PART I

I

Dry Herbs and Spices and Fresh Herbs

This chapter covers dry herbs and spices plus fresh herbs. Herbs and spices flavor other foods and are very important aspects of developing the character of a recipe. A few key herbs or spices distinguish many ethnic and national cuisines from others. Italian recipes, for instance, often have flat parsley, sweet basil, rosemary, and oregano, whereas Scandinavian recipes often call for dill weed, and French cuisine features tarragon, chives, and curly parsley.

As important as they are in cookery, herbs and spices can be troublesome to cost out. Some texts on costing suggest that you simply add 5% to the cost of the recipe to account for the herbs and spices expense. This chapter will show you that it is quite simple (and far more accurate) to cost these items, whether they are fresh or dry. The same is true for planning purchases of these items.

COSTING DRY HERBS

The Dry Herbs and Spices table uses relatively small measures because these foods are often used in fairly small amounts. The key measures are:

- Number of tablespoons per ounce
- Number of ounces per tablespoon
- Number of ounces that a cup of the item weighs
- Count per ounce (such as whole bay leaves)
- Count per tablespoon (such as whole peppercorns)

IN THE WORKBOOK

Part II, the Workbook, has two worksheets to help you with costing dry herbs and spices and fresh herbs:

- Dry Herbs and Spices, Costing Worksheet 5
- Fresh Herbs, Costing Worksheet 6

If, for example, you need to cost a teaspoon of an item, simply divide the tablespoon-equivalent amount (the first column of numbers) by 3, because there are 3 teaspoons per tablespoon. All costing procedures begin by determining the cost per ounce of a food item. Once you know that amount, you look up the number of volume measures (tablespoons per ounce or ounces per tablespoon or cup) to cost out the volume measures in question.

Example

Given: A 22-ounce container of dry whole leaf basil costs $24.77.

To calculate the cost of 1 ounce:

1. Divide the cost of the container ($24.77) by the number of ounces in the container (22):

$24.77 ÷ 22 = $1.1259

Therefore, 1 ounce costs $1.126, rounded.

There are two steps in calculating the cost of 1 tablespoon:

1. Refer to the Dry Herbs and Spices table to learn the number of tablespoons per ounce of whole leaf basil. The table shows that there are 11.4 tablespoons of whole leaf basil per ounce.
2. Divide the cost of 1 ounce ($1.126) by the number of tablespoons in 1 ounce (11.4):

$1.126 ÷ 11.4 = $0.0988

That means that 1 tablespoon costs a little less than a dime.

To calculate the cost of 1 cup:

1. Look up the number of ounces that 1 cup weighs. The table shows this is 1.4 ounces.
2. Find the cost per cup by multiplying the cost per ounce ($1.126) by the number of ounces in 1 cup (1.4):

$1.126 × 1.4 = $1.5764

As you can see, 1 cup of whole dry leaf basil costs $1.58, rounded.

NOTE

The table also shows the number of ounces per tablespoon because some recipe-costing software programs ask for this value when entering a food into their databases. Having this data on hand will save you the trouble of doing the calculation yourself.

When it comes to calculating the cost of a single item, a few items, such as whole chilies or peppercorns, are used in recipes by the count, or *each.* Two types of these items are listed: *counts by the ounce* and *counts per tablespoon.*

To calculate the cost of a single item listed in the Number Each per Ounce column, take the following steps:

1. Again, calculate the cost of one ounce.
2. Divide the ounce cost by the count per ounce.

To calculate the cost of a single item listed in the Number Each per Tablespoon column, you'll need an additional step:

1. Calculate the cost per ounce.
2. Calculate the cost per tablespoon.
3. Divide the cost per tablespoon by the number found in 1 tablespoon.

This calculation comes in handy for recipes calling for 10 whole cloves or 25 peppercorns, for instance.

COSTING FRESH HERBS

Fresh herbs can be used as garnishes of whole leaves or whole leafy stems. They are also used whole in stocks and some roasting recipes. When stemmed and chopped, they find their way into recipes as flavorings and again as garnishes.

1 gal. = 4 qt. = 16 c. = 128 fl. oz. ✦ 1 qt. = 2 pt. = 4 c. = 32 fl. oz. ✦ 1 pt. = 2 c. = 16 fl. oz. ✦ 1 c. = 8 fl. oz. = 16 tbsp. ✦ 1 fl. oz. = 2 tbsp. ✦ 1 tbsp. = 3 tsp. ✦ 1 lb. = 16 oz.

