

Appetizers
Lunch & Dinner

		Page #
Carrot & Ginger soup	1.0	1
Hippen Masse	1.1	2
Cream Fraiche	1.2	3
Spinach & Mushroom Salad	2.0	4
Gorgonzola Fritters	2.1	5
Red Onion Vinegrette	2.2	6
Oven Roasted Tomatoes	2.3	7
Beef Carpacio	3.0	8
Gravlox	4.0	9
Rosti Potatoes	4.1	10
Red Onion Marmalade	4.2	11
Sweet Mustard Sauce	4.3	12
Dill Cream Cheese	4.4	13
Shrimp & Lobster Bisque	5.0	14
Grilled Vegetable Napoleon	6.0	15
Mozzarella Cheese	6.1	16
Balsamic Glaze	6.2	17

Main Dishes

Lunch & Dinner

Grilled Vegetable Fettuccini	7.0	18
Grilled Vegetables	7.1	19
Pasta Dough	7.2	20
Creole Sauce	7.3	21
Herbed Goat Cheese	7.4	22
Poached Salmon	8.0	23
Court Bouillon	8.1	24
Citrus Buerre Blanc	8.2	25
Capers	8.3	26
Leeks	8.4	27
Rice Pilaf	8.5	28
Shitake Slaw	8.6	29
BBQ Duck sandwich	9.0	30
Asian BBQ Sauce	9.1	31
Sweet Potatoes Fries	9.2	32
Spicy Aioli	9.3	33
Mushroom & Pepper Sandwich	10.0	34
Foccacia Bread	10.1	35
Pesto	10.2	36
Balsamic Vinaigrette	10.3	37
Chicken Supreme	11.0	38
Roasted Red Pepper Glace	11.1	39
Garlic Mashed Potatoes	11.2	40
Julienned Vegetables	11.3	41
Duck Confit	12.0	42
Duck Breast	12.1	43
Cherry Gastrique	12.2	44
Anna Potatoes	12.3	45
Tourneed Vegetables	12.4	46
Mushroom Ragout	13.0	47
Cumin Spag Squash	13.1	48
Arugala & Onions	13.2	49
Veal Stock	13.3	50

Standardized Recipe and Cost Card

Menu item: Carrot and Ginger Soup **Date:** 17/05/10
Yield: 2 L **Source:** Professional Cooking Glissen 6th Ed
Portion Size: 0.2 L **Name:** Culinary Management 4th Semester
of portions: 10 ptn **Selling price:** \$0.59
Cost per portion: \$0.22 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Butter	0.078	kg	100%	0.078	kg	\$189.02	18.16	kg	10.41	kg	\$0.81
Carrots	1.25	kg	90%	1.389	kg	\$13.75	22.68	kg	0.61	kg	\$0.84
Onions	0.313	kg	95%	0.329	kg	\$0.40	0.45	kg	0.88	kg	\$0.29
Water	3.125	L	100%	3.125	L	\$0.00	1.00	L	0.00	L	\$0.00
Potatoes	0.329	kg	95%	0.346	kg	\$13.50	22.68	kg	0.60	kg	\$0.21
Salt	0.001	kg	100%	0.001	kg	\$64.09	16.329	kg	3.92	kg	\$0.01
White Pepper	0.001	kg	100%	0.001	kg	\$24.50	6.480	kg	3.78	kg	\$0.01
Ginger	0.001	kg	100%	0.001	kg	\$1.25	0.45	kg	2.76	kg	\$0.01
TOTAL COST:											\$2.18

Preparation Procedure:

1. Heat the butter in a heavy saucepot over moderately low heat
2. Add the carrots, and onions, sweat the vegetables until they are about half cooked do not let them brown
3. Add ginger. Add the stock and potatoes. Bring to a boil.
4. Simmer until the vegetables are tender.
5. Purée the soup by passing it through a food mill or by using an immersion blender
6. Bring the soup back to a simmer. If necessary, add more stock to thin the soup to the proper consistancy
7. Season to taste.
8. If desired, finish the soup with hot cream at service time.

Equipment and Small Wares

cutting board, heavy saucepot, wooden spoon, foodmill or immersion blender, measuring cup, scale

Notes:

Standardized Recipe and Cost Card

Menu item: Hippen Masse
 Yield: 0.13 kg
 Portion Size: 0.013 kg
 Number of portions: 10 ptn
 Price per portion: \$0.05

Date: 08-Feb-10
 Source: Professional Cooking Glissen 6th Ed
 Name: Culinary Management 4th Semester
 Selling price: \$0.14
 Food cost percentage: 37%

INGRE	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	price	Count	Unit	Price	Unit	
Egg White	0.063	kg	100%	0.063	kg	\$25.04	6.000	kg	\$ 4.17	kg	\$0.26
Bread Flo	0.081	kg	90%	0.090	kg	\$17.02	20.000	kg	\$ 0.85	kg	\$0.08
Cream, 35	0.023	L	95%	0.024	L	\$59.74	12.000	L	\$ 4.98	L	\$0.12
Sugar	0.008	kg	95%	0.008	kg	\$42.01	20.000	kg	\$ 2.10	kg	\$0.02
Salt as nee	0.003	kg	100%	0.003	kg	\$64.09	16.329	kg	\$ 3.92	kg	\$0.01
White Pep	0.003	kg	100%	0.003	kg	\$24.50	6.480	kg	\$ 3.78	kg	\$0.01
Dried Thy	0.001	kg	100%	0.001	kg	\$32.89	17.040	kg	\$ 1.93	kg	\$0.01
TOTAL COST:											\$0.51

Preparation Procedure:

1. Stir the egg whites together, and mix flour in all at once.
2. Blend in the cream, then add all remaining ingredients.
3. Strain the batter through a sieve. Allow to rest for 30 minutes.
4. Using a piping bag, pipe the Hippen Masse using a piping bag
5. Bake at 375F until set and lightly browned. Remove while still slightly warm

Equipment and Small Wares

Bowl, Measuring cup, Scale, Sheet Pan, Squeeze bottle, Sieve,

Notes:

Pipe Hippen Masse with 20cm by 1/2 cm strips

Hippen Masse

Crème Fraîche



Standardized Recipe and Cost Card

Menu item: Crème Fraîche

Date: 17/05/10

Yield: 0.15 L

Source: Chef Steve

Portion Size: 0.015 L

Name: Culinary Management 4th Semester

of portions: 10 ptn

Selling price: \$0.18

Cost per portion: \$0.07

Food cost percentage: 37%

INGREDIENTS	EP QUANTITY		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	price	Count	Unit	Price	Unit	
Cream	0.075	L	100%	0.075	L	\$59.74	12.000	L	\$ 4.98	L	\$0.37
Buttermilk	0.075	L	100%	0.075	L	\$ 4.00	1.000	L	\$ 4.00	L	\$0.30
Lemon Juice/zest	0.075	ea	100%	0.075	ea	\$ 0.30	1.000	ea	\$ 0.30	ea	\$0.01
TOTAL COST:											\$0.68

Preparation Procedure:

- 1 Combine all ingredients in a bowl.
- 2 Put into a China Cap lined with a filter at room temp.
- 3 Cover and let stand in a warm place for 24-48hrs or until thickened

Equipment and Small Wares

cutting board, heavy saucepot, wooden spoon, foodmill or immersion blender, measuring cup, scale china cap,

Notes:



Standardized Recipe and Cost Card

Menu item: Warm Mushroom and Spinach Salad **Date:** 17-May-10
Yield: 3 /kg **Source:** Web CT **Page:**
Portion Size: 0.300 kg **Name:** Culinary Management Semester 4
of portions: 10 ptn **Selling price:** \$ 6.76
Cost per portion: \$2.50 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity			YIELD %		AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit			
Shitake Mushrooms	0.250	kg	98%	0.255	kg	\$23.45	1	kg	\$23.45	kg		\$0.01	
Button	0.500	kg	98%	0.510	kg	\$9.95	1	kg	\$9.95	kg		\$5.08	
Cremini	0.500	kg	98%	0.510	kg	\$12.45	1	kg	\$12.45	kg		\$6.35	
Baby Spinich	1.750	kg	100%	1.750	kg	\$4.50	1	kg	\$4.50	kg		\$7.88	
olive oil	0.010	L	100%	0.010	L	\$31.16	16	L	\$1.95	L		\$0.02	
Red onion vinaigrette	0.500	L	100%	0.500	L	\$1.09	0.50	L	\$2.18	L		\$1.09	
tomato chips	7.000	ptn	100%	7.000	ptn	\$0.87	10	ptn	\$0.09	ptn		\$0.87	
gorganzola fritters	5.000	ptn	100%	5.000	ptn	\$3.71	10	ptn	\$0.37	ptn		\$3.71	
TOTAL COST:											\$25.00		

Preparation Procedure

- 1 Clean mushrooms and spinach
- 2 Julienne Shitake and 1/4 the button and cremini mushrooms (1/6 if big, 1/8 if large)
3. Cook mixture and store till service in fridge.
4. In a pan add olive oil re-heat mushrooms and garlic
5. Toss mushrooms with portion of spinach in a bowl and (toss gently)
6. To plate salad put spinach mushroom mix into the middle of plate drizzle with vinaigrette scatter fritters around plate and top with tomato chips and serve immediately

Small wares:

Cutting board, Knife, Bowl, Paper towels, pan, tongs, squirt bottle (oil), bowl

Note: Lunch service is 25% smaller

Standardized Recipe and Cost Card

Menu item: Gorgonzola Fritters

Date: Jan 11/10

Yield: 70 pieces

Source: Chef Steve

Portion Size: 7 pieces

Name: Culinary Management 4th Semester

of portions 10 ptn

Selling price: 1.22

Cost per portion: \$0.45

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Gorgonzola Cheese	0.300	kg	100%	0.300	kg	\$18.99	1.000	kg	\$18.99	kg	\$5.70
All Purpose Flour	0.500	kg	100%	0.500	kg	\$15.06	20	kg	\$0.75	kg	\$0.38
Eggs	2.000	Each	100%	2.000	Each	\$17.71	180.00	Each	\$0.10	Each	\$0.20
Milk	0.400	lt	100%	0.400	lt	\$194.40	96.000	lt	\$2.03	lt	\$0.81
Salt	0.005	kg	100%	0.005	kg	\$ 42.37	24.000	kg	\$1.77	kg	\$0.01
Pepper	0.005	kg	100%	0.005	kg	\$24.85	1.000	kg	\$24.85	kg	\$0.12
Panko	0.500	kg	100%	0.500	kg	\$6.00	1.000	kg	\$6.00	kg	\$3.00
TOTAL COST:										\$4.52	

Preparation Procedure:

- 1) Cut Gorgonzola into 3/8" cubes.
- 2) Set up the standard breading procedures. One bowl with seasoned flour, one bowl with seasoned eggs and one bowl with seasoned panko.
- 3) Have the deep fryer ready at 350F and fry each portion. (Should be in the fryer until golden brown and floating.)
- 4) Remove fritters from the fryer as soon as they are golden brown. If cooked for too long the fritters will fall apart.

Equipment and Small Wares

Deep Fryer, Bowls, Scale, Ruler, Knives, Cutting Board, Spider.

