



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. ½ 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

Blend/ process

To mix ingredients in an electric blender or food processor

Grill

To cook under a heat element/griller/gas flame

Panfry

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

SAUCED & SPICED

VEGETARIAN XO SAUCE

12 servings

First created in Hong Kong, XO sauce is the iconic condiment. Meant to impress, it is known to be a luxury blend typically made with dried shrimp and scallops, Chinese dry-cured ham, garlic and various chillies. It is a umami-packed condiment that has it all—savoury, smoky, sweet, spicy and salty. This vegetarian version features a cast of ingredients to create the craveable savouriness that traditional XO sauce is known for. Toss it into eggs, then scramble or roast vegetables or dress up a stir-fry. The list of uses for this unique sauce are endless.

INGREDIENTS

- 100 g shiitake mushrooms, sliced (about 2 cups)
- 3 garlic cloves
- 1 large shallot, peeled and halved
- $\frac{2}{3}$ cup (160 mL) vegetable oil, divided
- $\frac{1}{4}$ cup (60 mL) soy sauce
- 1 tbsp (20 mL) honey
- 1 $\frac{1}{2}$ tsp McCormick® Chilli Flakes
- 1 tsp McCormick® Ginger, Ground
- 1 tsp McCormick® Paprika, Smoked
- $\frac{1}{2}$ tsp McCormick® Cinnamon, Ground
- $\frac{1}{4}$ tsp McCormick® Cumin, Ground
- 1 tsp sea salt

METHOD:

1. Place mushrooms in the bowl of a food processor; cover and pulse until coarsely chopped. Remove from food processor; set aside. Place garlic and shallot into food processor bowl; cover and pulse until coarsely chopped.
2. Heat $\frac{1}{3}$ cup (80 mL) of the oil in large frying pan over medium-low heat. Add garlic mixture. Cook, stirring for 2 minutes or until fragrant. Add mushrooms, soy sauce, honey, spices, salt and remaining $\frac{1}{3}$ cup oil. Continue cooking and stirring for 7 minutes or until mushrooms are tender.
3. Store Vegetarian XO Sauce in an airtight container in refrigerator for up to 1 week.

WEST AFRICAN SUYA SPICE BLEND

12 Servings: Makes $\frac{3}{4}$ cup

Suya Spice Blend is a staple seasoning in West Africa, especially in Nigerian cuisine. It is a flavourful dry rub typically made with a base of crushed or powdered peanuts and spices like ginger and cayenne. The nutty, fragrant blend is commonly used as a dry rub to season beef and chicken skewers, but is also great for lamb and fish. It can also be used in marinades, sauces and dressings, or with roasted vegetables.

INGREDIENTS

- $\frac{1}{2}$ cup unsalted, roasted peanuts
- 1 tsp McCormick® Garlic Powder
- 1 tsp McCormick® Onion Powder
- 1 tsp McCormick® Paprika, Smoked
- $\frac{1}{2}$ tsp McCormick® Chilli Flakes
- $\frac{1}{2}$ tsp McCormick® Ginger, Ground
- 1 tsp salt

METHOD:

1. Place all ingredients in small bowl of a food processor. Pulse until finely ground, crumbly and well blended.
2. Store Spice Blend in an airtight container in refrigerator.



WEST AFRICAN SUYA SAUCE

10 Servings

Enhance the flavour of any meal instantly with this easy, West African inspired condiment. Suya Spice Blend brings a nutty smokiness to this homemade sauce, balanced by cool, creamy coconut milk and sweet honey. Serve it up as a dipping sauce for grilled meats and vegetables, or drizzled over noodle dishes or added to stir-fry vegetables.

INGREDIENTS

- ¾ cup (180 mL) coconut milk
- 2 tbsp (40 mL) honey
- ¾ cup **West African Suya Spice Blend**, (1x recipe qty)

METHOD

1. Mix coconut milk and honey in medium bowl with wire whisk until well blended. Add Suya Spice Blend and whisk until well blended.
2. Store in airtight container in refrigerator up to 1 week.



ROASTED VEGETABLE SUYA-SPICED FLATBREAD

8 Servings



INGREDIENTS

- 1 medium eggplant, cut into cubes (about 3 cups)
- 1 medium red bell pepper, cut into cubes
- 1 medium onion, cut into chunks
- 1 cup cherry tomatoes, halved
- 1 ripe mango, peeled, seeded and cut into cubes
- 2 tbsp (40 mL) vegetable oil
- 1 x 250g pack naan bread, toasted (other flat bread substitutions available)
- 8 tbsp West African Suya Sauce, divided
- fresh parsley, chopped

METHOD:

1. Preheat oven to 230° C (210°C fan forced). Place vegetables and mango with oil in a large bowl; toss to coat. Arrange vegetable mixture in a single layer on a foil-lined, lightly greased large baking tray.
2. Roast for 40 minutes or until vegetables are tender, stirring halfway through cooking. Set aside.
3. To assemble flatbreads, spread about 2 tablespoons Suya Sauce over each naan bread. Divide roasted vegetables evenly between flatbreads. Drizzle with remaining Suya Sauce and sprinkle with chopped parsley.

