



# Armed Forces Recipe Service: A Cookbook for Large Groups (Volume 1)

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## **Armed Forces Recipe Service: A Cookbook for Large Groups (Volume 1)** Department of Defense

The Armed Forces Recipe Service is a large collection of high-volume, standardized food service recipes developed by the United States Department of Defense and used by military chefs, institutional and catering operations. All of the recipes have been developed, tested and standardized for product quality, consistency and yield. The U.S. Dietary Guidelines were among the many considerations in both the selection and development of the recipes. Many of the recipes have been modified to reduce fat, salt and calories. For new and experienced cooks, consistent use of standardized recipes is essential for quality and economy. Broken into two volumes due to its size, the Armed Forces Recipe Service contains over 1,600 tested recipes calibrated to feed 100 people and easily adjusted up or down to adjust portion size depending on the number of people being fed. The recipes contain a basic nutritional analysis as well, detailing calories, carbohydrates, protein, fat, cholesterol, sodium and calcium. Both volumes of The Armed Forces Recipe Service must be purchased to have the manual in its entirety. This volume, Volume I of II, holds the following sections: General Information, Appetizers, Beverages, Breads and Sweet Doughs, Cereals and Pasta Products, Cheese and Eggs, Cakes and Frostings, Cookies, Pastries and Pies, Puddings and Other Desserts, and Desserts (Sauces and Toppings).

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