Notes:

*make 25% less of the recipe for lunch service (5 fritters)

Standardized Recipe and Cost Card

Menu item: Red Onion Vinaigrette

Date: Jan. 11, 2010

Yield: 0.5 L

Source: Web Recipies

Page:

Portion Size: 0.050 L

Name: Culinary Management 4th Semester

of portions 10 ptn

Selling price: 0.29

Cost per portion: \$0.11

Food cost percentage: 37%

INGREDIENTS	EP Quantity		Yield %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Olive Oil	0.548	L	100%	0.048	L	\$70.23	10.410	L	\$3.37	L	\$0.16
Red Onion (Minced)	0.300	kg	90%	0.333	kg	\$0.95	1.000	kg	\$0.32	kg	\$0.11
Lemon Zest	1	each	100%	1	each	\$0.33	each	each	\$0.33	kg	\$0.33
Oregano (Chopped)	0.002	bunch	95%	0.002	bunch	\$1.45	1	bunch	\$0.05	bch	\$0.05
Thyme (Chopped)	0.002	bunch	95%	0.002	bunch	\$1.45	1	bunch	\$0.05	bch	\$0.05
Dijon Mustard	0.015	L	100%	0.015	L	\$42.54	4.500	L	\$0.64	L	\$0.01
Red Wine Vinegar	0.125	L	100%	0.125	L	\$19.29	10	L	\$2.41	L	\$0.30
Canola Oil	0.016	L	100%	0.016	L	\$70.23	0.216	L	\$1.12	L	\$0.02
Sea Salt	0.001	kg	100%	0.001	kg	\$42.37	24	kg	\$0.04	kg	\$0.03
Honey	0.050	ml	100%	0.050	ml			ml		ml	
Ground Pepper	0.001	kg	100%	0.001	kg	\$24.85	1.000	kg	\$0.02	kg	\$0.03
TOTAL COST:											\$1.09

Preparation Procedure

- 1 Combine red onion, lemon zest, oregano, thyme, dijon mustard in robo coup
- 2 Add red wine vinegar countinue mixing
- 3 Add the oils and combine
- 4 This vinaigrette can be held and used as ordered on the spinich salad

Small wares:

Cutting Board, Chef Knife, Scale, Measuring Cup, Wire whip,

Note: Lunch portions are 25% less

Prices noted are from the handout dated January 11, 2010



Standardized Recipe and Cost Card

Menu item: Oven Roasted Tomatoes **Date:** May 17, 2010
Yield: 70 pieces **Source:** Chef Steve
Portion Size: 7 pieces **Name:** Culinary Management 4th Semester
of portions: 10 ptn **Selling price:** \$0.24
Cost per portion: \$0.09 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	Unit	
Roma Tomato	0.500	kg	97%	0.515	kg	\$1.30	1	kg	\$1.30	kg	\$0.67
Canola Oil	0.050	L	100%	0.050	L	\$35.90	12.000	L	\$2.99	L	\$0.15
Salt	0.002	kg	100%	0.002	kg	\$42.37	24.000	kg	\$1.77	kg	\$0.00
Pepper	0.002	kg	100%	0.002	kg	\$24.85	1.000	kg	\$24.85	kg	\$0.05
TOTAL COST:										\$0.87	

Preparation Procedure:

- 1) Using a slicer, cut tomato into slices across the equator.
- 2) Lay on parchment paper on a sheet pan. The parchment paper should be sprayed with cooking spray.
- 3) Over top of the tomato slices drizzle canola oil, season with salt and pepper
- 4) Put in oven at 300°F for about 9 minutes, check after 7 minutes. Roast until golden brown.
- 5) Remove from tray, reserve.

Equipment and Small Wares

French/Chef Knife, Parchment Paper, Baking Sheet, Slicer, Oven (300°F (150°C))

Notes:

- *Tomatoes will burn quickly, keep an eye on them!
- * Lunch portion will be 25% smaller, only 5 tomatoes.



Standardized Recipe and Cost Card

Menu item: Beef Carpaccio

Date: 17/05/10

Yield: 1.17
Portion Size: 0.117
of portions: 10
Cost per portion: \$1.32

Source: Techniques of Healthy Cooking
Name: Culinary Management 4th Semester
Selling price: \$3.56
Food cost percentage: 37.00%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
	A		B	C=A/B		D	E		F=D/E		G=C*F
Beef Tenderloin trimmed	0.340	kg	80%	0.425	kg	\$49.66	56.120	Kg	\$ 0.88	Kg	\$ 0.38
Parmesan cheese	0.100	kg	98%	0.102	kg	\$29.95	2.500	Kg	\$ 11.98	Kg	\$ 1.22
Red Onions	0.050	kg	99%	0.051	kg	\$0.45	1.000	Kg	\$ 0.45	Kg	\$ 0.02
Capers	0.200	kg	100%	0.200	kg	\$14.92	0.936	Kg	\$ 15.94	Kg	\$ 3.19
Arugula	0.420	kg	100%	0.420	kg	\$23.31	1.816	Kg	\$ 12.84	kg	\$ 5.39
Lemon Juice	0.150	L	100%	0.150	L	\$32.59	11.340	L	\$ 2.87	L	\$ 0.43
Olive Oil	0.150	L	100%	0.150	L	\$70.23	10.410	L	\$ 6.75	L	\$ 1.01
Chopped Basil	0.014	kg	100%	0.014	kg	\$1.75	0.02	kg	\$ 87.50	kg	\$ 1.23
Chopped thyme	0.010	bunch	100%	0.010	bunch	\$1.45	1	bunch	\$ 1.45	bunch	\$ 0.01
Chopped rosemary	0.010	bunch	100%	0.010	bunch	\$1.45	1	bunch	\$ 1.45	bunch	\$ 0.01
Peppercorns black	0.002	kg	100%	0.002	kg	\$24.85	1	kg	\$ 24.85	kg	\$ 0.05
Peppercorns white	0.002	kg	100%	0.002	kg	\$44.47	1	kg	\$ 44.47	kg	\$ 0.09
Peppercorns pink	0.002	kg	100%	0.002	kg	\$72.00	1	kg	\$ 72.00	kg	\$ 0.14
TOTAL COST:										\$ 13.18	

Preparation Procedure:

- 1 Coat beef with fresh thyme, rosemary, and white pink and black peppercorns
- 2 Sear beef to blue rare in sautoire
- 3 Freeze beef
- 4 slice very thinly with slicer, lay slices on after removed from blade, stack with parchment between layers, keep frozen until service
- 5 make simple vinaigrette (lemon juice, olive oil, S&P, lemon zest)
- 6 toss vinaigrette into salad
- 7 lay beef in a circle on plate with salad in middle
- 8 After plating sprinkle with red onion and capers, serve immediately

Equipment and Small Wares

Slicer/ sharp knife, Large bowl, Baking Sheet with parchment paper, sautoire, mallet

Notes:

Reduce the recipe 25% for lunch



Standardized Recipe and Cost Card

Menu item: Salmon Gravlox

Date: 11/01/2006

Yield: 1.25 ptn

Source: Chef Steve

Portion Size: 0.125 kg

Name: Jon Serafin & Grant Guenkel

of portions 10 ptn

Selling price: \$1.73

Cost per portion: \$0.64

Food cost percentage: 37.00%

INGREDIENTS	EP QUANTITY		YIELD %	AP Quantity		AP Cost		TOTAL
	Count	Unit		Count	Unit	Count	Unit	
Salmon fillet, skin on	1.380	kg	100%	1.380	kg	\$3.00	kg	\$4.14
Juniper berries, crushed	0.007	kg	100%	0.007	kg	\$51.68	kg	\$0.36
Salt	0.170	kg	100%	0.170	kg	\$1.77	kg	\$0.30
Sugar	0.114	kg	100%	0.114	kg	\$2.10	kg	\$0.24
Black Pepper	0.014	kg	100%	0.014	kg	\$2.56	kg	\$0.04
Coarsely chopped dill	0.500	bunch	100%	0.500	bunch	\$1.08	bunch	\$0.54
Pernod	0.030	L	100%	0.030	L	\$26.25	0.750	\$0.79
TOTAL COST:								\$6.41

Preparation Procedure:

1. Remove the pin bones from the salmon. Place on hotel pan. Brush the pernod over the salmon.
2. Mix the curing ingredients and pack evenly over the salmon. (The layer should be slightly thinner where the fillet tapers to the tail.) Cover with chopped dill.
3. Wrap the salmon loosely and place it in a hotel pan set in a regular hotel pan. Top with a second hotel pan and press with 2 100oz cans.
4. Refrigerate the salmon for 3 days to cure. After the third day, gently scrape off the cure. Slice and serve the salmon immediately, or it may be wrapped and refrigerated for up to 5 days. Flip after 1.5 days

Equipment and Small Wares

Tweezers, brush, bowls, hotel pan, perforated hotel pan, 2lb weight, knife, scale, measuring cup.

Notes:



Standardized Recipe and Cost Card

Menu item: Rosti Potatoes

Date: 11/01/2010

Yield: 1.81 ptn

Source: Chef Steve

Portion Size: 0.181 kg

Name: Culinary Management 4th Semester

of portions 10 ptn

Selling price: \$0.57

Cost per portion: \$0.21

Food cost percentage: 37.00%

INGREDIENTS	EP QUANTITY		YIELD %	AP Quantitiy		AP Cost		TOTAL
	Count	Unit		Count	Unit	Count	Unit	
Russet Potatoes	1.810	kg	78%	2.318	kg	\$0.64	kg	\$1.48
Salt, as needed	0.010	kg	100%	0.010	kg	\$1.77	kg	\$0.02
Pepper, as needed	0.005	kg	100%	0.005	kg	\$2.56	kg	\$0.01
Butter	0.057	kg	100%	0.057	kg	\$10.41	kg	\$0.59
TOTAL COST:								\$2.11

Preparation Procedure:

1. Scrub potatoes and place in a pot filled with cold water to cover. Bring to a simmer and parcook.
2. Drain and dry under a low heat or on a sheet pan in a 300 F oven until no steam rises.
3. Peel the potatoes as soon as they are cool enough to handle and grate on the course side of a grater. Mix in salt and pepper.
4. Form into 90 gram portions and reserve until ready to cook.
5. Fry in deep fryer until golden brown. Place in a bowl lined with paper towel, and season with black pepper and salt

Equipment and Small Wares

Grater, fork, pot, pan, knife, scale, 2 bowls, sheet pans, deep fryer

Notes:



Standardized Recipe and Cost Card

Menu Item: **Red Onion Marmalade** Date: 11/01/2005
Yield: 6.250 gm Source: Chef Recipe
Portion Size: 6.250 kg Name: Culinary Management 4th Semester
of portions: 16 gm Selling price: \$1.00
Cost per portion: \$0.68 Food cost percentage: 37.20%

	AP QUANTITY	AP UNIT	AP COST	AP COST PER PORTION	AP COST PER PORTION
INGREDIENTS					
Red Onions	1.000	kg	0.750	0.120	0.120
White Onions	1.000	kg	0.750	0.120	0.120
Garlic	0.100	kg	0.100	0.016	0.016
Sea Salt	0.010	kg	0.010	0.002	0.002
Red Wine Vinegar	0.050	kg	0.050	0.008	0.008
Apple Cider Vinegar	0.050	kg	0.050	0.008	0.008
Butter	0.050	kg	0.050	0.008	0.008
AP TOTAL			1.760	0.280	0.280
AP TOTAL			1.760	0.280	0.280

