

# The Ketogenic Diet

## Batch Cooking 101

### What Is Batch Cooking?

Batch cooking is the process of making multiple portions out of the same recipe. The batch cooking technique has been practiced for years in restaurants, home kitchens, and of course- the keto kitchen.

### Can I Batch Cook Any Recipe?

The number one rule to batch cooking is the recipe must be homogenous. Meaning, the ingredients are evenly blended so that every scoop is identical.

- Examples of homogenous recipes: Pancakes, waffles, sugar cookies
- Examples of non-homogenous recipes: chocolate chip cookies, broccoli cheddar soufflé, pizza

However, some non-homogenous foods can be made homogenous by pureeing. The broccoli cheddar soufflé can be pureed to an evenly distributed homogeneous mixture. Recipes such as chocolate chip cookies couldn't be pureed to a homogenous mixture because the chips would be too solid to evenly combine.

Even though non-homogeneous mixtures as a whole cannot be batch cooked, they may have parts of the recipe that can be. For example, the pizza cannot be batch cooked because there are three parts: the crust, the sauce, and the cheese. However, the crust itself is a homogeneous mixture because all of the ingredients are evenly distributed, therefore can be batch cooked. The cheese and sauce can be weighed individually and added on once the crust is finished baking.

We advise to batch cook no more than 15 portions at one time. If the mixing bowl is filled with too much batter at one time, it may not mix as well.

### Why is my scale reading “E”?

Scales have certain weight capacities that can interfere with batch cooking. The scale that CHOP recommends has a weight capacity of 220gm, therefore batch cooking for larger quantities can be a challenge. When the scale displays the letter “E”, this stands for “error”, signifying that the scale has gone over its weight limit.

To avoid this from happening, it is best to use two bowls when batch cooking; one small bowl for weighing, and one large bowl for mixing together all of the ingredients. Weigh each ingredient individually using the small bowl, then transfer the weighed portion to the large bowl.

If you've gone over the weight limit, simply remove small spoonfuls of the ingredient until the number reappears on the scales display screen. Take the total gram amount you need for that ingredient and subtract the number displayed on the scale, this will tell you how many grams you still need for that ingredient. For example- if you need 300gm total of raw egg and your scale is reading 200gm, you know you will need 100 more grams. Transfer the 200gm of weighed egg to the larger bowl, then place the small bowl back onto the scale, weigh the remaining 100gm.

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### Calculation Example- Chocolate Nut Fudge

Protein	4.6 gm almond flour
Fat	15.3 gm Butter
Carbohydrate	0.3 gm Hershey's® Unsweetened Cocoa Powder 1 gm Jell-O® sugar free instant chocolate pudding powder
Other	1 tsp DaVinci Gourmet® sugar free chocolate syrup

I want to batch cook 5 portions of chocolate nut fudge.

Step 1: Add up the gram amounts for one portion to find out how much it weighs.

$$4.6 + 15.3 + 0.3 + 1 + 5 = 26.2$$

Don't forget the sweeteners and syrups!! Everything that goes into a recipe has a weight, even if it's written in household measurements.

Household Measurement Averages: 1 tsp. = 5 gm & 1 Tbsp. = 15 gm

The total weight for one portion will equal 26.2 gm.

Step 2: Multiply every number by 5.

$$4.6 \text{ gm} \times 5 = 23 \text{ gm almond flour}$$

$$15.3 \text{ gm} \times 5 = 76.5 \text{ gm butter}$$

$$0.3 \text{ gm} \times 5 = 1.5 \text{ gm cocoa powder}$$

$$1 \text{ gm} \times 5 = 5 \text{ gm chocolate pudding powder}$$

$$1 \times 5 = 5 \text{ tsp. DaVinci Gourmet® sugar free chocolate syrup}$$

Step 3: Make your batter.

Begin by weighing the dry ingredients first to avoid clumping.

Weigh the 23 gm of almond flour in a small bowl using your gram scale. Transfer to large bowl.

Continue with remaining ingredients, then thoroughly stir together.

Step 4: Weigh your portions.

Once you've completely mixed your batter, place the small bowl back onto the scale. Scoop the mixture into the small bowl and weigh out one portion- 26.2 gm.

Step 5: Scoop each individual portion into the silicone mold.

Depending on the size of the molds, 26.2 gm may yield one or more pieces of fudge. When scooping the individual portions into the mold, attempt to keep a pattern so that you don't lose track how many pieces make up one portion. Place in the freezer. Once frozen, remove each individual portion and store in separate sandwich bags.