Fresh herbs are often sold by the bunch, but it is important to keep in mind that the size of the bunches will vary for one reason or another. One supplier may ship smaller bunches than another, and even if you only buy from one source, the size of a bunch can vary as seasons change. To help you in this regard, the Fresh Herbs table gives you yield information based both on a *bunch* and on an *as-purchased (AP) ounce.* (I recommend that you use the data based on the AP *ounce.*) To cost whole leaves or volumes of chopped leaves, you first determine the cost of the *as-purchased* (AP) ounce.

Costing Garnish Leaves

NOTE

Over the course of time, it's a good idea to keep a record of the various weights of your fresh herb bunches. You can use the Food Weight Log in the Workbook section for this purpose.

Taking curly parsley as an example, assume that the average bunch weighs 3.4 ounces and costs $0.86 per bunch.

To calculate the cost per AP ounce:

1. Divide the cost per bunch by the number of ounces in 1 bunch:

   $0.86 ÷ 3.4 = $0.2529

   The cost per AP ounce is $0.25, rounded.

The Fresh Herbs table shows that, on average, you will obtain 22 lovely, large garnish leaves per purchased (AP) ounce.

To calculate the cost of 1 garnish leaf:

1. Divide the cost per ounce ($0.25) by the number of garnish leaves per AP ounce (22):

   $0.25 ÷ 22 = $0.0114

   As you can see, 1 usable curly parsley garnish leaf costs a little over 1 cent.

It's important to point out that this is a mathematical *ideal* cost, meaning that you have no spoilage and that you use every bit of parsley, which probably is not going to be the case. Therefore, you may want to "pad" the cost of your fresh herbs a bit to reflect the real conditions in your operation.

Costing Chopped Fresh Herbs

Here, too, we'll use curly parsley as an example. Notice the column in the Fresh Herbs table labeled Yield of Tablespoons of Chopped Leaf per Purchased Ounce. This was calculated by measuring the number of cups of cleaned, stemmed, and chopped leaf obtained from one bunch. That number was then multiplied by 16 (there are 16 tablespoons in 1 cup), and dividing that result by the AP ounces in the bunch. For curly parsley, the number of chopped tablespoons obtained from 1 AP ounce is shown as 6.62.

To cost a tablespoon of chopped fresh parsley:

1. Divide the cost of 1 AP ounce ($0.25) by the number of chopped tablespoons obtained from 1 AP ounce (6.62):

   $0.25 ÷ 6.62 = $0.03776

In this case, 1 tablespoon of chopped curly parsley costs $0.038, rounded.

To cost a cup of fresh chopped parsley:

1. Multiply the cost per tablespoon by 16:

$0.038 × 16 = $0.608

A cup of chopped curly parsley costs $0.61, rounded.

Or you can use this three-step alternate method for costing a cup:

1. Multiply the number of AP ounces in the bunch (3.4) by the number of tablespoons of chopped herb obtained from each AP ounce (6.62):

3.4 × 6.62 = 22.508

The entire bunch yielded 22.5 tablespoons of chopped parsley.

2. Divide the yield in tablespoons (22.5) by the number of tablespoons in 1 cup (16):

22.5 ÷ 16 = 1.406

The 3.4-ounce bunch yielded 1.406 cups of chopped parsley.

3. Now divide the cost of the bunch ($0.86) by the number of cups yielded (1.406):

$0.86 ÷ 1.406 = $0.61

PURCHASING DRY AND FRESH HERBS

IN THE WORKBOOK

Part II, the Workbook, has two worksheets to help you plan your purchases of dry herbs and spices and fresh herbs:

- Dry Herbs and Spices, Purchasing Worksheet 1
- Fresh Herbs, Purchasing Worksheet 2

Fresh produce (herbs, vegetables, and fruit) prices fluctuate widely as the seasons change, so be aware that you may well pay much more for the same item in the winter than you do in the summer or fall.

Dry Herbs

This section gives you four purchasing formulas for dry herbs, with an example of each.

FORMULA 1 The purchasing formula for dry herbs measured in tablespoons is as follows:

AS # of tablespoons ÷ # of tablespoons per ounce = AP in ounces

Example

Given: You need a total of 37 tablespoons of ground basil. To find out how many ounces you will need:

NOTE

The # symbol stands for "number" or "the number of" in the formulas that follow here and in later chapters.