Preparation Procedure:
1. Cut the onions into a half slice. Heat the butter in a large saute pan over medium to low heat.
2. Add wine and vinegar and stir until onions are soft and clear to center.
3. Season with salt, pepper and thyme. In a saute pan, warm the marmalade for about 10 minutes.
Equipment and Special Items:
Sauté pan, wooden spoon, measuring cups, knife, scale

Notes:



Standardized Recipe and Cost Card

Menu item: Sweet Mustard Sauce

Date: 11/01/2006

Yield: 0.19 ptn

Source: Chef Steve

Portion Size: 0.019 kg

Name: Culinary Management 4th Semester

of portions 10 ptn

Selling price: \$0.19

Cost per portion: \$0.07

Food cost percentage: 37.00%

INGREDIENTS	EP QUANTITY			AP Quantity		AP Cost		TOTAL
	Count	Unit	YIELD %	Count	Unit	Count	Unit	
Prepared Mustard	0.050	L	100%	0.050	L	\$1.26	L	\$0.06
Grainy Mustard	0.050	L	100%	0.050	L	\$6.21	L	\$0.31
Curing Liquid - from salmon	0.030	L	100%	0.030	L			
Honey	0.060	L	100%	0.060	L	\$4.18	L	\$0.25
Chopped Dill	0.028	Bunch	44%	0.063	Bunch	\$1.08	bunch	\$0.07
Salt, as needed	0.003	kg	100%	0.003	kg	\$1.77	kg	\$0.01
Pepper, as needed	0.001	kg	100%	0.001	kg	\$2.56	kg	\$0.01
TOTAL COST:								\$0.71

Preparation Procedure:

1. Mix together the mustards and honey.
2. Add the curing liquid until desired consistency is reached.
3. Add dill and season with salt and pepper.

Equipment and Small Wares

Whisk, knife, mixing bowl, measuring cup, scale.

Notes:



Standardized Recipe and Cost Card

Menu item: Chive Cream Cheese

Date: 11/01/2006

Yield: 1.8 kg

Source: Chef Steve

Portion Size: 0.02 kg

Name: Culinary Management 4th Semester

of portions 75 ptn

Selling price: \$0.40

Cost per portion: \$0.15

Food cost percentage: 37.00%

INGREDIENTS	EP QUANTITY		YIELD %	AP Quantitiy		AP Cost		TOTAL
	Count	Unit		Count	Unit	Count	Unit	
Lemon Juice	1.500	ea	100%	1.500	ea	\$0.30	ea	\$0.45
Lemon Zest	1.500	ea	100%	1.500	ea	\$0.30	ea	\$0.45
Red onion	0.200	kg	100%	0.200	kg	\$0.57	kg	\$0.11
Chives	1.000	bunch	98%	1.020	bunch	\$1.45	bunch	\$1.48
Dill	1.000	bunch	44%	2.252	bunch	\$1.08	bunch	\$2.43
Cream Cheese	1.500	kg	100%	1.500	kg	\$4.11	kg	\$6.17
Pink Peppercorns	0.005	kg	100%	0.005	kg	\$5.00	kg	\$0.03
Salt	0.005	kg	100%	0.005	kg	\$1.77	kg	\$0.01
TOTAL COST:								\$11.12

Preparation Procedure:

1. Chop chives on a bias and chop dill on a cutting board.
2. Fine brunoise the red onions, slightly crush the peppercorns.
3. With a mixer and paddle start mixing cream cheese on speed 1.
4. Add the lemon juice.
5. Combine chives, dill, zest into the mixture.
6. Mix until smooth, adjust seasoning with salt and pink pepper.
7. Place mixture on a sheet of plastic wrap and wrap tightly until it is the diameter of a loonie.
8. Cut log into portions 3x the width of a loonie.

Equipment and Small Wares

Knife, mixer, paddle attachment, spatula, zester, pestle and mortar, plastic wrap.

Notes:

If the taste is too acidic add a bit of honey to balance.

Standardized Recipe and Cost Card

Menu item: Shrimp and Lobster Bisque

Date: May 17, 2010

Yield: 2 L

Source: Professional Cooking Glissen 6th Ed

Portion Size: 0.125 L

Name: Culinary Management 4th Semester

of portions: 10 ptn

Selling price: \$9.48

Cost per portion: \$2.23

Food cost percentage: 37%

INGREDIENTS	EP QUANTITY			AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit	IELD %	Count	Unit	price	Count	Unit	Price	Unit	
Shrimp shells	0.17	kg	100%	0.170	kg	\$57.15	1.82	kg	\$31.40	kg	\$5.34
Lobster shells	0.17	kg	90%	0.189	kg	\$276.93	6.81	kg	\$40.67	kg	\$7.68
Butter	0.021	kg	95%	0.022	kg	\$156.93	18.16	kg	\$8.64	kg	\$0.19
Onions, minced	0.114	kg	95%	0.120	kg	\$26.40	11.35	kg	\$2.33	kg	\$0.28
cloves, minced	0.001	kg	100%	0.001	kg	\$19.10	0.38	kg	\$50.26	kg	\$0.05
Paprika	0.002	kg	100%	0.002	kg	\$6.44	0.54	kg	\$11.93	kg	\$0.02
Tomato Paste	0.014	L	100%	0.014	L	\$32.89	17.04	L	\$1.93	L	\$0.03
Brandy	0.023	L	100%	0.023	L	\$12.15	1.00	L	\$12.15	L	\$0.28
Fish or Shrimp Veloute	0.72	L	100%	0.720	L	\$2.50	1.00	L	\$2.50	L	\$1.80
Salt as needed	0.001	kg	100%	0.001	kg	\$27.58	24.00	kg	\$1.15	kg	\$0.00
Black Pepper as needed	0.003	kg	100%	0.003	kg	\$44.90	2.70	kg	\$16.63	kg	\$0.05
Heavy Cream, hot	0.24	L	100%	0.240	L	\$21.79	16.00	L	\$1.36	L	\$0.33
Shrimp peeled and deviened	0.184	kg	95%	0.194	kg	\$57.15	1.82	kg	\$31.40	kg	\$6.08
Old bay seasoning	0.001	kg	100%	0.001	kg	\$6.44	1.00	kg	\$6.44	kg	\$0.01
Tobasco sauce	0.001	kg	100%	0.001	kg	\$77.08	3.78	kg	\$20.39	kg	\$0.02
Worcestershire sauce	0.006	L	100%	0.006	L	\$14.82	8.00	L	\$1.85	L	\$0.01
Dry sherry	0.03	L	100%	0.030	L	\$60.21	15.12	L	\$3.98	L	\$0.12
TOTAL COST:											\$22.29

Preparation Procedure:

- 1 Rinse shells and drain them. Saute the shells & lobster in a stockpot, in butter, until shells turn bright pink.
- 2 Reduce heat to med. And add onions. Saute until onions are translucent.
- 3 Add garlic, paprika, & tomatoe paste. Saute until shells soften a little.
- 4 Deglaze with brandy and reduce until nearly dry. Add cooked shrimp shells
- 5 Add the veloute & simmer for 45min on med-low, until the bisque is rust coloured and thickened slightly. Season with Salt and Pepper
- 6 Bring the soup back to a simmer. If necessary, add more stock to thin the soup to the proper consistency.
- 7 Strain through a china cap lined with cloth
- 8 Return bisque to a simmer and add cream
- 9 Add Old bay, tobasco and worcestershire sauce and adjust seasoning with salt and pepper.

Equipment and Small Wares

cutting board, heavy saucepot, wooden spoon, foodmill or immersion blender, measuring cup, scale, knife, sieve.

Notes:



Standardized Recipe and Cost Card

Menu item: House-Made Mozzarella **Date:** January 11 2010
Yield: 1.063 Kg **Source:** Grand Manger
Portion Size: 1.063 Kg **Name:** Lisa McEwen
of portions: 10.00 ptn **Selling price:** \$0.76
Cost per portion: \$0.28 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Salt	0.156	Kg	100%	0.156	Kg	\$42.37	24	Kg	\$1.77	Kg	\$0.28
water	3.84	L	100%	3.840	L	\$0.00	0.00	L	\$0.00	L	\$0.00
Cheese Curd	0.907	Kg	100%	0.907	Kg	\$19.80	7.09	Kg	\$2.79	Kg	\$2.53
TOTAL COST:										\$2.81	

Preparation Procedure:

1. Cut cheese curd in to 1/2 inch cubes.
2. Add the salt to the water and bring to a boil to 160F. Remove from the heat.
3. Place the cheese curd in a colander and lower the colander into the hot water. The curd must be completely submerged.
4. Work the curd with a wooden spoons, stretching it until becomes a smooth. The water temperature must be a constant 155 F during the process.
5. Remove the cheese from the water and continue stretching until curd smooth.
6. Roll the curd into a log using plastic wrap. Cool.
7. Slice log into 1/4 inch logs.

Equipment and Small Wares

Scale, Measuring Cup, Sauté Pan, Cheese Cloth, Wooden Spoon

Notes:

Standardized Recipe and Cost Card

Menu item: Balsamic Glaze

Date: January 11 2010

Yield: 0.491 L

Source: Chef Dave Hawey

Portion Size: 0.049 L

Name: Culinary Management 4th Semester

Number of portions: 10.00 ptn

Selling price: \$0.94

Cost per portion: \$0.35

Food cost percentage: 37%

INGREDIENT	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Balsamic V	0.433	L	100%	0.433	L	\$46.80	6.44	L	\$7.27	L	\$3.15
Honey	0.048	L	100%	0.048	L	\$59.05	13.61	L	\$4.34	L	\$0.21
Salt	0.005	Kg	100%	0.005	Kg	\$42.37	24	Kg	\$1.77	Kg	\$0.01
Pepper	0.005	Kg	100%	0.005	Kg	\$64.81	2.7	Kg	\$24.00	Kg	\$0.12
TOTAL COST:										\$3.48	

Preparation Procedure:

1. Bring balsamic vinegar to boil, thicken with a honey cornstarch slurry adjust seasoning with honey, salt and pepper.

Equipment and Small Wares

Scale, Measuring Cup, Sauté Pan, Cheese Cloth, Wooden Spoon

Notes:

Standardized Recipe and Cost Card

Menu item: Grilled Vegetable Fettuccini Date: 17/05/2010
 Yield: 0.625 Kg Source: Gisslen 6th pg 644
 Portion Size: 0.063 kg Name: Culinary Management 4th Semester
 # of portions 10 ptn Selling price: \$6.88
 Cost per portion: \$2.55 Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Grilled Vegetables	0.250	Kg	100%	0.250	Kg	\$9.40	0.250	Kg	\$37.60	Kg	\$9.40
Fettuccini(see basic pasta dough)	1.300	Kg	100%	1.300	Kg	\$1.60	1.300	Kg	\$1.23	Kg	\$1.60
Creole Sauce	0.572	Kg	100%	0.572	Kg	\$3.85	0.572	Kg	\$6.73	Kg	\$3.85
White Wine	0.150	Kg	100%	0.150	Kg	\$9.85	0.750	Kg	\$13.13	Kg	\$1.97
Butter	0.250	Kg	100%	0.250	Kg	\$2.99	0.454	kg	\$0.15	kg	\$0.04
Herbed Goat Cheese	0.150	Kg	100%	0.150	Kg	\$8.61	0.150	Kg	\$57.40	Kg	\$8.61
TOTAL COST:											\$25.47

Preparation Procedure

- 1 Blanch Pasta noodles in a pot and place on a sheet pan for service ahead of time
- 2 Saute Vegetables in a saute pan a la minute. Remove veg and set in holding bowl
- 3 Then saute garlic and shallots using a wooden spoon in saute pan and sweat until you smell the garlic.
- 4 Deglaze with White Wine
- 5 Add creole sauce to the saute pan and toss together with tongs until hot.
- 6 Finish with a monte aux beurre and plate.
- 7 Top with herbed goat cheese(Optional).

