

ADJUSTING SEASONING IN RECIPES FOR SCHOOL SITES

Taste preferences vary from student to student and from school to school. The amount of MS Spice Blends, herbs, and spices in MRS Recipes can be increased to meet student flavor preferences in a school. MS Spice Blends as well as herbs and spices listed in the box below do not add calories, fat, saturated fat or sodium to recipes and can be increased without changing the nutritional analysis of the recipe. For videos on using the MS Spice Blends, visit the Printables & Resources section at www.mrs.mde.k12.ms.us.

Some guidelines to follow:

- Prepare a small quantity (such as 50 servings) for adjusting seasoning.
- Increase seasonings in small amounts. Remember that a little goes a long way and that flavors develop during cooking and holding times.
- Record the changes in quantities or seasonings added on the recipe.
- Involve students in the testing, as their taste preferences may be different from adults.
- If larger quantities of the item are prepared, seasonings may require further adjustment. Always taste items before placing on the line for service.

School Food Service Managers should work with their School Food Service Administrator and other staff to discuss adjustments made to recipes.

Spice blends, herbs, and spices can be added without increasing the amount of calories, fat, saturated fat, or sodium:

MISSISSIPPI SPICE BLENDS

MS Creole Spice Blend
MS Italian Spice Blend
MS Southwest Spice Blend

TRADITIONAL HERBS & SPICES

Basil	Italian seasoning	Pepper, cayenne
Bay leaves	Mustard, ground	Pepper, black
Chili powder	Nutmeg, ground	Pepper, white
Cinnamon	Onion powder	Sage
Cumin	Oregano	Thyme
Garlic powder	Paprika	