1. Divide the tablespoons needed by the number of tablespoons in 1 ounce. The Dry Herbs and Spices table shows there are 5.7 tablespoons of ground basil per ounce.

37 ÷ 5.7 = 6.49

Thus, you will need nearly 6.5 ounces of ground basil.

FORMULA 2 Next is the purchasing formula for dry herbs (volume-to-weight for cups):

AS # of cups × # ounces per cup = AP in ounces

Example
Given: You need 2 cups of ground basil. Find how many ounces you need.

1. Multiply the weight per cup times the number of cups needed. The Dry Herbs and Spices table shows that there are 2.81 ounces per cup for ground basil, so you get this result:

2 × 2.81 = 5.62

Therefore, you will need 5.62 ounces of ground basil.

FORMULA 3 The purchasing formula for dry herbs count to weight is as follows:

Count needed ÷ # each per ounce = AP in ounces

Example
Given: You need 12 dry Pasilla chile pods.

1. Divide the number of pods per ounce into the total pods needed. The Dry Herbs and Spices table shows that there are 2 Pasilla chile pods in 1 ounce:

12 ÷ 2 = 6

Thus, you will need 6 ounces of whole, dry Pasilla chile pods.

FORMULA 4 The last formula is for a dry spice-count-per-tablespoon to AP number of tablespoons:

AS count needed ÷ Count per tablespoon = AP tablespoons

Example
Given: You need 800 whole black peppercorns. The Dry Herbs and Spices table shows that there are 175 peppercorns per tablespoon:

1. Divide the number needed by the count per tablespoon. That means here you divide 800 by 175 to find the number of tablespoons needed:

800 ÷ 175 = 4.57 tablespoons

To convert to the number of ounces needed, just divide this answer by the value in the column headed Number of Tablespoons per Ounce in the table. For peppercorns, the table shows there are 4 tablespoons per ounce. So the calculation is as follows:

4.57 ÷ 4 = 1.14

Therefore, you need to order or cost 1.14 ounces of whole peppercorns.

Fresh Herbs

For fresh herbs there are three formulas; again, each formula is illustrated with an example.

FORMULA 1 The first formula is based on the number of garnish leaves needed:

# of leaves needed ÷ # of leaves per AP ounce = Ounces to buy

Example

You need 120 mint leaves, and the Fresh Herbs table shows that there are 24 garnish leaves of mint per AP ounce. Therefore, the equation is:

120 ÷ 24 = 5

which means you need to buy 5 ounces of fresh mint.

FORMULA 2 The second formula is based on the number of chopped tablespoons needed:

 # Chopped tablespoons needed ÷ # Chopped tablespoons per AP ounce = # Ounces to buy

Example

You need 16 tablespoons of chopped mint leaf, and the Fresh Herbs table shows that there are 3.88 tablespoons of chopped mint per AP ounce, so you use this equation:

16 ÷ 3.88 = 4.12

Therefore, you need to buy just over 4 ounces of fresh mint.

FORMULA 3 The last formula in this section is based on the number of cups of chopped leaf needed:

(# Chopped cups needed × 16) ÷ # Chopped tablespoons per AP ounce = # Ounces to buy

Example

You need 3 cups of chopped mint leaf. Here, too, the table shows there are 3.88 tablespoons of chopped mint per AP ounce. Follow this two-step process:

1. Multiply the number of cups needed by 16.

3 × 16 = 48

2. Divide that answer by the number of chopped tablespoons per AP ounce: 3.88.

48 ÷ 3.88 = 12.37

The result indicates that you need to buy 12.37 ounces of fresh mint.

Dry Herbs and Spices

Item Name	Number of Tablespoons per Ounce	Number of Ounces per Tablespoon	Number of Ounces per Cup	Number Each per Ounce	Number Each per Tablespoon
Achiote (Annato) Powder	3.08	0.325	5.2		
Allspice, ground	4.92	0.203	3.25		
Anise Seed, whole	5.00	0.200	3.20		
Basil, ground	5.70	0.175	2.81		
Basil, whole leaf	11.40	0.088	1.40		
Bay Leaf, whole				130	
Bay Leaves, ground	4.21	0.238	3.8		
Caraway Seed, whole	4.23	0.236	3.78		
Cardamom, ground	4.88	0.205	3.28		
Cayenne Pepper	5.30	0.189	3.02		
Celery Salt	1.95	0.513	8.21		
Celery Seed, whole	3.90	0.256	4.10		
Chervil, whole	13.00	0.077	1.23		
Chile Flakes, green	5.90	0.169	2.71		
Chile Flakes, red	5.90	0.169	2.71		
Chile Pods, Casabel				9	
Chile Pods, California and New Mexico				4	
Chile Pods, de Arbol				52	
Chile Pods, Guajillo				5	
Chile Pods, Japones (Japanese)				81	
Chile Pods, Morita				9	
Chile Pods, Pasilla				2	