Equipment and Small Wares

Knives, Bowls, Scale, Wooden Spoon, Robot Coupe, pasta machine

Notes

Standardized Recipe and Cost Card

Menu item: <u>Grilled Vegetables For Pasta</u>	Corrections: Dan Parkes
Yield: 0.25 Kg	Date: January 11/10
Portion Size: 0.025 kg	Source: Pro Chef Pg 384
# of portions: 10 ptn	Name: Culinary Management 4th Semester
Cost per portion: \$1.00	Selling price: \$2.70
	Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Bermuda Onions	0.050	Kg	90%	0.056	Kg	\$19.95	0.454	Kg	\$43.94	Kg	\$2.44
Portobello Mushrooms	0.050	Kg	95%	0.053	Kg	\$17.45	0.454	Kg	\$38.44	Kg	\$2.02
Peppers yellow/red	0.050	Kg	95%	0.053	Kg	\$22.95	0.454	Kg	\$50.55	Kg	\$2.66
Zucchini yellow/green	0.050	Kg	95%	0.053	Kg	\$24.50	0.454	Kg	\$53.96	Kg	\$2.84
Canola Oil	0.050	L	100%	0.005	L	\$35.90	12.000	L	\$2.99	L	\$0.01
TOTAL COST:											\$9.98

Preparation Procedure

1. Use all usable trim from the Grilled Vegetable Napoleon.
2. Brush vegetables with oil before grilling.
3. After grilling, cut vegetables into medium dice. Store Diced Zucchini in its own container; Onions in their own container; Peppers in their own container; Mushrooms in their own container.
4. Ensure when labeling to put "-for Grilled Vegetable Fettuccini" or similar on label.

Equipment and Small Wares

Cutting Board, Knives, Saute Pan, Liquid Measure, Bowls, Scale, Saucepot, Wooden Spoon

Notes

When not using scraps, slice vegetables into 1/4" thick slices as long as possible and grill.

Standardized Recipe and Cost Card

Menu item: Basic Pasta Dough

Date: 17/05/2010

Yield: 1.3 Kg

Source: Techniques Of Healthy Cooking

Portion Size: 0.13 kg

Name: Culinary Management 4th Semester

Page#: 398

of portions: 10 ptn

Selling price: \$0.43

Cost per portion: \$0.16

Food cost percentage: 37.00%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Durum Semolina Flour	0.825	Kg	100%	0.825	Kg	\$17.13	20	Kg	\$0.86	Kg	\$0.71
Whole Egg	4.000	whole egg	100%	4.000	whole egg	\$33.07	180	whole egg	\$0.18	whole egg	\$0.73
Olive Oil	0.025	L	100%	0.025	L	\$74.31	11.37	L	\$6.54	L	\$0.16
Water	0.140	L	100%	0.140	L	\$0.00	0	L	\$0.00	L	\$0.00
TOTAL COST:										\$1.60	

Preparation Procedure:

- 1 In a mixer, combine the ingredients using a dough hook until the mixture is mealy. If necessary, adjust the consistency with more water or flour. The dough should not form a ball, but it should adhere into a ball when pressed together by hand.
- 2 Press the dough into a ball and wrap tightly with plastic. Allow the dough to rest, refridgerated, for 1 hour before rolling and cutting.
- 3 Pass through the pasta machine at desired thickness, blanche for 3-4 mins and set aside for service. Toss with oil and arrange flat on a baking sheet with parchment paper to cool evenly.

Equipment and Small Wares

Mixer, Bowl, Pot, Stove, Refrigerator, Pasta Machine, baking sheet, parchment paper, plastic wrap, measuring cup
scale

Notes:

Standardized Recipe and Cost Card



Menu item: Creole Sauce
Yield: 0.572 Kg
Portion Size: 0.057 kg
of portions: 10 ptn
Cost per portion: \$0.39

Date: January 11/10
Source: Pro Chef Pg 384
Name: Culinary Management 4th Semester
Selling price: \$1.04
Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Canola Oil	0.024	Kg	100%	0.024	Kg	\$30.15	24.000	Kg	\$1.26	Kg	\$0.03
Onion, small dice	0.063	kg	90%	0.070	kg	\$26.40	11.350	kg	\$2.33	kg	\$0.16
Celery, small dice	0.063	kg	90%	0.070	kg	\$20.80	9.600	kg	\$2.17	kg	\$0.15
Green Pepper, small dice	0.030	kg	85%	0.035	kg	\$7.14	0.908	kg	\$7.86	kg	\$0.28
Garlic, chopped	0.003	kg	95%	0.003	kg	\$46.60	7.264	kg	\$6.42	kg	\$0.02
Tomato Sauce	0.375	Kg	100%	0.375	Kg	\$7.89	1.000	Kg	\$7.89	kg	\$2.96
Bay Leaf	0.001	kg	100%	0.001	kg	\$9.83	0.284	kg	\$34.61	kg	\$0.03
Thyme	0.003	kg	100%	0.003	kg	\$21.56	0.745	kg	\$28.94	kg	\$0.09
Lemon, zest	0.002	kg	100%	0.002	kg	\$0.30	0.020	kg	\$15.00	kg	\$0.03
Salt	0.003	kg	100%	0.003	kg	\$27.58	24.000	kg	\$1.15	kg	\$0.01
Cayenne Pepper	0.003	kg	100%	0.003	kg	\$6.15	0.450	kg	\$13.67	kg	\$0.04
Ground Black Peppercorns	0.003	kg	100%	0.003	kg	\$11.01	0.575	kg	\$19.15	kg	\$0.06
TOTAL COST:										\$3.86	

Preparation Procedure

- 1 Saute onions, celery, peppers, and garlic in oil in a saute pan.
- 2 Once onions become translucent add the tomato sauce, thyme, lemon zest and bayleaf into a pot.
- 3 Simmer for 15 minutes.
- 4 Remove bay leaf and season to taste with salt, pepper and cayenne.
- 5 Cool, and store for service.

Equipment and Small Wares

Cutting Board, Knives, Saute Pan, Liquid Measure, Bowls, Scale, Saucepot, Wooden Spoon

Notes

Add a little cayenne at a time and taste, allow sauce to get to spicy.

Standardized Recipe and Cost Card

Menu item: Herbed Goat Cheese

Date: January 11/10

Yield: 0.15 Kg

Source: Handout

Portion Size: 0.015 kg

Name: Culinary Management 4th Semester

Number of portions: 10 ptn

Selling price: \$2.22

Cost per portion: \$0.82

Food cost percentage: 37%

INGRED	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Fresh Thym	0.100	bunch	100%	0.100	bunch	\$1.45	1.000	bunch	\$0.69	bunch	\$0.07
Fresh Rosen	0.100	bunch	100%	0.100	bunch	\$1.45	1.000	bunch	\$0.69	bunch	\$0.07
Fresh Parsle	0.100	bunch	100%	0.100	bunch	\$1.45	1.000	bunch	\$0.69	bunch	\$0.07
Fresh Basil	0.100	bunch	100%	0.100	bunch	\$1.45	1.000	bunch	\$0.69	bunch	\$0.07
Goat Cheese	0.200	Kg	100%	0.200	Kg	\$39.61	1.000	Kg	\$39.61	Kg	\$7.92
TOTAL COST:											\$8.20

Preparation Procedure

- 1 Wash all herbs and remove all stems
- 2 Finely chop herbs with a French Knife.
- 3 Crumble Goat cheese on a baking sheet.
- 4 Sprinkle chopped herbs on top of the goat cheese and reserve for service.

Equipment and Small Wares

Cutting Board, Knives, Bowls, Scale, Wooden Spoon, French Knife

Standardized Recipe and Cost Card



Menu item: Poached Salmon **Date:** Jan-10
Yield: 1.25 Kg **Source:** Chef Steve Benns
Portion Size: 0.125 kg **Name:** Culinary Management semester 4
of portions: 10 ptn **Selling price:** \$10.99
Cost per portion: \$4.07 **Food cost percentage:** 37.00%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Salmon	1.250	Kg	90%	1.389	Kg	\$25.35	1	Kg	\$25.35	Kg	\$ 35.21
Court Bouillon	4.000	l	100%	4.000	l	\$5.45	4	l	\$1.36	l	\$ 5.45
TOTAL COST:											\$ 40.66

Preparation Procedure:

- 1 Take the belly off and remove pin bones from the salmon.
- 2 Remove skin from flesh from the salmon.
- 3 Slice Fish to the right size (see note)
- 4 Cook for about 10 min in a pot of boiling court bouillon until done.

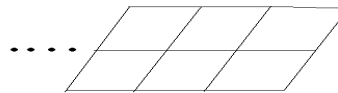
Equipment and Small Wares

scale, bowls, knife, slotted spoon

Dinner Cu 5 oz

Lunch Cu 3 oz

Notes:



Standardized Recipe and Cost Card

Menu item: Court Bouillon **Date:** 17/05/2010
Yield: 4 l **Source:** Chef Steve Bennis
Portion Size: kg **Name:** Culinary Management Semester 4
of portions: ptn **Selling price:**
Cost per portion: **Food cost percentage:** 37.00%



INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Water	4.000	L	100%	4.000	L	\$0.00	1.000	L	\$0.00	L	\$ -
Lemons, juiced	6.000	Ea	100%	6.000	Ea	\$ 0.30	1.000	Ea	\$0.30	Ea	\$ 1.80
Oranges, juiced	2.000	Ea	100%	2.000	Ea	\$ 0.32	1.000	Ea	\$0.32	Ea	\$ 0.64
Limes, juiced	4.000	Ea	100%	4.000	Ea	\$ 0.35	1.000	Ea	\$0.35	Ea	\$ 1.40
White Wine	0.125	L	100%	0.125	L	\$ 2.07	1.000	L	\$2.07	L	\$ 0.26
White Vinegar	0.050	L	100%	0.050	L	\$ 0.56	1.000	L	\$0.56	L	\$ 0.03
Onion, sliced	0.250	Kg	90%	0.278	Kg	\$ 0.79	1.000	Kg	\$0.79	Kg	\$ 0.22
Celery, sliced	0.125	Kg	90%	0.139	Kg	\$ 1.99	1.000	Kg	\$1.99	Kg	\$ 0.28
Salt	0.060	Kg	100%	0.060	Kg	\$ 1.68	1.000	Kg	\$1.68	Kg	\$ 0.10
Black Peppercorns, crushed	0.005	Kg	100%	0.005	Kg	\$ 20.84	1.000	Kg	\$20.84	Kg	\$ 0.10
Bay Leaf	0.003	Kg	100%	0.003	Kg	\$ 46.89	1.000	Kg	\$46.89	Kg	\$ 0.14
Fresh Thyme	0.25	Bunch	100%	0.250	Bunch	\$ 1.40	1.000	Bunch	\$1.40	Bunch	\$ 0.35
Parsley Stems	0.25	Bunch	100%	0.250	Bunch	\$ 0.52	1.000	Bunch	\$0.52	Bunch	\$ 0.13
TOTAL COST:										\$ 5.45	

Preparation Procedure:

- 1 Combine all the ingredients in a stockpot or saucepot and bring to a boil.
- 2 Reduce the heat and simmer for 30 minutes.
- 3 Strain, you can use immediately or cool and refridgerate for later use.