VEGETARIAN XO SAUCE

REFRESH. REPLENISH. REHYDRATE

BLUEBERRY VANILLA “LEMONADE” SHAVED ICE MOCKTAIL

10 Servings

INGREDIENTS

- 2 cups (500 mL) water
- 1 ½ cups chopped celery
- 1 ½ cups fresh blueberries
- ½ cup (125 mL) calamansi juice (1 part fresh orange juice with 3 parts lemon juice)
- 6 tbsp light agave nectar
- 1 tbsp chopped fresh mint
- 2 tsp pure vanilla extract
- ½ tsp McCormick® Ginger, Ground
- ¼ tsp sea salt
- 10 cups shaved ice
- Garnish
- sliced lemon
- fresh mint leaves, extra

METHOD:

1. Place all ingredients except ice in a blender container; cover. Blend until smooth, about 3 minutes.
2. Place 1 cup of shaved ice in beverage glass. Pour ½ cup of the Blueberry Lemonade mixture over top. Garnish with a twist of lemon and mint leaves. Repeat with remaining ingredients.



BLACKBERRY SWEET POTATO ICE POPS

14 Servings

INGREDIENTS

Equipment- 14 popsicle moulds or small paper cups and popsicle sticks or straws

- 1 ½ cups (about 1 medium) sweet potato, cut into 1-inch cubes
- 3 cups fresh blackberries, divided
- 2 cups (500 mL) orange juice
- 2 tbsp lemon juice
- 2 tbsp light agave nectar
- 2 tsp pure vanilla extract
- ¾ tsp sea salt
- ½ tsp McCormick® Cinnamon, Ground

METHOD:

1. Place sweet potatoes in a medium saucepan with enough water to cover. Cook in simmering water about 15 minutes or until tender. Drain well; allow to cool 5 minutes.
2. Place sweet potatoes, 2 cups of the blackberries and remaining ingredients into blender container. Cover. Blend until smooth, about 3 minutes. (If desired, strain mixture with sieve to remove seeds.)
3. Divide mixture between 14 popsicle moulds or small paper cups, filling about ¾ of the way full. Add a few fresh blackberries to each mould gently pressing into sweet potato mixture.
4. Freeze 30 minutes or until mixture just begins to set. Insert popsicle sticks or colourful straws into centre of each mould. Freeze at least 4 hours or overnight, until completely set.

**BLACKBERRY SWEET
POTATO ICE POPS**

A new creamy cool — MANGO LASSI BARS

36 Servings

INGREDIENTS

- 2 ripe mangoes, peeled and flesh cut into 2cm chunks (about 2 cups)
- ½ cup (125 mL) coconut cream
- 2 x sachets (7 g each) unflavoured gelatine
- 1 ½ cups plain full-fat Greek style yoghurt
- 250 g cream cheese, softened to room temperature
- 2 tsp pure vanilla extract
- 1 tsp McCormick® Cardamom, Ground
- ¾ tsp McCormick® Turmeric Powder, Ground
- ½ tsp McCormick® Ginger, Ground
- ½ tsp sea salt
- ¼ cup (3 tbs) honey
- 1 ½ cups shredded coconut, toasted
- 1 cup chopped pistachios, lightly toasted



METHOD:

1. Microwave mangoes on HIGH 2 ½ minutes or until softened. Place in food processor or blender and process until smooth. Set aside.
2. Place coconut cream in medium microwavable bowl and sprinkle gelatine evenly over surface of cream. Beat with a wire whisk until well blended and gelatine is completely dissolved. Let mixture stand 5 minutes to allow gelatine to bloom*. Microwave on HIGH 1 ½ minutes, stirring every 30 seconds. Remove from microwave and allow mixture to cool.
3. Meanwhile, beat yogurt and cream cheese with an electric mixer on medium-high speed about 3 minutes until smooth and creamy. (If using stand mixer, fit with wire whisk attachment.) Stir in mango puree, vanilla, cardamom, turmeric, ginger, salt and honey. Beat for a further 1 minute. Gradually add coconut cream mixture to yogurt mixture, beating until well blended.
4. Pour mixture into an ungreased 33 x 22 -cm baking dish or pan deep enough to hold mixture. Cover with plastic wrap. Refrigerate at least 4 hours or until completely set. Cut into rectangular bars, about 5 cm x 2.5 cm.
5. Mix toasted coconut and pistachios in shallow dish. Dip Mango Lassi Bars in mixture to coat evenly on all sides. Refrigerate until ready to serve.

Test Kitchen Tips:

- To toast coconut, spread shredded coconut in an even layer on small baking paper-lined baking tray. Bake in preheated 160°C (140°C fan forced) oven for 3 minutes. Carefully remove from oven; stir. Return to oven and toast 2 to 3 minutes longer or until coconut is lightly browned. Watch closely, as coconut will burn easily.
- To toast pistachios, place in a dry pan on medium heat. Toast, stirring frequently, about 2 to 3 minutes. Remove pistachios from pan immediately; set aside to cool.

Gelatine to bloom*. Gelatine sits until it swells or “blooms” as it absorbs the liquid

To make sugar syrup: Place 500 g water and 500 g of sugar in a saucepan. Bring to the boil and lower heat simmering until all the sugar is dissolved. Allow to cool before bottling.