Y% means yield percentage ✦ AS means as served (or used) ✦ AP means as purchased ✦ AS ÷ AP = Y% ✦ AS ÷ Y% = AP ✦ AP × Y% = AS ✦ Cost per AP unit ÷ Y% = Cost per servable unit

Dry Herbs and Spices (Continued)

Item Name	Number of Tablespoons per Ounce	Number of Ounces per Tablespoon	Number of Ounces per Cup	Number Each per Ounce	Number Each per Tablespoon
Chile Pods, Pequin				511	
Chile Powder	4.25	0.235	3.76		
Chile Powder (Ancho)	3.87	0.258	4.13		
Chile Powder (Chipotle)	3.35	0.298	4.77		
Chinese Five-Spice	4.25	0.235	3.76		
Chives, chopped	56.00	0.018	0.29		
Cilantro	36.00	0.028	0.44		
Cinnamon, ground	4.00	0.250	4.00		
Cinnamon, whole sticks, 5" long				3	
Cloves, ground	4.30	0.233	3.72		
Cloves, whole	5.33	0.188	3.00		50
Coriander Seed, ground	4.58	0.218	3.49		
Coriander Seed, whole	5.68	0.176	2.82		
Cream of Tartar	2.46	0.407	6.50		
Cumin Seed, whole	4.72	0.212	3.39		
Cumin, ground	4.80	0.208	3.33		
Curry Powder	4.50	0.222	3.56		
Dashi No Moto (no MSG)	2.32	0.431	6.9		
Dashi No Moto (with MSG)	2.50	0.400	6.4		
Dill Seed, whole	4.50	0.222	3.56		
Dill Weed	9.50	0.105	1.68		
Epazote	10.06	0.099	1.59		
Fennel Seed, whole	4.20	0.238	3.81		
Fenugreek Seed, whole	2.55	0.392	6.27		
Garlic Powder	4.32	0.231	3.70		
Garlic Salt	2.00	0.500	8.00		
Garlic, granulated	2.66	0.376	6.02		
Ginger, ground	4.20	0.238	3.81		

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Dry Herbs and Spices (Continued)

Item Name	Number of Tablespoons per Ounce	Number of Ounces per Tablespoon	Number of Ounces per Cup	Number Each per Ounce	Number Each per Tablespoon
Hibiscus Flowers				40	
Lavender Flowers	22.54	0.044	0.71		
Mace, ground	5.25	0.190	3.05		
Marjoram, ground	5.93	0.169	2.70		
Marjoram, whole leaf	10.60	0.094	1.51		
Mint, whole leaf	34.00	0.029	0.47		
Monosodium Glutamate (MSG)	2.86	0.350	5.6		
Mustard Seed, whole	2.50	0.400	6.40		
Mustard, ground (powder)	5.16	0.194	3.10		
Nori (Seaweed) sheets 8″ × 8.5″				10	
Nutmeg, ground	4.25	0.235	3.76		
Onion Powder	4.32	0.231	3.70		
Oregano, ground	5.70	0.175	2.81		
Oregano, whole leaf	10.00	0.100	1.60		
Paprika, ground	4.10	0.244	3.90		
Parsley Flakes, whole	22.00	0.045	0.73		
Pepper, Black, whole	4.00	0.250	4.00		175
Pepper, Black, coarse-cut	4.32	0.231	3.70		
Pepper, Black, cracked	4.00	0.250	4.00		
Pepper, Black, table grind	4.20	0.238	3.81		
Pepper, Red, crushed (flakes)	5.90	0.169	2.71		
Pepper, Szechuan, whole	8.27	0.121	1.93		
Pepper, White, ground	3.55	0.282	4.51		
Pepper, White, whole	4.00	0.250	4.00		
Poppy Seed, whole	3.20	0.313	5.00		
Poultry Seasoning	7.66	0.131	2.09		
Pumpkin Pie Seasoning Mix	5.06	0.198	3.16		
Rose Blossoms	24.24	0.041	0.66		

