the ingredients and their quantities and lastly (3) how these ingredients are used (method). Any additional information required to modify, change or substitute items in the recipe is plainly noted.

A standardized recipe yields a known quantity of known quality. It is desirable to know how long it takes to prepare a recipe. Sometimes one may start a recipe only to find that the time required is beyond that available.

It is also important to know the increase, but mostly losses, which occur in food preparation and cooking. The following list is a guide but losses do vary, depending on the quality of the purchased commodity.

INCREASE IN PREPARATION (RICE & FARINACEOUS PRODUCTS):

1. Rice raw 100g   200g – 300g cooked depending whether long or short grain rice is used
2. Noodles raw 15-25g   45g-60g cooked (portion size)
3. Macaroni and other pastas   30g – 60g raw 60g – 100g cooked (portion size)

LOSSES IN PREPARATION (SEAFOOD):

➢ **Crustaceans & mollucss:**
1. Mussels 49% loss   Beard, shell and water
2. Abalone 58% loss   If bought in shell
3. Lobster 67% loss   Yield per 1kg is approx 370g
4. Prawns cooked in shell 64%   Yield per 1kg is approx 360g
5. Mud crabs 52% loss   But in practice loss is more like lobster

➢ **Fish:**
1. In general the loss in fish is from 35 – 50% but sometimes as high as 70%
2. Therefore this fish is best bought as fillets.
3. Salmon bought cleaned and without head loses about 12%
4. Soles 67% waste – 4 fillets per fish
5. Snapper 48% waste

ITEM	%	REMARKS
SHELLFISH		
Abalone	60	Shell
Clam	40	Shell
Crab	75	
Lobster Rock	65	
Mussel	50	Shell/ bear/ water
Oyster	90	Shell/ beard/ water
Prawn king	65	
School	68	

FISH		
Carp	70	
Cod	70	
Eel	25	
Hake	55	
Herring	50	
John Dory	65	
Mackerel	30	
Mullet	50	
Ocean perch	60	
Salmon	35	
	10	If bought cleaned without head
Snapper	50	
Sole	65	
Whiting	55	When using fillets only
POULTRY		
Chicken	27	Bones in ready to cook
	20	Bones in breast
	25	Bones in thigh
	35 –40	If trimmed for chicken sauté
	20 - 23	If trimmed for chicken grille
	18-20	Skin only
	40	Bones when preparing chicken for galantine
Duck	18	Bones in ready to cook

	19-20	Trimmings (before roasting)
	19-20	Bones (after roasting)
	38 approx	Meat yield from roasted duck
Goose	27	Bones in ready to cook
Pheasant	13	Bones in ready to cook
Quail	10	Bones in ready to cook
Turkey	27	Bones in read to cook
OTHERS		
Rabbit	20	Bones in ready to cook
	60	From life to dressed
Liver, veal	10	Skin, fat, veins
Fillet, beef	12	Silver skin, fat, trimmings depending on purchase trim
Sirloin plate	25	As in fillet, beef

VEGETABLES & FRUIT

Cabbage	20	Outside leaves, core
Carrots	20	Peel, bottom & top ends
Cauliflower	50	Outside leaves
Garlic	12	
Leeks	48	Top roots & outside leaves
Lettuce	25-35	Skin
Zucchinis	25-35	Small type, less waste
Avocado	25	Seed & skin
Apples	8	Good quality

Apples	18	Core and skin defects
Bananas	32	
Passion fruit	48	Skin
Grapefruit	55	Depends on type (skin thickness etc)
Grapes	40	
Lemons	57	If juice only is used
Melons	50	Skins, seeds, juice
Oranges	30	
	50-60	If juice only is used
Paw-paw	25-33	Skin, seeds, blemishes
Pears	20	Core, skin
Pineapples	48	Core, skin and tops
Strawberries	13	
Watermelon	54	Skin, seeds, juice

TIME TABLE FOR ROASTING

CUT	APPROX WEIGHT KG	OVEN TEMP	INTERIOR TEMP	APPROX TIME PER KG
BEEF				
Standing rib	3-4	150-160 `C	60`C rare	23-25
			72 med	27-30
			77 well	32-35
	2-3	150-160`C	60 rare	26-32
			72 med	34-38
			77 well	40-42
Rolled rib	2 ½ - 3 ½	150-160`C	60-rare	32
			72 med	38
			77 well	48
Scotch fillet	2-3	177`C	60 rare	18-20
			72 med	20-22
			77 well	22-24

Fillet whole	2-3	219`C	60 rare	45-60
Fillet half	1 – 1 ½	219`C	60 rare	45-50
Rump (piece)	2-3	150-160`C	65-77	25-30
Sirloin	1 ½ -2	150-160`C	65-77	35-40
Veal Leg	2 ½ -4	150-160`C	77	25-35
Veal Loin	2-3	150-160	77	30-35
Rib (neck)	1 ½ -2 ½	150-160	77	35-40
Rolled shoulder	2-3	150-160	77	40-45

CHICKEN
1. The weight loss from life to dressed bird is approximately 50%
2. Bones in a ready to cook chicken make up 27% of the weight
3. Yield in practice is approximately 750g meat from a n` 15 roasted chicken which is approximately 50%

DUCK
1. Bones in a ready to cook duck make up 18% of the weight
2. We have to allow 500g raw duck per portion, for the larger size
3. If serving ½ duck per serve, you will need a n` 15, the reason for the larger raw weight serve is, the large amount of fat loss occurring in the roasting of ducks.