Equipment and Small Wares

Cutting Board, French Knife, Paring Knife, Colander, China Cap, Mortar & Pestle,
 Measuring Cup, Juicer, Zester, Stockpot/Saucepot, Measuring Cup, Weigh
 Scales, Small Bowls.

Notes:

Standardized Recipe and Cost Card



Menu item: Citrus Beurre Blanc **Date:** Jan.11-2010
Yield: 0.5 Kg **Source:** Chef Steve Bennis
Portion Size: 0.05 Kg **Name:** Culinary Management 4th Semester
of portions: 10 ptn **Selling price:** \$3.14
Cost per portion: \$1.16 **Food cost percentage:** 37.00%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Dry White wine	0.250	L	100%	0.250	L	\$12.15	0.75	L	\$16.20	L	\$ 4.05
White Wine Vinegar	0.050	L	100%	0.050	L	\$19.29	5	L	\$3.86	L	\$ 0.19
Shallots Chopped	0.030	Kg	90%	0.033	Kg	\$20.00	2	Kg	\$10.00	Kg	\$ 0.33
Cold butter	0.500	Kg	100%	0.500	Kg	\$93.70	9.08	Kg	\$10.32	Kg	\$ 5.16
Salt	0.005	Kg	100%	0.005	Kg	\$42.37	24	Kg	\$1.77	Kg	\$ 0.01
Parsley stems	0.500	Bunch	100%	0.500	Bunch	\$1.22	1	Bunch	\$1.22	Bunch	\$ 0.61
Thyme stems	0.500	Bunch	100%	0.500	Bunch	\$1.22	1	Bunch	\$1.22	Bunch	\$ 0.61
Bay leaf	0.005	Kg	100%	0.005	Kg	\$4.50	0.1	Kg	\$45.00	Kg	\$ 0.23
Pepper corns	0.005	Kg	100%	0.005	Kg	\$20.85	1	Kg	\$20.85	Kg	\$ 0.10
Heavy Cream	0.100	L	100%	0.100	L	\$3.30	1	L	\$3.30	L	\$ 0.33
TOTAL COST:										\$ 11.62	

Preparation Procedure:

1. Combine wine, vinegar and shallots in a sauce pan. And simmer
2. Add Parsley, thyme, bay leaf, and peppercorns. Reduce by 80%.
3. Add in cream.
4. Cut butter to small pieces. Ahead of time
5. Add butter to hot reduction. Set the pan over moderate high heat and whip vigorously. Remove from heat and continue to whip until smooth.
6. Season to taste. Strain the sauce.
7. Hold sauce in a warm not hot place until served. Stir or whip from time to time.

Equipment and Small Wares

Scale, whisk, steel pan, knife cutting board, pestle and mortar, wooden sp

Notes:

Standardized Recipe and Cost Card



Menu item: Crispy Capers **Date:** Jan-10
Yield: 0.25 Kg **Source:** Chef Steve Bennis
Portion Size: 0.025 kg **Name:** Culinary Management 4th Semester
of portions: 10 ptn **Selling price:** \$0.43
Cost per portion: \$0.14 **Food cost percentage:** 33.00%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Capers	0.150	Kg	100%	0.150	Kg	\$2.20	0.25	Kg	\$8.80	Kg	\$ 1.32
Salt	0.005	kg	100%	0.005	kg	\$1.68	0.75	kg	\$2.24	kg	\$ 0.01
Pepper	0.005	kg	100%	0.005	kg	\$20.85	1	kg	\$20.85	kg	\$ 0.10
TOTAL COST:											\$ 1.44

Preparation Procedure:

- 1 Deep fry the capers until crisp at 350F
- 2 Place on a paper lined sheet pan
- 3 Season with salt and pepper

Equipment and Small Wares

scale, bowls, knife, sheet pan, tongs, parchment paper, holding cups

Notes:

Standardized Recipe and Cost Card



Menu item: Crispy leeks **Date:** 17/05/2010
Yield: 0.25 Kg **Source:** Chef Steve Bennis
Portion Size: 0.025 kg **Name:** Culinary Management 4th Semester
of portions: 10 ptn **Selling price:** \$0.65
Cost per portion: \$0.24 **Food cost percentage:** 37.00%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Water	1.000	l	100%	1.000	l	\$0.00	1.000	l	\$0.00	l	\$ -
cornstarch	0.100	kg	100%	0.100	kg	\$4.23	1.000	kg	\$4.23	kg	\$ 0.42
powered chicken base	0.100	kg	100%	0.100	kg	\$3.07	0.200	kg	\$15.35	kg	\$ 1.54
flour	0.100	kg	100%	0.100	kg	\$0.53	0.750	kg	\$0.71	kg	\$ 0.07
Leeks	0.150	Kg	90%	0.167	Kg	\$2.31	1.000	Kg	\$2.31	Kg	\$ 0.39
TOTAL COST:											\$ 2.41

Preparation Procedure:

- 1 Preheat deep fryer/ check oil to 350F
- 2 Clean leeks very well and cut into 4 inch long pieces and cut julienne
- 3 Soak in water.
- 4 Sift and combine cornstarch, flour and soup base in a bowl and mix.
- 5 Drain water from leeks and dredge in seasonings
- 6 Deep fry leeks at 350F until crisp.
- 7 Place on a paper lined sheet pan

Equipment and Small Wares

scale, bowls, knife, sheet pan, parchment paper, sifter, tongs

Notes:



Standardized Recipe and Cost Card

Menu item: Rice Pilaf Date: Jan 11th/2010
 Yield: 1.4 Kg Source: Gisslen 625
 Portion Size: 0.15 kg Name: Culinary Management 4th Semester
 # of portions 10 pt Selling price: \$2.00
 Cost per portion: \$0.74 Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Canola Oil	0.060	L	100%	0.060	L	\$31.16	16.000	L	\$1.95	L	\$0.12
Spanish Onions, fine Dice	0.090	KG	100%	0.090	KG	\$0.45	0.454	KG	\$0.99	KG	\$0.09
Long-Grain Rice	0.500	L	100%	0.500	L	\$22.31	6.000	L	\$3.72	L	\$1.86
Boiling Water	3.750	L	100%	3.750	L	\$0.10	0.100	L	\$1.00	L	\$3.75
Orange Zest	1.000	each	100%	1.000	each	\$0.35	1.000	each	\$0.35	each	\$0.35
Lemon Zest	1.000	each	100%	1.000	each	\$0.30	1.000	each	\$0.30	each	\$0.30
Butter	0.075	KG	100%	0.075	KG	\$95.04	9.080	KG	\$10.47	KG	\$0.79
Tarragon	0.100	Bunch	96%	0.104	Bunch	\$1.45	1.000	Bunch	\$1.45	Bunch	\$0.15
Salt	0.002	KG	100%	0.002	KG	\$24.00	24.000	KG	\$1.00	KG	\$0.01
TOTAL COST:											\$7.41

Preparation Procedure:

1. Preheat oven to 350F.
1. Heat the butter in a heavy saucepan. Add the onion and saute until it begins to soften. Do not brown
2. Add the rice, without washing. Stir over heat until the rice is completely coated with butter
3. Pour in the boiling liquid. Return the liquid to a boil with the rice. Taste and adjust seasonings, cover.
4. Place in a 350F (175C) oven and bake for 18-20min, until liquid is absorbed and rice is dry and fluffy
5. Taste the rice and, if it is not done, place in oven 3-5min
6. Turn out into a hotel pan and fluff the rice with a fork. This releases steam and prevents further cooking. Keep hot for service.
7. Add the Butter at the end, but reserve some Rice before the butter is used for special diets
8. Finish with the tarragon and the Zest from one Orange and one Lemon.

Equipment and Small Wares

Heavy Saucepan, Wooden Spoon, small pot, Hotel Pan

Standardized Recipe and Cost Card



Menu item: Shitake Mushroom Vegetable stir fry

Date: 14-Jan-10

Source: Chef Steve

Name: Culinary Management 4th Semester

Yield: 1.25 kg

Portion Size: 0.125 kg

of portions: 10 ptn

Cost per portion: \$0.41

Selling price: \$1.10

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Red Pepper	0.250	kg	0.907	kg	\$8.48	80%	\$ 2.92
Orange Pepper	0.250	kg	2.27	kg	\$16.23	80%	\$ 2.23
Carrots	0.250	kg	11.34	kg	\$9.04	81%	\$ 0.25
Leeks	0.250	bunch	12	bunch	\$22.31	55%	\$ 0.85
Red Onions	0.250	kg	4.54	kg	\$8.82	90%	\$ 0.54
Butter	0.100	kg	25	kg	\$197.08	100%	\$ 0.79
Salt	0.005	kg	36	kg	\$42.77	100%	\$ 0.01
Pepper	0.005	kg	0.54	kg	\$10.40	100%	\$ 0.10
Shitake Mushrooms	0.250	kg	2.27	kg	\$18.75	90%	\$ 2.29
Vegetable Oil	0.050	L	16	L	\$17.49	100%	\$ 0.05
TOTAL COST:							\$ 4.06

Preparation Procedure

Wash Vegetables.

Peppers- Top/Bottom- Remove Pith- Julienne

Carrots- Mandoline/Peel- Julienne

Onions- Cut onion in half, set flat sides down, cut side to side (east to west)

Shitake- Remove stem for stock, Julienne

Leeks- Julienne

Julienne 1/8"x 1/8" x 2"

1. Saute the carrots and peppers first in half the butter and oil mix, continue to saute on medium-high heat until almost tender to the touch.

2. Add the onions, mushrooms and leeks and mix the rest of the butter and oil mix and cook all the vegetables together until all equally tender.

3. Season with salt and pepper

Equipment and Small Wares

Scales, Peeler, knives, cutting board, saute pan

Note: Lunch portions are 25% smaller.



Standardized Recipe and Cost Card

Menu item: Asain BBQ Duck Sandwich **Date:** January 11 2010

Yield: 0.900 Kg **Source:**

Portion Size: 0.090 Kg **Name:** Culinary management semester 4

of portions 10.00 ptn **Selling price:** \$3.94

Cost per portion: \$1.46 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Asian BBQ Sauce	0.250	Kg	100%	0.250	Kg	\$3.91	0.90	Kg	\$4.34	Kg	\$1.09
Pulled Duck Confi	0.250	Kg	100%	0.250	Kg	\$44.23	4.56	Kg	\$9.70	Kg	\$2.42
Baby Arugula	0.150	Kg	100%	0.150	Kg	\$20.40	1.81	Kg	\$11.27	Kg	\$1.69
Sweet Potato Fries	1.000	Kg	100%	1.000	Kg	\$5.36	1.00	Kg	\$5.36	Kg	\$5.36
Spicy Aioli	0.600	Kg	100%	0.600	Kg	\$2.81	0.60	Kg	\$4.68	Kg	\$2.81
Sourdough	1.020	Kg	100%	1.020	Kg	\$1.22	1.02	Kg	\$1.20	Kg	\$1.22
TOTAL COST:										\$14.59	

Preparation Procedure:

1. Heat flat top and toast the bread.
2. Heat the duck with BBQ sauce in saute pan.
3. Place arugala on the bread followed by the BBQ duck.
4. Add cheese if requested.