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Dry Herbs and Spices (Continued)

Item Name	Number of Tablespoons per Ounce	Number of Ounces per Tablespoon	Number of Ounces per Cup	Number Each per Ounce	Number Each per Tablespoon
Rosemary, ground	5.70	0.175	2.81		
Rosemary, whole leaf	11.85	0.084	1.35		
Saffron, whole	13.50	0.074	1.19		
Salt, Hawaiian, white	1.79	0.559	8.95		
Sage, rubbed	11.00	0.091	1.45		
Salt, kosher, (diamond crystal)	3.40	0.294	4.7		
Salt, kosher (Morton coarse)	1.87	0.534	8.55		
Salt, kosher flake	1.70	0.588	9.41		
Salt, Red Hawaiian, medium grain	1.77	0.566	9.05		
Salt, regular	1.55	0.645	10.32		
Salt, Seasoning	1.95	0.513	8.21		
Savory, ground	6.45	0.155	2.48		
Sesame Seed, whole	3.00	0.333	5.33		
Tarragon, ground	5.90	0.169	2.71		
Tarragon, whole leaf	13.00	0.077	1.23		
Thyme, ground	6.60	0.152	2.42		
Thyme, whole leaf	10.00	0.100	1.60		
Turmeric, powder	3.75	0.267	4.27		
Wasabi, powder	5.90	0.169	2.71		

Fresh Herbs

Item Name	Ounces per Bunch or per AP Unit	Garnish Leaves or Sprigs per Bunch	Garnish Leaves or Sprigs per AP Ounce	Ounces of Stemless Leaf per Bunch	Weight Yield Percent: Stemless Leaf per Bunch	Ounce Weight of 1 Tablespoon Chopped	Yield: Tablespoons of Chopped Leaf per Purchased Ounce	Ounce Weight of 1 Cup, Chopped
Basil, Sweet	2.5	59	23.6	1.4	56.00%	0.088	6.4	1.408
Bay Leaves	0.6	68	113	0.48	80.00%	0.113	7.1	1.803
Chives, 6" lengths	1	115	115	0.95	95.00%	0.095	10	1.52
Cilantro	2.8	93	33	1.3	46.43%	0.093	5	1.486
Dill Weed	4.5	105	23	2	44.44%	0.112	4	1.785
Marjoram	1	38	38	0.76	76.00%	0.069	11	1.105
Mint	3.35	80	24	1.4	41.79%	0.108	3.88	1.724
Oregano	1	40	40	0.78	78.00%	0.065	12	1.04
Parsley, curly	3.4	75	22	1.8	52.94%	0.080	6.62	1.28
Parsley, Italian	5.7	91	16	2.3	40.35%	0.113	3.51	1.8
Rosemary	1	22	22	0.8	80.00%	0.150	5.33	2.4
Sage, green	1	68	68	0.6	60.00%	0.075	8	1.2
Tarragon	1	48	48	0.8	80.00%	0.114	7	1.828
Thyme	1	43	43	0.65	65.00%	0.100	6.5	1.6
Watercress	6.1	25	4.1	1.65	27.05%	0.092	2.95	1.47

Notes

1. Ginger yields 70% when peeled.
2. These measurements are based on herbs of normal commercial size and quality with respect to their size, maturity, freshness, moisture, and conformation.
3. Leaves for garnish are large and attractive.
4. Stemless leaf yield includes the garnish leaves plus remaining good leaves.
5. Leaves were stripped from stems before chopping.
6. Chopped leaves were cut *chiffonade,* then cross-cut and chopped a bit more.
7. Volume measures of chopped leaves were tapped down but not pressed down hard.
8. The Yield: Tablespoons of Chopped Leaf per Purchased Ounce column was obtained by physically measuring (in cups) the total yield of the purchased amount after stemming and chopping, then multiplying that amount by 16 and dividing the answer by the ounces purchased.

Y% means yield percentage ✦ AS means as served (or used) ✦ AP means as purchased ✦ AS ÷ AP = Y% ✦ AS ÷ Y% = AP ✦ AP × Y% = AS ✦ Cost per AP unit ÷ Y% = Cost per servable unit