

A Hands-On
Yield Test for
Avocado

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Project Introduction

What is yield percent and why is it important? Yield percent is a measurement used to determine the percent of loss from a whole product to a cleaned edible product. Yield percent is important because it helps chefs predetermine the amount of product they need to buy. It helps chefs not waste money on excess products and helps them make sure they have enough product. The objective of this project is to do a hands-on yield test to calculate the real yield percent of our purchased product.

The Yield Percent Test

Step 1: To start this project, I traveled with my roommate to Safeway on October 26th and we purchased two avocados that cost \$1.25 each.



Step 2: Next, I turned on a food-grade scale and tared it to make sure I was getting an accurate measurement for the avocado and placed the unwashed avocado on the scale to weigh it. The weight I garnered from the avocado was 5.7 ounces. This total weight is going to be my APQ (as purchased quantity) in my yield percent equation.



Step 3: After I got my APQ I took my avocado off the scale and began cleaning it. I cut the avocado in half, removed the pit from the center, and took the flesh out of the skin using a spoon. The cleaned product and trim are shown below.



Step 4: After I trimmed my avocado I re-tared my scale to make sure I got an accurate measurement and then placed my cleaned avocado back onto the scale to weigh it out. The final weight I got from my cleaned avocado was 3.0 ounces. This final weight is going to be the EPQ (edible portion quantity) in my equation.



Step 5: Now, in order to determine the yield percent of my avocado I am going to take my EPQ of 3.0 ounces as presented in step 4 and divide it by my APQ of 5.7 ounces. It should look something like this:

$$\text{Yield percent} = \text{EPQ (edible portion quantity)} / \text{APQ (as purchased quantity)}$$

$$\text{Yield Percent} = 3.0 \text{ oz} / 5.7 \text{ oz} = 0.5263$$

After I got the decimal number, I moved the decimal two places to the right to get my yield percent of 52.63%. Then I rounded up to the nearest whole percent to get my final answer of a 53% yield.

A Comparison to an Already Known Yield Percent

My calculated yield percent for the avocado was 53% and the Yield Percent sheet handout online which identifies the yield percent for avocados as 75%. The percent I got and the one on the sheet are quite different, and it's probably due to the way I chose to scoop the flesh with a spoon. In order to get a better yield percent and save money I could have peeled the skin off the avocado flesh in order to reserve more of it.

Conclusion:

Yield percent is an extremely important part of the culinary industry because it prevents chefs from miscalculating amounts of products needed. However the yield percent will not always be the same as the one on the Yield Percent sheet as demonstrated in my project above. Yield percent often fluctuates based on the skill and confidence of the person cleaning the products. In order to get the best yield percent in the culinary industry training one's employees is required to save money and have an efficient running restaurant.

References:

Blocker, Linda, and Julia Hill. Culinary Math. 4th ed., Wiley, 2016. The Culinary Institute of America