



Kitchen Yield & Costing Guide

Practical Yield, Trim Loss & Production Reference for Hospitality Kitchens

Understanding preparation yields helps improve ordering, recipe consistency, portion control, food costing, and waste management. Actual yields will vary depending on product quality, preparation methods, and staff skill levels.

Common Cooking Yields

Product	Raw Weight	Typical Cooked Yield
White Rice	1 kg	2.5–3.0 kg
Brown Rice	1 kg	2.3–2.8 kg
Pasta	1 kg	2.2–2.5 kg
Dried Lentils	1 kg	2.2–2.5 kg
Dried Chickpeas	1 kg	2.3–2.5 kg
Dried Couscous	1 kg	2.2–2.4 kg
Rolled Oats	1 kg	2.0–2.2 kg cooked porridge

Common Vegetable Preparation Yields

Product	Purchased Weight	Typical Yield
Potatoes	1 kg	850–900 g
Kumara	1 kg	850–900 g
Carrots	1 kg	880–920 g
Onions	1 kg	850–900 g
Pumpkin	1 kg	700–800 g
Capsicum	1 kg	800–850 g
Cabbage	1 kg	900–950 g
Celery	1 kg	800–900 g
Broccoli	1 kg	550–650 g

Common Fruit Preparation Yields

Product	Purchased Weight	Typical Yield
Apples	1 kg	850–900 g
Pears	1 kg	850–900 g
Oranges	1 kg	700–750 g
Avocados	1 kg	650–750 g
Pineapple	1 kg	500–600 g

Citrus Yield Guide - Limes

Intended Use	Typical Yield
Wedges	90-95%
Slices	90-95%
Juice Only	55-65%
Zest Only	3-8%
Zest + Juice	60-70%

Citrus Yield Guide - Lemons

Intended Use	Typical Yield
Wedges	90-95%
Slices	90-95%
Juice Only	55-65%
Zest Only	4-10%
Zest + Juice	60-70%

Hospitality Cure Note

Yield is not just about the ingredient. Yield depends on how the ingredient is used. A lime cut into wedges has very little waste, while the same lime used only for juice may lose 35-45% of its original weight. Always calculate yields based on the intended use.

Common Protein Yields

Product	Purchased Weight	Typical Yield
Chicken Breast	1 kg	900-950 g
Whole Chicken	1 kg	650-750 g
Beef Scotch Fillet	1 kg	800-900 g
Beef Mince	1 kg	950-1000 g
Salmon Fillet	1 kg	900-950 g
Bacon	1 kg	700-850 g cooked

Drained Weight Examples

Product	Purchased Weight	Typical Drained Weight
Chickpeas (can)	400 g	240 g
Kidney Beans (can)	400 g	240 g
Sweet Corn (can)	420 g	285 g
Tuna Chunks (425 g can)	425 g	280-300 g
Beetroot Slices (can)	450 g	250-300 g
Sliced Peaches	820 g	460-500 g
Pineapple Pieces	850 g	480-550 g
Pear Halves	825 g	450-500 g

Hospitality Cure Tip

Yield matters. A product purchased at a lower price is not always cheaper if it produces less usable product. Understanding preparation and cooking yields can improve ordering, portion control, and profitability.