Equipment and Small Wares

Scale, Measuring Cup, Saute Pan, Wooden Spoon

Notes:



Standardized Recipe and Cost Card

Menu item: Asian BBQ Sauce

Date: 17/05/2010

Yield: 0.900 Kg

Source: Chef Dave Hawey

Portion Size: 0.090 Kg

Name: culinary Management 4th Semester

of portions: 10.00 ptn

Selling price: \$1.06

Cost per portion: \$0.39

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Tomato Paste	0.360	L	100%	0.360	L	\$6.88	10.00	L	\$0.69	L	\$0.25
Brown Sugar	0.360	Kg	100%	0.360	Kg	\$51.67	20.00	Kg	\$2.58	Kg	\$0.93
Rice Vinegar	0.090	L	100%	0.090	L	\$67.20	7.09	L	\$9.48	L	\$0.85
Sesame Oil	0.030	L	100%	0.030	L	\$189.52	18.00	L	\$10.53	L	\$0.32
Cinnamon Stick	0.012	Kg	100%	0.012	Kg	\$9.93	0.29	Kg	\$34.24	Kg	\$0.41
Star Anise	0.006	Kg	100%	0.006	Kg	\$17.56	1.00	Kg	\$17.56	Kg	\$0.11
Cloves	0.005	Kg	100%	0.005	Kg	\$11.45	1.00	Kg	\$11.45	Kg	\$0.06
Bay Leaf	0.006	Kg	100%	0.006	Kg	\$27.25	0.19	Kg	\$143.42	Kg	\$0.86
Black Pepper	0.006	Kg	100%	0.006	Kg	\$56.29	2.70	Kg	\$20.85	Kg	\$0.13
TOTAL COST:										\$3.91	

Preparation Procedure:

1. Preheat saute pan, put all ingredients into pan and bring to a simmer.
2. Strain through a cheese cloth and let excess fat drain through.

Equipment and Small Wares

Scale, Measuring Cup, Saute Pan, Cheese Cloth, Wooden Spoon

Notes:

Obtained from Fleming Culinary website, Tomato Sauce Price from Cost Card Package Week 2-7 W2008



Standardized Recipe and Cost Card

Menu item: **Sweet Potato Fries**

Date: 17/05/2010

Yield: **1.00 kg**

Source: Gisslen

Portion Size: **0.10 kg**

Name: Culinary Management 4th Semester

of portions **10.00 ptn**

Selling price: \$0.37

Cost per portion: **\$0.14**

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Sweet Potatoes	1.000	Kg	90%	1.111	Kg	\$1.10	1	Kg	\$1.10	Kg	\$1.22
Salt	0.005	Kg	100%	0.005	Kg	\$42.37	24	Kg	\$1.77	Kg	\$0.01
Pepper	0.005	Kg	100%	0.005	Kg	\$64.81	2.7	Kg	\$24.00	Kg	\$0.12
TOTAL COST:										\$1.35	

Preparation Procedure:

1. Peel and eye the potatoes.
2. Cut the potatoes into strips 3/8 inch square and about 3 inch long. Hold the cut potatoes in cold water until needed. Blanch fries at 275F, spread out on sheet pan and freeze IQF.
6. At service time, fry the potatoes in small quantities in fat heated to 350-375F until brown and crisp.
7. Drain well. Salt them lightly away from the fryer.

Equipment and Small Wares

Knife, Cutting Board, Sheet Pan, Deep Fryer,

Notes:



Standardized Recipe and Cost Card

Menu item: Spicy Aioli **Date:** Feb-10
Yield: 1.50 L **Source:** Gisslen, 6th Ed.
Portion Size: 0.08 L **Name:** Culinary Management 4th semester
of portions: 20.00 ptn **Selling price:** \$0.92
Cost per portion: \$0.34 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		Total
	Count	Unit		Count	Unit	Price	Count	Unit	Price	unit	
Raw Garlic Cloves	0.005	Kg	100%	0.005	Kg	\$28.05	20	Kg	\$1.40	Kg	\$0.01
Roasted Garlic Cloves	0.015	Kg	100%	0.015	Kg	\$42.37	24	Kg	\$1.77	Kg	\$0.03
Egg Yolks	4.000	ea	100%	4.000	ea	\$89.75	180	ea	\$0.50	ea	\$1.99
Canola/veg oil	1.300	L	100%	1.300	L	\$22.62	16	L	\$1.41	L	\$1.84
Lemon Juice	0.060	L	100%	0.060	L	\$32.59	11.34	L	\$2.87	L	\$0.17
Sirache thai chili sauce	0.030	L	100%	0.030	L	\$21.20	0.532	L	\$39.85	L	\$1.20
white vinegar	0.020	L	100%	0.020	L	\$11.16	20	L	\$0.56	L	\$0.01
dry mustard	0.007	Kg	100%	0.007	L	\$4.01	0.45	Kg	\$8.91	L	\$0.06
white pepper	0.005	Kg	100%	0.005	Kg	\$24.50	6.48	Kg	\$3.78	Kg	\$0.02
salt	0.036	Kg	100%	0.036	Kg	\$3.84	1	Kg	\$3.84	Kg	\$0.14
honey	0.015	Kg	100%	0.015	L	\$38.17	6	Kg	\$6.36	L	\$0.10
heinz chili sauce	0.225	L	100%	0.225	L	\$2.49	0.455	L	\$5.47	L	\$1.23
Water (as needed)	0.150	L	100%	0.150	L						
TOTAL COST:										6.79	

1. Place egg yolks in an upright mixer with whisk attachment.
2. Turn on to medium speed. Add oil gradually alternating with acidic ingredients (vinegar and lemon)
3. After all oil is added, the mixture should be a thick consistency. Add enough of the water gradually to the mixture to reach the desired consistency.
4. Once desired consistency is reached, add the remaining ingredients.

Equipment and Small Wares

Knife, Cutting Board, Bowl, Whisk, up right mixer

Notes:



Standardized Recipe and Cost Card

Menu item: Focaccia Bread **Date:** January 11/10
Yield: 2 half sheet pan **Source:** Pro Chef 8 Pg 1070
Portion Size: 0.031 kg **Name:** Culinary Management 4th Semester
of portions: 16 ptn **Selling price:** \$0.39
Cost per ptn: \$0.14 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Bread flour	1.250	Kg	100%	1.250	Kg	\$10.31	20.000	Kg	\$0.52	Kg	\$0.64
Fresh Yeast	0.035	Kg	100%	0.035	Kg	\$47.17	10.896	Kg	\$4.33	Kg	\$0.15
Water	0.750	Kg	100%	0.750	Kg	\$0.00	0.000	Kg	\$0.00	Kg	\$0.00
Salt	0.020	Kg	100%	0.020	Kg	\$27.58	24.000	Kg	\$1.15	Kg	\$0.02
Sugar	0.006	Kg	100%	0.006	kg	\$31.58	20.000	Kg	\$1.58	kg	\$0.01
Olive oil	0.060	Kg	100%	0.060	Kg	\$74.31	11.370	Kg	\$6.54	Kg	\$0.39
Pesto	0.625	Kg	100%	0.625	Kg	\$1.06	0.625	Kg	\$1.70	Kg	\$1.06
TOTAL COST:										\$2.28	

Preparation Procedure

1. Dissolve the yeast in luke warm water.
2. Mix bread flour, salt and sugar in a stainless steel bowl.
3. Add the yeast and water mixture to the bowl.
4. Add 400 g of pesto to the mixture.
5. Mix dough on low speed for 2 mins and on medium speed for 3 mins.
6. Ferment dough for 30 mins.
7. Remove and fold dough. Then ferment for 30 mins.
8. Remove, fold again and let sit for 15 mins.
9. Stretch into 2 half sheet baking pans and make holes. Spread pesto over the dough with a spatula.
Recipe will make 2 1/2 sheet pan of product.
10. Bake at 450 F/232 C.

Equipment and Small Wares

Scale, mixer, proofer, cooking pan, knife, measuring cup, baking sheets, bowls

Notes



Standardized Recipe and Cost Card

Menu item: Pesto **Date:** 17/05/2010
Yield: 0.625 Kg **Source:** Gisslen 6th pg 644
Portion Size: 0.063 kg **Name:** Culinary Management 4th Semester
of portions: 10 ptn **Selling price:** \$1.43
Cost per portion: \$0.53 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Fresh Basil Leaves	3.000	bunch	100%	3.000	bunch	\$1.45	1.000	bunch	\$1.45	bunch	\$4.35
Olive Oil	0.312	L	100%	0.312	L	\$74.31	11.370	L	\$6.54	L	\$0.01
Pine Nuts	0.050	Kg	100%	0.050	Kg	\$55.16	3.000	Kg	\$18.39	Kg	\$0.92
Garlic Cloves	0.015	Kg	95%	0.016	Kg	\$46.60	7.264	Kg	\$6.42	Kg	\$0.01
Salt	0.006	Kg	100%	0.006	Kg	\$27.58	24.000	Kg	\$1.15	Kg	\$0.01
TOTAL COST:											\$5.30

Preparation Procedure

- 1 Wash the basil leaves and drain well.
- 2 Grind the pinenuts and garlic in a food processor.
- 3 Add the basil to the ground mixture.
- 4 Add the oil but do not let it emulsify
- 5 Transfer to another container and reserve.

Equipment and Small Wares

Knives, Bowls, Scale, Wooden Spoon, Robot Coupe, Cutting Board, Spatula, holding cups

Notes

Standardized Recipe and Cost Card



Menu item: Pan Seared Chicken Supreme

Date: May 17, 2010

Yield: 1.5 kg

Source: Pro Chef 8

Portion Size: 0.15 kg

Name: Culinary Management 4th Semester

of portions: 10 ptn

Selling price: \$9.42

Cost per portion: \$3.48

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit		Unit	
Chicken Supremes	1.5	kg	80%	1.875	kg	\$6.92	0.455	kg	\$15.22	kg	\$22.84
Chicken	0.2	kg	100%	0.2	kg	\$6.92	0.455	kg	\$15.21	kg	\$3.04
Onions	0.3	kg	90%	0.333	kg	\$0.45	0.455	kg	\$0.99	kg	\$0.30
Smoked Provolone	0.2	kg	100%	0.2	kg	\$33.72	1.000	kg	\$33.72	kg	\$6.74
Butter	0.05	kg	100%	0.05	kg	\$189.02	18.160	kg	\$10.41	kg	\$0.52
Heavy Cream	0.05	lt	100%	0.05	lt	\$59.74	12.000	lt	\$4.98	lt	\$0.25
Thyme	0.0035	kg	100%	0.0035	kg	\$1.45	0.014	kg	\$103.57	kg	\$0.36
Rosemary	0.0035	kg	100%	0.0035	kg	\$1.45	0.014	kg	\$103.57	kg	\$0.36
Canola Oil	0.15	lt	100%	0.15	lt	\$31.16	16.000	lt	\$1.95	lt	\$0.29
Salt	0.04	kg	100%	0.04	kg	\$42.37	25.000	kg	\$1.69	kg	\$0.07
Pepper	0.03	kg	100%	0.03	kg	\$16.32	6.480	kg	\$2.52	kg	\$0.08
TOTAL COST:											\$34.85

Preparation Procedure:

1. Finely chop thyme and rosemary. Set aside.
2. Chop the onions and put the butter in a pan over medium heat and caramelize the onions.
3. In a robot coupe, mix together the extra chicken and the heavy cream to make a moussline
5. Mix together the caramelized onions, moussline and smoked provolone.
6. Stuff the supremes with the moussline, caramelized onions and smoked provolone mixture.
7. Marinate the supremes in oil, herbs, salt and pepper.
8. Sear supremes skin side down. Transfer to a baking sheet and finish cooking in a 400F oven until juices run clear.

