



# RECIPE WRITING TIPS

Writing a recipe is an important skill. Here are some helpful tips from the McCormick Test Kitchen.

## Recipe template

There are seven key elements of a recipe. Be sure to include all these within your written recipe.

### Recipe title

Name of dish  
e.g. Rich bolognese sauce

### Preparation time

The preparation time excluding cooking, e.g. preparing vegetables, marinating meat etc.

### Cooking time

Total time for the cooking process —if no cooking is needed then the cooking time will be 0 minutes

### Number of serves/Makes

The number of people the recipe will serve or the number of items the recipe will make e.g. 4 rice paper rolls (2 serves)

### Ingredients

Ingredients to be used, listed in order that they are used in the recipe (see Tips for listing ingredients in a recipe)

### Method

Steps to be carried out, listed in order (see Cooking method explanations)

### Presentation

How the dish should be presented

## Tips for listing ingredients in a recipe

When listing ingredients, list them in order of their use and always list the quantity.

- Common measurements include: tablespoon, teaspoon, mL (millilitres), g (grams), kg (kilograms).
- For volumes of 1 litre and above, use litres e.g. 1.25 L.
- Packaged and canned goods should be stated as available in store (e.g. 1 x 400 mL can, 1 x 800 g jar, etc).
- Vegetables should be described according to common descriptions e.g. 4 small carrots, 4 medium stalks celery, 1 bunch parsley. If the vegetable is sold packaged, list the package weight e.g.  $\frac{1}{2}$  x 150 g packet snow pea shoots.
- All preparation descriptors should be listed after the ingredient itself e.g.
  - 4 carrots, washed and diced
  - 1 x 250 g can apricot halves, drained
  - 1 chicken breast fillet, sliced.
- If butter or another spread is an ingredient, show the amount in grams (g), tablespoons or teaspoons.
- If oil is an ingredient, show the amount in tablespoons, teaspoons or cups.

## Cooking method explanations

### Bake or oven bake

To cook in an oven

### BBQ or barbeque

To cook on a pre-heated BBQ plate

### Boil

To cook in water that is bubbling so the bubbles constantly break the surface

### Grill

To cook under a heat element/griller/gas flame

### Pan fry

To cook in a frying pan with a small amount of oil

### Rapid boil

To cook in water that is bubbling so the bubbles rapidly break the surface

### Saute

To cook small amounts of food in oil, over medium to high heat

### Simmer

To cook in water that is bubbling so the bubbles occasionally break the surface

### Steam

To cook foods in the vapour/steam of boiling water

### Stir frying

To cook foods quickly over a high heat in a very hot wok or large, deep frying pan in small amount of oil

# EXAMPLES FROM THE MCCORMICK TEST KITCHEN

## Vegan Chorizo

Prep time: 10 minutes

Cook time: 15 minutes

Makes 8 servings

### Ingredients

2 x 400 g cans garbanzo beans (chickpeas), drained and rinsed  
½ cup (125 g) canned diced tomatoes  
2 tbsp (40 mL) apple cider vinegar  
2 tsp (10 mL) soy sauce  
2 tbsp McCormick Paprika  
1 tbsp McCormick Garlic Powder  
1 tsp McCormick Cumin, Ground  
1 tsp McCormick Oregano Leaves  
¼ tsp McCormick Black Pepper, Cracked  
¼ tsp McCormick Chilli Flakes  
⅛ tsp McCormick Cloves, Ground  
½ tsp salt  
4 tbsp (80 mL) oil, divided  
1 onion, finely minced  
200g white mushrooms, finely chopped  
½ cup (125 mL) water

### Method

1. Place garbanzo beans, tomatoes, cider vinegar, soy sauce, spices and salt in large bowl; toss to coat well.
2. Transfer mixture to bowl of food processor. Pulse about 5 or 6 times until well mixed and only a few coarse chunks of garbanzo beans remain.
3. Heat 2 tablespoons (40 mL) of the oil in a large nonstick skillet on medium heat. Add onions and mushrooms; cook until tender, stirring occasionally. Add remaining oil and increase heat to medium-high. Stir in garbanzo bean mixture and water. Cook 8 to 10 minutes or until mixture resembles cooked chorizo, stirring only when the mixture on the bottom begins to brown, tossing to incorporate the browned part back into the mixture.

### Test Kitchen Tips

- Chorizo can be used in a variety of dishes. Often served with breakfast, it is also the perfect addition to burritos and fried potatoes, or a great filling for tacos and empanadas.
- Don't have a food processor? Mash garbanzo beans and tomatoes into coarse chunks with a potato masher or fork. Stir in vinegar, soy sauce, spices and salt, and continue as directed.



## Vegan Tres Leches Cake

Prep time: 20 minutes

Cook time: 35 minutes

Makes 12 servings

### Ingredients

2 cups (260 g) flour  
½ cup (115 g) sugar  
1½ tsp bi carb baking soda  
1 tsp baking powder  
½ tsp salt  
⅓ cup (80 mL) coconut milk  
¼ cup (60 mL) vegetable oil  
1 tbsp (20 mL) plus 1 tsp (5 mL) pure vanilla extract, divided  
¼ cup (60 mL) unsweetened applesauce  
1 cup (250 mL) aquafaba (canned garbanzo bean liquid)  
1 tsp cream of tartar  
1 cup (250 mL) unsweetened almond milk  
1 cup (250 mL) unsweetened cashew milk  
⅔ cup (160 mL) sweetened condensed coconut milk (see recipe below)  
2 tbsp icing sugar  
½ tsp McCormick Cinnamon, Ground  
¼ tsp bi carb baking soda

### Method

1. For the cake, preheat oven to 180°C (160°C fan forced). Line a 20-cm square baking pan with baking paper. Sift flour, sugar, bi carb soda, baking powder and salt into a large bowl or onto a large sheet of baking paper. Set aside.
2. In a separate large bowl, mix coconut milk, vegetable oil, 1 tablespoon (20 mL) of the vanilla and applesauce with a wire whisk until well blended. Set aside.
3. Place aquafaba and cream of tartar in bowl of electric stand mixer fitted with whisk attachment. Beat on high speed until stiff peaks form, about 10 minutes. Gently stir or fold whipped aquafaba mixture into bowl with coconut milk mixture until well blended. Gradually add dry ingredient mixture to batter, stirring gently after each addition just until mixed. Pour batter into prepared pan.
4. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove cake from pan and place on large, shallow-sided serving platter. Poke holes in warm cake with kitchen fork at 2.5 cm intervals, moving fork side to side to enlarge holes slightly.
5. Meanwhile, mix almond milk, cashew milk, sweetened condensed coconut milk, icing sugar, cinnamon, baking soda and remaining 2 teaspoons (10 mL) vanilla in large bowl with wire whisk. Slowly pour milk mixture over cake, reserving about ½ cup (125 mL) liquid for serving, if desired. Cool completely. Cover.
6. Refrigerate at least 3 hours or overnight to allow milk mixture to absorb into cake. Slice and serve with reserved milk mixture drizzled over cake.

To make sweetened condensed coconut milk, bring 1 can (400 mL) coconut milk to boil in a small saucepan; boil 5 minutes. Stir in ¼ cup (60 mL) agave nectar; reduce heat and simmer 30 to 35 minutes or until the mixture has reduced by half. Set aside and allow to cool completely.