GEESE
1. The bones in a ready to cook turkey make up 27% of the weight
2. All other points as for ducks

TURKEY
1. Bones in a ready to cook turkey make up 27% of the weight
2. Best meat to bone ratio in turkeys of 9-10kg
3. A 10kg turkey will yield approximately 3 ½kg of meat
4. A turkey loses about 65% weight in roasting (bones, giblets etc)

BEEF
1. Roast beef loses 40-50% in preparation, bones, cooking etc
2. Prime rib roast for serving 2 x 125g portions we need to purchase 500g
3. By boiling or steaming the same meat you will lose only 25-30%
4. Resting the meat after cooking for a bout 60 minutes will give a better yield, due to less cooking liquid (blood) loss
5. Veal roasting gives approximately 50% loss

LAMB
1. Roast lamb loses 40-50% in preparation, cooking and bones
2. By using mutton or hogget, this will increase (more fat trimmings)
3. Boiling will cut down to 35-40% loss

RABBIT – Tame
1. From life to dressed 57% loss, skin, head etc
2. The bone loss in a dressed rabbit is 21%

RABBIT – Wild
1. From life to dressed rabbit is 20%
2. The bone loss in a dressed rabbit is 20%

VEGETABLES
The loss in vegetables depends as in other commodities on the quality purchased, but in vegetables the difference is a lot bigger. In most cases the waste listed is for average quality. The difference of the same commodity form premium to poor could be up to 20%.

Vegetable	%	Remarks
Artichoke	60%	Stem and inedible flower parts
Asparagus	44%	Peel and butt ends
Green beans	12%	Ends, strings
Broad beans	66%	Pods
Beetroot	30%	
Broccoli	39%	Untrimmed
Broccoli	25%	Trimmed
Brussels sprouts	8%	Good quality
Brussels sprouts	25%	large amount of outer leaves
Cucumber	27%	Ends, peel
Apple	8%	Core / stem
	14-22%	Core/stem/parings
Apricot	8%	
Avocado	30%	
Banana	30%	
Cherries	8%	Stem
	12%	Stem/stone
Currant	1%	Red/Black
Coconut	50%	
Date	14%	
Feyoa	10%	
Fig	3%	
Gooseberries	1%	
Grapefruit	51%	Skin/membrane
Grapes	5%	Stem blue/white
	35%	Stem/seeds/skin
Kiwi	10%	
Lemon	32%	Rind
	1%	Seeds
	43%	Juice content
Lychee	40%	
Macadamia nut	70%	
Mandarin	29%	
Mango	28%	Green to ripe
	46%	Ripe
Melon	37%	Rock/honeydew etc
	55%	Watermelon

Fruit/Vegetable	%	Remark
Orange	26%	Rind
	1%	Seeds
	48%	Juice content
	52%	Rind/seeds/membrane
Paw paw	33%	
Passionfruit	55%	
Peach	13%	Stone/skin
Pear	23%	Stem/core
Persimon	24%	
Pineapple	45%	
Pistachio nut	52%	
Plum	8%	
Rhubarb	50%	If bought with leaves
Strawberries	3%	
Tamarillos	10%	
Artichoke	60%	Globe
	31%	Jerusalem
Asparagus	20%	
Beans	12%	Green / wax
	66%	Broad
Beetroot	30%	
Broccoli	40%	Untrimmed
	25%	Trimmed
Brussels sprouts	8-25%	
Cabbage	20%	White/red
Carrots	20%	
Capsicum	18%	Green/Red/Yellow
Chilli pepper	10%	
Cauliflower	20-50%	
Celery	10%	Green
Celeriac	14%	
Corn	35-55%	
Cucumber	10%	Skin only, long green/ ashley
	50%	Skin/seeds
Eggplant	19%	Long purple/supreme
Endive (whitloof)	11%	Chicory de Bruxelles
Endive	25-35%	Curly
Fennel	30%	
Garlic	20%	
Ginger	10%	
Horseradish	25%	
Kohlrabi	25%	
Leek	48%	
Fruit/Vegetable	%	Remark
Lettuce	25-35%	Roundhead/butterhead/ Mignonette/Radicchio Cos or Romaine
Marrow	30%	Long white/green

Mushrooms	5%	Button
Onions	10%	Brown/white
	15%	Shallot
	25%	Spring
Parsley	40%	
Parsnips	60%	
Peas	60%	Green
	5%	Snow
Potatoes	14%	Hand peeled (Kennebel or Seguoia)
	30%	Machine peeled (Seboga / Coliban)
	19%	Average (Pontiac/Exton)
	5-10%	New potatoes
	14%	Sweet potatoes
Pumpkin	25%	Butternut/ Queensland blue
Radish	37%	Round / long
Spinach	23%	Silver beet / English
Radish	37%	Round / long
Squash	25%	Early white / Green warted hubbard Alorne/ Kumi Kumi/ Summer
Swedes	25%	
Sweet corn	35-55%	
Tomato	40%	Core/skin/seeds
Turnip	25%	
Zucchini	5%	President/ Golden// Grevzini
Watercress	50%	