Equipment and Small Wares

Bowl, knife, cutting board, baking sheet.

Notes:



Standardized Recipe and Cost Card

Menu item: Roasted Red Pepper Glace **Date:** May 17, 2010
Yield: 0.3 litre **Source:** Pro Chef 8
Portion Size: 0.03 litre **Name:** Culinary Management 4th Sem
of portions: 10 ptn **Selling price:** \$0.32
Cost per portion: \$0.12 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity			AP Quantity			AP Cost			Unit Cost		TOTAL
	Count	Unit	YIELD %	Count	Unit	Price	Count	Unit	Price	Unit		
Veal Stock	2	L	100.0%	2	L	\$0.38	2	L	\$0.19	L	\$0.38	
Roasted Red Pepper	0.200	kg	90.0%	0.222	kg	\$1.35	0.455	kg	\$2.97	kg	\$0.59	
Sachet	1.000	pcs	100.0%	1.000	pcs	\$0.20	1.000	pcs	\$0.20	pcs	\$0.20	
TOTAL COST:											\$1.17	

Preparation Procedure:

1. Simmer the stock about 5 hours. Add the sachet. Simmer the stock and skim. Taste from time to time
2. Strain the glace through a fine mesh strainer into a sauce pot.
3. Char red peppers over the range, peel and de-seed by wrapping pepper in a plastic bag until skin
4. Puree peppers in the pot with a stick blender.
5. Add finished glace to red pepper puree and simmer for 5 minutes.
6. Season with salt and pepper.

Equipment and Small Ware:

measuring cups, knives, roasting pan, wooden spoons, sauce pan, stock pot, stick b

Notes:



Standardized Recipe and Cost Card

Menu item: Garlic Mashed Potatoes **Date:** Jan 11th, 2010
Yield: 1.5 kg **Source:** Pro Chef 8
Portion Size: 0.15 kg **Name:** Culinary Management 4th semeste
of portions: 10 ptn **Selling price:** \$0.74
Cost per portion: \$0.28 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Yukon Gold Potatoes	1.600	kg	80%	2	kg	\$14.95	22.727	kg	\$0.66	kg	\$1.05
Butter	0.070	kg	100%	0.07	kg	\$189.02	18.160	kg	\$10.41	kg	\$0.73
Heavy Cream	0.100	l	100%	0.1	l	\$59.74	12.000	l	\$4.98	l	\$0.50
Salt	0.001	kg	100%	0.001	kg	\$42.37	25.000	kg	\$1.69	kg	\$0.00
White Pepper	0.001	kg	100%	0.001	kg	\$21.22	6.480	kg	\$3.27	kg	\$0.00
Roasted Garlic	0.100	kg	100%	0.1	kg	\$42.77	9.080	kg	\$4.71	kg	\$0.47
TOTAL COST:											\$2.75

Preparation Procedure:

1. Peel and eye potatoes and cut into uniform sizes. Simmer in salted water till tender
2. Drain well and let potatoes steam dry for a few minutes
3. Put potatoes into mixer add in garlic
4. Beat in butter, then cream
5. Add enough hot milk to bring potatoes to proper consistency
6. Add Salt and white pepper to taste

Equipment and Small Wares

Bowl, peeler, knife, cutting board, measuring cup, food mill, pots.

Notes:



Standardized Recipe and Cost Card

Menu item: Julienne Vegetables

Date: Jan 11th, 2010

Yield: 1.810 kg

Source: Pro Chef 8

Portion Size: 0.181 kg

Name: Culinary Management 4th Semester

of portions 10 ptn

Selling price: \$1.90

Cost per portion: \$0.70

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Red Peppers	0.25	kg	90%	0.278	kg	\$1.35	0.455	kg	\$2.97	kg	\$0.74
Orange Peppers	0.25	kg	90%	0.278	kg	\$2.75	0.455	kg	\$6.04	kg	\$1.51
Carrots	0.25	kg	90%	0.278	kg	\$13.75	25.700	kg	\$0.54	kg	\$0.13
Red Onion	0.25	kg	80%	0.313	kg	\$0.95	0.455	kg	\$2.09	kg	\$0.52
Leeks	0.25	kg	80%	0.313	kg	\$2.50	0.455	kg	\$5.49	kg	\$1.37
Butter	0.25	kg	100%	0.250	kg	\$189.02	18.160	kg	\$10.41	kg	\$2.60
Salt	0.04	kg	100%	0.040	kg	\$42.37	25.000	kg	\$1.69	kg	\$0.07
Pepper	0.03	kg	100%	0.030	kg	\$16.32	6.480	kg	\$2.52	kg	\$0.08
TOTAL COST:											\$7.03

Preparation Procedure:

1. Cut top and bottom off pepper, Take pith out of the peppers.
2. Julienne red and orange peppers, carrots, onions, and leeks. (3mm X 3mm X 6mm)
3. Heat butter in a saute pan.
4. Saute vegetables until tender. Season with salt and pepper.

Equipment and Small Wares

Bowl, peeler, knife, cutting board, measuring cup, saute pan.

Notes:



Standardized Recipe and Cost Card

Menu item: <u>Duck Confit</u>	Date: May 17, 2010
Yield: 1.112 kg	Source: Pro Chef 8
Portion Size: 0.113 kg	Name: Culinary Management 4th Semester
# of portions: 10 ptn	Selling price: \$15.53
Cost per portion: \$5.74	Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost		Unit Cost		TOTAL	
	Count	Unit		Count	Unit	Count	Unit	Price	Unit		
Duck, leg	2.720	kg	100%	2.720	kg	\$9.57	0.455	kg	\$21.05	kg	\$ 57.27
Salt	0.071	kg	100%	0.071	kg	\$42.37	25.000	kg	\$1.69	kg	\$ 0.12
Curing salt	0.001	kg	100%	0.001	kg	\$1.89	1.000	kg	\$1.89	kg	\$ 0.00
Ground black pepper	0.001	kg	100%	0.001	kg	\$16.32	6.480	kg	\$2.52	kg	\$ 0.00
Juniper berries, crushed	0.002	kg	100%	0.002	kg	\$19.99	1.000	kg	\$19.99	kg	\$ 0.04
Bay leaf, crushed	0.001	bunch	100%	0.001	bunch	\$6.39	0.720	kg	\$8.88	bunch	\$ 0.01
Garlic, chopped	0.002	kg	95%	0.002	kg	\$3.61	1.000	kg	\$3.61	kg	\$ 0.01
TOTAL COST:										\$57.45	

Preparation Procedure:

1. Remove the legs from the duck and clean all the fat off the bird.
2. Render the fat from all the birds and melt in a rondeau or braiser on medium-low heat and reserve. □
3. Mix the 2 salts, pepper, juniper berries, bay leaf, and garlic together.
4. Coat the duck leg with the seasoning mixture. Place the duck in a container with a weighted lid and press it for 72 hours in the refrigerator.
5. Brush off the excess seasoning mixture. Sear the duck first .
6. Place the duck in a rondeau or braiser and cover it with the rendered duck fat. Confit meat in fat over medium-low heat until it is very tender, about 2 hours
8. Reserve for service

Equipment and Small Wares

Bowl, knife, cutting board, pans.

Notes:

cook meat in fat over medium-low heat until it is very tender, about 2 hours to confit.



Standardized Recipe and Cost Card

Menu item: Pulled Duck Confit **Date:** May 17, 2010
Yield: 4.56 Kg **Source:** Gisslen
Portion Size: 0.46 kg **Name:** Culinary Management 4th Semester
of portions: 10.00 ptn **Selling price:** \$11.96
Cost per portion: \$4.43 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Duck Leg	4.500	Kg	100%	4.500	Kg	\$9.72	1	Kg	\$9.72	Kg	\$43.74
Salt	0.037	Kg	100%	0.037	Kg	\$42.37	24	Kg	\$1.77	Kg	\$0.07
White Pepper	0.006	L	100%	0.006	Eggs	\$18.53	0.532	L	\$34.83	L	\$0.21
Nutmeg	0.003	L	100%	0.003	L	\$17.52	473	L	\$0.04	L	\$0.00
Powdered Bay Leaf	0.005	Kg	100%	0.005	Kg	\$20.58	0.41	Kg	\$49.71	Kg	\$0.25
Ground Cloves	0.005	L	100%	0.005	L	\$19.92	473	L	\$0.04	L	\$0.00
Extra Duck Fat	0.006	L	100%	0.006	L	\$0.00	1	L	\$0.00	L	\$0.00
TOTAL COST:										44.26	

Preparation Procedure:

1. Trim off excess fat from the duck and reserve
2. If you are using duck legs, leave the thigh attached to the drumstick.
3. Rub the duck with the salt and spices. Refrigerate over night.
4. Render the trimmed fat plus as much fat as needed. You will need enough rendered fat to completely cover the duck.
5. Put the duck and rendered fat in a brazier, large saucepan or casserole. Simmer gently in the fat over low heat or in 300F oven until very tender, about 1.5-2 hours.
6. Remove the cooked duck from the fat and pack into a clean crock or other container. Pour the melted fat over the meat so it is completely covered, but be careful not to pour in any juices.
7. With two forks, shred or "pull" duck.

Equipment and Small Wares

Knife, Cutting Board, Pan, Forks

Notes:

Standardized Recipe and Cost Card

Menu item: Seared Duck Breast **Date:** Jan 11th 2010
Yield: 1.810 kg **Source:** Pro Chef 8
Portion Size: 0.181 kg **Name:** Culinary Management 4th Semester
of portions: 10 ptn **Selling price:** \$7.23
Cost per portion: \$2.67 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Duck breast, with skin	1.020	kg	90%	1.133	kg	\$25.94	1.000	kg	\$25.94	kg	\$26.46
Salt	0.015	kg	100%	0.015	kg	\$42.37	25.000	kg	\$1.69	kg	\$0.03
Ground black pepper	0.100	kg	100%	0.100	kg	\$16.32	6.480	kg	\$2.52	kg	\$0.25
TOTAL COST:											\$26.73

Preparation Procedure:

- Score the duck breast on the skin side, score on an angle, then turn the duck and score on another angle to have a crosshatch design. (ie fig. 1)
- To cook duck breasts, preheat oven to 375 F.
- Heat a steel sauté pan over medium-high heat.
- Place duck breasts skin-side down in pan and season lightly with salt and pepper.
- Remove duck from pan and let rest for 5 minutes.
- Slice breast thinly against the grain and plate.

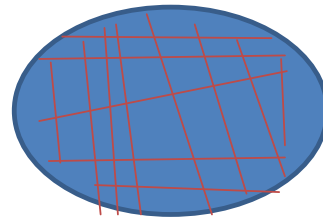


fig.1

Equipment and Small Wares

Bowl, knife, pan, tongs, thermometer

Notes:



Standardized Recipe and Cost Card

Menu item: Cherry Gastrique Date: January 11/10
 Yield: 0.964 L Source: Micheal Olsen
 Portion Size: 0.096 L Name: Culinary Management 4th Semester
 # of portions 10 ptn Selling price: \$4.60
 Cost per portion: \$1.70 Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Cabernet Wine	0.600	L	100%	0.600	L	\$10.36	1.000	L	\$10.36	L	\$6.22
Red Wine Vinegar	0.600	L	100%	0.600	L	\$13.43	10.000	L	\$1.34	L	\$0.81
Sugar	0.792	Kg	100%	0.792	Kg	\$23.32	20.000	Kg	\$1.17	Kg	\$0.92
Sour Cherries	0.400	Kg	100%	0.400	Kg	\$19.54	1.000	Kg	\$19.54	Kg	\$7.82
Beef Glace	0.500	L	100%	0.500	L	\$2.50	1.000	L	\$2.50	L	\$1.25
TOTAL COST:											\$17.01

Preparation Procedure

1. Place wine, vinegar, sugar and cherries in a medium saucepot and simmer until sauce is reduced by 2/3 and coats the back of a spoon.

Equipment and Small Wares

Medium saucepot, bowls, container for holding

Notes

The color of the cherries will blanch out at first, but then a deep red color will return as the sauce reduces.



Standardized Recipe and Cost Card

Menu item: Anna Potatoes **Date:** Jan 11th, 2010
Yield: 1.810 kg **Source:** Pro Chef 8
Portion Size: 0.181 kg **Name:** Culinary Management 4th Semester
of portions: 10 ptn **Selling price:** \$0.92
Cost per portion: \$0.34 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Chef's Potatoes	1.810	kg	97%	1.866	kg	\$0.92	1.000	kg	\$0.92	kg	\$2.76
Clarified Butter	0.075	L	100%	0.075	L	\$38.17	6.000	L	\$6.36	L	\$0.09
Salt	0.010	kg	100%	0.010	kg	\$40.04	24.000	kg	\$1.67	kg	\$0.07
Ground Black Pepper	0.005	kg	100%	0.005	kg	\$12.68	0.510	kg	\$24.85	kg	\$0.43
TOTAL COST:										\$3.41	

Preparation Procedure

1. Peel potatoes and hold in water.
2. Slice potatoes thinly but do not hold in water.
3. Place a layer of butter in a french steel 11" pan. Arrange potato slices in concentric circles. Season each layer with salt and pepper.
4. Heat pan on burner until searing
5. Then place in a 400F oven, Drain off excess butter, turn out on cutting board. Allow to rest 1-2 minutes before cutting.
6. Serve immediately.

Equipment and Small Wares

Bowl, peeler, knife, cutting board, ladle, cooking pan., measuring cup.

Notes



Standardized Recipe and Cost Card

Menu item: Tourned Vegetables

Date: May 17, 2010

Yield: 1.25 kg

Source: Pro Chef 8

Portion Size: 0.125 kg

Name: Culinary Management 4th Semester

of portions: 10 ptn

Selling price: \$1.48

Cost per portion: \$0.55

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Carrots	0.25	kg	50%	0.500	kg	\$13.75	25.7	kg	\$0.54	kg	\$0.13
Turnip	0.25	kg	50%	0.500	kg	\$1.43	1	kg	\$1.43	kg	\$0.36
Yellow Zucchini	0.25	kg	60%	0.417	kg	\$2.65	1	kg	\$2.65	kg	\$0.66
Green Zucchini	0.25	kg	60%	0.417	kg	\$2.65	1	kg	\$2.65	kg	\$0.66
Parsnip	0.25	kg	50%	0.500	kg	\$27.50	25.7	kg	\$1.07	kg	\$0.27
Butter	0.25	kg	100%	0.250	kg	\$189.02	18.16	kg	\$10.41	kg	\$2.60
Salt	0.04	kg	100%	0.040	kg	\$42.37	25	kg	\$1.69	kg	\$0.07
Pepper	0.03	kg	100%	0.030	kg	\$64.81	2.7	kg	\$24.00	kg	\$0.72
TOTAL COST:											\$5.47

Preparation Procedure:

1. Tourné Carrots, turnip, zucchini and parsnips.
2. Blanch carrots turnips and parsnips in a sauce pot with cold salted water brought to a boil until al-dente
3. Heat butter in a saute pan.
4. Saute vegetables until tender a la minute. Season with salt and pepper.

Equipment and Small Wares

Bowl, peeler, knife, cutting board, saute pan., sauce pot, scale

Notes:

Not necessary to blanch zucchini



Standardized Recipe and Cost Card

Menu item: Cumin Scented Spaghetti Squash

Date: Jan-11-10

Source: Rotary Gala

Name: Culinary Management 4th Semester

Yield: 0.833 kg

Portion Size: 0.08 kg

of portions: 10 ptn

Cost per portion: \$0.21

Selling price: \$0.58

Food cost percentage: 37%

INGREDIENTS	EP QUANTITY		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Canola Oil	0.060	l	100%	0.060	l	\$ 31.16	16.000	L	\$ 1.95	l	\$ 0.12
Spaghetti Squash	0.500	kg	95%	0.526	kg	\$ 12.30	9.299	Kg	\$ 1.32	kg	\$ 0.70
Cumin	0.015	kg	100%	0.015	kg	\$ 14.90	4.800	Kg	\$ 3.10	kg	\$ 0.05
Salt	0.005	kg	100%	0.005	kg	\$ 42.37	24.000	Kg	\$ 1.77	kg	\$ 0.01
Pepper	0.003	kg	100%	0.003	kg	\$ 16.62	6.480	Kg	\$ 2.56	kg	\$ 0.01
Shallots-brunoise	0.075	kg	95%	0.079	kg	\$ 40.00	9.072	Kg	\$ 4.41	kg	\$ 0.35
Red Pepper-brunoise	0.125	kg	95%	0.132	kg	\$ 39.08	13.131	Kg	\$ 2.98	kg	\$ 0.39
Butter	0.050	kg	100%	0.050	kg	\$ 189.02	18.160	Kg	\$ 10.41	kg	\$ 0.52
TOTAL COST:										\$	2.14

Preparation Procedure:

- 1 Cut spaghetti squash in half from north to south and clean out all the seeds.
- 2 Rub the squash with canola oil and season with cumin, salt and pepper.
- 3 Roast in 350F oven until the squash starts to peel away from the skin.
- 4 Remove squash from skins while still warm, being careful not to break the strands of squash.
- 5 Sweat the shallots and red peppers in butter in a large saute pan for 1 min.
- 6 Add the hot spaghetti squash and cook until all ingredients are combined.
- 7 Season to taste with salt and pepper.

Equipment and Small Wares

Saute Pan	Scale	Stainless Steel Bowl
Roasting pan	Wooden Spoon	Plastic Containers
Chef Knife	Measuring Cup	Cutting Board

Notes

Bolded items are rounded to \$.01



Standardized Recipe and Cost Card

Menu item: Sauteed arugula and carmelised onions

Date: May 17, 2010

Source: Chef Howie

Name: Culinary Management 4th Semester

Selling price: \$5.39

Food cost percentage: 37%

Yield: 2 kg

Portion Size: 0.2 kg

of portions: 10 ptn

Cost per portion: \$2.00

INGREDIENTS	EP QUANTITY		YIELD %	AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Butter	0.500	kg	100%	0.500	kg	\$ 189.02	18.160	kg	\$ 10.41	kg	\$ 5.20
Arugula	1.000	kg	90%	1.111	kg	\$ 23.31	1.816	kg	\$ 12.84	kg	\$ 14.26
Onions	0.500	kg	95%	0.526	kg	\$ 6.80	7.711	kg	\$ 0.88	kg	\$ 0.46
Salt	0.001	kg	100%	0.001	kg	\$ 42.37	24.000	kg	\$ 1.77	kg	\$ 0.01
Pepper	0.001	kg	100%	0.001	kg	\$ 16.62	6.480	kg	\$ 2.56	kg	\$ 0.01
TOTAL COST:											\$ 19.95

Preparation Procedure:

- 1 Heat half the butter in a saute pan add onions, carmalize ahead of time
- 2 Add remaining butter and saute arugula until wilted a la minute
- 3 Heat until hot and serve.

Equipment and Small Wares

Saute Pan	Scale	Stainless Steel Bowl
	Wooden Spoon	Plastic Containers
Chef Knife	Measuring Cup	Cutting Board

Notes

Bolded items are rounded to \$.01

Standardized Recipe and Cost Card



Menu item: Veal Stock
Yield: 2 litre
Portion Size:
of portions 10 ptn
Cost per portion:

Date: Jan 11th/10
Source: Pro Chef 8
Name: Culinary Management Semester 4
Selling price:
Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Vegetable Oil	0.024	lt	100%	0.024	lt	\$33.16	16.000	lt	2.0725	lt	\$0.05
Veal Bones	0.73	kg	100%	0.73	kg	\$19.95	5.000	kg	3.99	kg	\$2.91
Water	1.45	lt	100%	1.45	lt	\$0.00	1.000	lt	0	lt	\$0.00
Salt	0.005	kg	100%	0.005	kg	\$42.37	25.000	kg	1.6948	kg	\$0.01
Onion	0.0908	kg	90%	0.10089	kg	\$0.45	0.455	kg	0.98901	kg	\$0.09
Carrot	0.046	kg	85%	0.05412	kg	\$13.75	25.700	kg	0.53502	kg	\$0.02
Celery	0.046	kg	95%	0.04842	kg	\$1.20	0.455	kg	2.63736	kg	\$0.12
Tomato Paste	0.068	kg	100%	0.068	kg	\$38.54	4.704	kg	8.19303	kg	\$0.56
TOTAL COST:											\$3.76

Preparation Procedure:

1. Coat bones with oil and roast in oven at 425C until deep brown.
2. Transfer bones into a stock pot and add all but 1 cup of cold water and the salt. Deglaze the roasting pan with the remaining 1 cup of
3. Adjust the heat if necessary to establish an even, gentle simmer and continue to cook, skimming the surface as necessary .
4. While the stock is simmering, heat a medium sized rondeau over medium heat-high heat.
5. Add enough oil to film the pan. Add mirepoix and cook, stirring occasionally, until the onions are a deep brown.
6. Add the tomato paste and continue to cook, stirring frequently, until it takes on a rusty brown color and gives off sweet aroma.
7. Set aside and let cool.

Equipment and Small Wares

measuring cups, knives, roasting pan, wooden spoons, sauce pan, stock pot, stick blender, china cap.

Notes: