

Standardized Recipe and Cost Card



Menu item: **Caramelized Onion Soup**

Date: 08-Jan

Source: Pro Cooking 6th Ed.
Ian Brodie

Yield:	3.125 L	Lunch		Dinner
Dinner Portion Size	0.400 L	cost/ptn	\$0.90	cost/ptn \$1.20
Lunch Portion Size	0.300 L	fc%	33%	fc% 33%
# of portions	10 ptn	selling price	\$2.72	selling price \$3.63
Cost per portion:	\$0.94			

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter	0.052	kg	9.08	kg	\$91.60	100%	\$ 0.53
Vegetable Stock	2.708	L	1	L	\$0.53	100%	\$ 1.44
Salt	0.005	kg	24	kg	\$40.04	100%	\$ 0.01
Pepper	0.002	kg	0.55	kg	\$11.55	100%	\$ 0.04
Red Wine	0.052	L	1	L	\$2.05	100%	\$ 0.11
Gruyere Cheese	0.313	kg	1	kg	\$11.97	100%	\$ 3.74
Naan Bread triangle	10.000	ea	48	ea	\$1.46	100%	\$ 0.30
Red Onion	0.450	kg	4.54	kg	\$8.82	90%	\$ 0.97
Spanish Onion	0.450	kg	4.54	kg	\$6.64	90%	\$ 0.73
Shallots	0.250	kg	4.54	kg	\$12.78	90%	\$ 0.78
Green Onions	0.070	kg	1.008	kg	\$9.25	90%	\$ 0.71
TOTAL COST:							\$9.36

Preparation Procedure

- 1 Heat the butter in a stockpot over moderate heat. Peel and slice onions into half half rings. Cut the shallots and green onions into brunoise. Add the onions (not green onion) and cook until they are brown. Stir occasionally. The onions must cook slowly and become evenly browned. This is a slow process and will take about 30 minutes. Do not brown too fast or use high heat. Add the Red wine and let it reduce to half.
- 2 Add the stock and bring to a boil. Simmer until the onions are very tender and the flavors are well blended, about 20 minutes.
- 3 Season to taste with salt and pepper.
- 4 Keep the soup hot for service or vent and save for service later.
- 5 Cut the Naan bread into elongated triangles, with the dinner Naan slightly larger than the lunch one (SEE NOTE)
- 6 Broil the nana bread with gruyere cheese on top, seasoned with pepper.
- 7 For each portion fill an individual service soup bowl with hot soup, add half the green onions. Place broiled nana bread on top of soup, then finish with the remaining green onions.

Equipment & Small Wares

Weigh Scales, Measuring Cup, Stock Pot, Wooden Spoon, Cutting Board, Grater, Mortar & Pestle, Small Bowls, Small Spoons, Chef Knife

Notes

- 1 Lunch will be served in a soup cup, dinner in a soup bowl
- 2 **nana bread should be 6x2" for lunch, 8x3" for dinner



Standardized Recipe and Cost Card



Menu item: **Vegetable Stock**

Date: 09-Jan-08

Source: Prof. Cooking p.155

Yield: **1.000 L**

Portion Size:

of portions

Cost per portion: **\$0.53**

Selling price:

Food cost percentage:

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Water, cold	1.125	L	-	-	-	100%	\$ -
Garlic, chopped	0.002	Kg	4.54	Kg	\$ 20.07	95%	\$ 0.01
Carrots, medium dice	0.050	kg	11.35	kg	\$ 9.04	90%	\$ 0.04
Celery, medium dice	0.050	kg	4.54	kg	\$ 13.50	90%	\$ 0.17
Leeks, med. dice	0.2	Ea	20	Ea	\$ 9.97	80%	\$ 0.12
Fennel Fronds, sliced	0.100	Ea	96	Ea	\$ 26.89	65%	\$ 0.04
Canola Oil	0.006	L	16	L	\$ 22.62	100%	\$ 0.01
sachet							
Bay Leaf	0.001	Kg	60	Kg	\$ 4.27	100%	\$ 0.01
Thyme, sprig	0.100	Bunch	6	Bunch	\$ 6.52	100%	\$ 0.11
Parsley Stems	0.100	Bunch	12	Bunch	\$ 7.90	100%	\$ 0.01
Cracked Black Peppercorns	0.001	Kg	0.575	kg	\$11.01	100%	\$ 0.01
TOTAL COST:							\$0.53

Preparation Procedure

1. Sweat the vegetables in the canola oil.
2. Add the vegetables to the cold water in a stockpot and turn on high heat.
3. Add the sachet at this time.
4. When it starts to boil, reduce the heat to a simmer.
5. Simmer for 30-45 minutes.
6. Degrease, strain the stock, use immediately or vent, label, date and refrigerate for later use.

Equipment and Small Wares

Measuring Cup, Weigh Scales, Saute Pan, Wooden Spoon, Small Bowls, Stock Pot, Butcher's Twine, Cheesecloth, China Cap, Paper Towel, Ladle.

Notes

- 1 The leek weight is 0.031 kg, adjusted due to pricing.
- 2 The fennel weight is 0.009 kg adjusted due to pricing.
- 3 Add minors base to supplement flavor if needed.

Standardized Recipe and Cost Card



Menu item: Naan Bread

Date: 08-09-01

Source: www.allrecipes.com
Ryan C

Yield: 10 ptns
Portion Size: 0.050 l/kg
of portions: 1 ptn
Cost per portion: \$0.76

Selling price: \$0.44
Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Active Dry Yeast	0.005	kg	1.000	kg	\$7.19	100%	\$ 0.04
Water, warm	0.179	L	1.000	L	\$0.00	100%	\$ 0.00
White Sugar	0.042	kg	1.000	kg	\$1.40	100%	\$ 0.06
Milk	0.032	L	1.000	L	\$2.02	100%	\$ 0.06
Egg, beaten	0.714	ea	1.000	ea	\$0.18	100%	\$ 0.13
Salt	0.007	kg	1.000	kg	\$1.67	100%	\$ 0.01
Bread Flour	0.804	kg	1.000	kg	\$0.59	100%	\$ 0.47
Garlic, minced	0.007	kg	1.000	kg	\$3.16	95%	\$ 0.02
Butter, melted	0.045	kg	1.000	kg	\$10.09	100%	\$ 0.45
Black Cumin Seeds	0.005	kg	1.000	kg	\$14.45	100%	\$ 0.07
TOTAL COST:							\$1.32

Preparation Procedure

- 1 In a large bowl, dissolve yeast in warm water. Let stand about 10 mins, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6-8 mins on a lightly floured surface, or until smooth. Place dough in a well oiled bowl, cover with a damp cloth, and set aside to rise. Let it rise until dough has doubled in volume.
- 2 Punch down dough, and knead in garlic. Pinch off small handfuls of dough about the size of a golfball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size.
- 3 During the second rising, preheat grill to high heat.
- 4 At grill side, roll one ball of dough out into a thin circle. Lightly oil grill. Place dough on grill and cook for 2-3 mins, or until puffy and lightly browned. Brush uncooked side with butter, and turn over. Brush cooked side with butter, and cook until browned, another 2-4 mins. Remove from grill, and continue the process until all the naan has been prepared.

Equipment and Small Wares

Bowls, Brush, Grill, Whisk, Measuring Cups, Scale

Standardized Recipe and Cost Card



Menu item: **Shrimps in Love**

Yield: **50 shrimps**
 Portion Size: **5 shrimps**
 # of portions: **10 ptn**
 Cost per portion: **\$4.52**

Date: Jan. 09, 2008
 Source: Chef Steve
 Mandy Cox

Selling price: \$13.69
 Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Shrimp (16-20)	1.25	kg	1	kg	\$19.42	100%	\$24.28
Olive Oil	0.074	l	1	l	\$6.48	100%	\$0.48
Garlic, minced	0.01	kg	4.53	kg	\$20.07	95%	\$0.05
Shallots, minced	0.037	kg	1	kg	\$2.34	95%	\$0.09
Brandy	0.298	l	1	l	\$32.66	100%	\$9.73
Tomato sauce	0.597	l	1	l	\$7.89	100%	\$4.71
35% cream	0.597	l	1	l	\$4.38	100%	\$2.61
Salt	0.002	kg	1	kg	\$1.15	100%	\$0.01
White pepper	0.001	kg	1	kg	\$20.34	100%	\$0.02
Green Onions, bias cut	0.298	l	1	kg	\$9.25	95%	\$2.90
Unsalted Butter, cubed	0.037	l	1	kg	\$7.95	100%	\$0.29
TOTAL COST:							\$45.18

Preparation Procedure

- 1 Cut the shrimp along the back, removing the vein and the shell
- 2 In a large frying pan on medium heat, saute the shrimp quickly in the olive oil to medium rare and remove from the pan.
- 3 Add the garlic, shallots, and green onion bottoms, and sweat them in the pan to light brown colour.
- 4 Deglaze with brandy.
- 5 Add the tomato sauce and cream, once the flame is gone, and simmer for 3 minutes.
- 6 Add shrimp back to pan.
- 7 Adjust seasonings to taste.
- 8 Whisk in the cold butter cubes. (Monte au beurre)
- 9 Finish by adding the green onion tops and serve immediately with garlic bread.

Equipment and Small Wares

frying pans, measuring cups, scale, cutting board, chef knife, portions cups

Notes

Presentation: Piggyback the 5 shrimp upon each other on each of the plates and cover with the sauce. That's why they are in love.

Standardized Recipe and Cost Card



Menu item: Garlic Bread

Date: 08-Jan-08

Source: Prof. Chef Ed. 8
Jessica

Yield: 0.575 kg
Portion Size: 0.065 kg
of portions: 9 ptn
Cost per portion: \$0.46

Selling price: \$1.40

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Baguette	1.000	ea	1	ea	\$0.16	100%	\$ 0.16
Garlic, minced	0.030	kg	1	kg	\$5.92	95%	\$ 0.19
Butter, soften	0.400	kg	1	kg	\$8.45	100%	\$ 3.38
Parsley, chopped fine	0.250	bunch	1	bunch	\$1.40	100%	\$ 0.35
TOTAL COST:							\$4.08

Preparation Procedure

- 1 Soften the butter
- 2 Mince garlic in robot coupe
- 3 Add to soften butter
- 3 Chop parsley and add to butter.
- 4 Cut the baguette in half with bread knife.
- 5 Apply melted butter mixture with brush to baguette bread. Refrigerate or freeze if necessary.
- 6 Toast in a 350 F preheated oven or in the salamander until crispy.
- 7 Cut into smaller pieces, and serve immediately.

Equipment and Small Wares

Robot coupe, French knife, cutting board, weight scale, saucepot, oven or salamander.

Notes

1 1 baguette weights 350 g

Standardized Recipe and Cost Card



Menu item: Oka Cheese Souffle

Date: Jan 09,2008

Yield: 1.680 kg

Source: Olaf Mertens

Portion Size: 0.168 kg

Cooking from the Hip

of portions 10 ptn

(Page 162) Giles Allday

Cost per portion: \$0.74

revised Is- 01.30.08

Selling price: \$2.23

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter, melted	0.050	kg	9	kg	\$76.75	100%	\$0.43
A.P Flour	0.092	kg	10	kg	\$10.59	100%	\$0.10
Butter	0.150	kg	9	kg	\$76.75	100%	\$1.28
Spanish Onion, brunoise	0.113	kg	3.6	kg	\$22.92	90%	\$0.80
A.P Flour	0.045	kg	10	kg	\$10.59	100%	\$0.05
Whole Milk, cold	0.625	l	10	L	\$17.09	100%	\$1.07
Bay Leaf	0.003	kg	0.06	kg	\$4.27	100%	\$0.21
Cracked White Peppercorns	0.005	kg	2.5	kg	\$50.85	100%	\$0.10
Nutmeg	0.003	kg	0.525	kg	\$15.35	100%	\$0.09
Egg Yolks, beaten	4.000	ea	180	ea	\$26.45	100%	\$0.59
Oka Cheese, grated	0.230	kg	2.5	kg	\$19.50	100%	\$1.79
Parmesan Cheese, grated	0.038	kg	2.27	kg	\$33.94	100%	\$0.56
Egg Whites	4.000	ea	1	ea	\$0.18	100%	\$0.72
Baby Spinach	0.280	kg	1.81	kg	\$12.52	95%	\$2.04
Frisee	4	Head	1	Head	\$1.02	100%	\$4.08
Citrus Vinaigrette	0.200	l	0.6	l	\$4.28	100%	\$1.43
Rhubarb Marmalade	0.500	l	0.5	l	\$6.72	100%	\$6.72
TOTAL COST:							\$7.36

Preparation Procedure

- 1 Preheat oven to 375F.
- 2 Prepare ten 6-oz ramekins: brush insides with melted butter, dust with flour.
- 3 In medium pot over medium heat, melt 2nd quantity of butter and sweat off onion until translucent. Remove from heat and add flour. Mix well
- 4 Return to heat, whisk in milk, stirring constantly until it is a creamy consistency
- 5 Add bay leaf, peppercorns, and nutmeg and simmer for 20 minutes, stirring constantly until mixture coats the back of a spoon and the flour is cooked out.
- 6 Season with salt and pepper, remove from heat and whisk in egg yolks.
- 7 Strain mixture through a fine sieve, and fold in the cheese and let cool to room temp.
- 8 In separate bowl, whisk egg whites to firm peaks and fold into cheese mixture.
- 9 Fill prepared ramekins with mixture. Place in a 2" deep tray. Add warm water to tray around ramekins to 1" deep.
- 10 Bake for 30 minutes. Souffle should be firm to touch and golden brown in color
- 11 For each plate, toss 28g spinach and 28g frisee with 20ml of vinaigrette. Serve each souffle with this salad and 50ml of marmalade.

Equipment and Small Wares

scale, bowls, liquid measures, cutting board, knives, ramekins, saucepot
wooden spoons, whisk, sieve, hotel pan

Standardized Recipe and Cost Card



Menu item: Rhubarb Riesling Relish

Date: 09-Jan-09

Source: Olaf Mertens

Cooking from the Hip

(Page 162) Giles Allday

Yield: 0.500 L

Portion Size: 0.050 L

of portions: 10

Cost per portion: \$0.67

Selling price: \$2.02

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Honey	0.120	l	6	l	\$30.30	100%	\$0.61
Vanilla Bean (split & scraped)	0.500	ea	25	ea	\$104.00	100%	\$2.08
Lemon, juice and zest	0.500	ea	12	ea	\$6.09	100%	\$0.25
Riesling Wine	0.180	l	0.75	l	\$13.50	100%	\$3.24
Diced Rhubarb, frozen	0.250	kg	12	kg	\$23.94	100%	\$0.50
TOTAL COST:							\$6.68

Preparation Procedure

- 1 In a medium sauce pot over medium heat, place the honey, vanilla bean seeds, lemon juice and zest, and Riesling wine.
- 2 Simmer for 15 minutes until the total mixture is reduced by half to a syrup-like consistency.
- 3 Remove from the heat and fold in the rhubarb.
- 4 Return mixture to heat just long enough to soften the rhubarb.
- 5 Chill until ready to use.

Equipment and Small Wares

saucepot, zester, wooden spoon, bowls

Standardized Recipe and Cost Card



Menu item: Gravlox

Date: 08-Jan-08

Source: Chef Steve
Joe Avery

Yield: 1.000 Kg
Portion Size: 0.100 Kg
of portions 10 ptn
Cost per portion: \$1.80

Selling price: \$4.49

Food cost percentage: 40%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Salt	0.350	kg	16.344	Kg	\$ 42.77	100%	\$ 0.92
White Sugar	0.450	kg	2.27	Kg	\$ 23.86	100%	\$ 4.73
White Peppercorns, cracked	0.020	kg	1	Kg	\$ 7.08	100%	\$ 0.14
Chopped Dill	1	Bunch	6	Bunch	\$ 6.52	100%	\$ 1.09
Juniper Berries	0.015	kg	1	kg	\$ 51.27	100%	\$ 0.77
Pernod	0.090	L	1	L	\$ 34.60	100%	\$ 3.11
Lemon, juice	1	Ea	1	Ea	\$ 0.30	100%	\$ 0.30
Salmon Fillet (2 each)	2.720	Kg	4.54	Kg	\$ 10.94	95%	\$ 6.90
TOTAL COST:							\$17.96

Preparation Procedure

- 1 Remove The Pin Bones from the salmon and center it skin side down on a large of cheesecloth. Brush the lemon juice and pernod over salmon.
- 2 Mix the ingredients 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 in the cheesecloth and place it in a perforated hotel pan set in a regular hotel pan as shown. Top with a second hotel pan and press with a 2 lb weight.
- 4 Cure the salmon under refrigeration for 3 days flipping daily. After the third day, gently scrape off the cure. The salmon is now redy to slice, or it may be held under refrigeration for up to 5 days.

Equipment and Small Wares

Mixing Bowls, Sheet Pan, Hotel Pan, Cheesecloth, Plastic Wrap, Scale,

Standardized Recipe and Cost Card



Menu item: **Roesti Potatoes**

Date: 08-Jan-08

Source: Joseph Avery
The Professional Chef 8th Edition

Yield: 1.000 Kg
 Portion Size: 0.100 Kg
 # of portions 10 ptn
 Cost per portion: \$0.13

Selling price: \$0.38

Food cost percentage: 35%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Russet Potatoes	1.000	Kg	22.7	Kg	\$ 14.48	90%	\$ 0.71
Clarified Butter	0.120	Kg	16.344	Kg	\$ 56.66	100%	\$ 0.42
Salt	0.001	Kg	24	Kg	\$ 27.58	100%	\$ 0.00
Ground Black Peppercorns	0.001	Kg	2.7	Kg	\$ 44.90	100%	\$ 0.02
Butter	0.057	Kg	16.344	Kg	\$ 56.66	100%	\$ 0.20
TOTAL COST:							\$1.34

Preparation Procedure

- 1 Scrub the potatoes and place them in cold water to cover by 2 in / 5 cm. Bring to a simmer and parcook until a fork inserted meets resistance about halfway, approximately 20 minutes. Strain
- 2 Peel the potatoes and grate while still hot, season to taste with salt and pepper.
- 3 Take the seasoned shredded potato and make in to a form (cake) that is 3 inches in diameter and 1 inch thick.
- 4 Depending on time, lightly pan fry to help keep their shape. Finish cooking in pan a la minute. Or cook the whole roesti to order a la minute.

Equipment and Small Wares

2 Pots, 2 Mixing Bowls, Sheet Pan, Grater, Saute Pan, Offset Spatula, Peeler/Paring Knife, Mortar & Pestle, Scale

Notes

- 1 Don't over cook the potatoes.

Standardized Recipe and Cost Card



Menu item: Red Onion Marmalade

Date: 10-Jan-08

Source: Chef Steve
Joe Avery

Yield: 0.750 L
 Portion Size: 0.075 L
 # of portions 10 ptns
 Cost per portion: \$0.98

Selling price: \$2.97

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Red Onion	0.681	Kg	10.908	Kg	\$ 15.38	90%	\$ 1.07
Vegetable Oil	0.030	l	4	l	\$ 22.62	100%	\$ 0.17
Honey	0.56	Kg	12	Kg	\$ 63.65	100%	\$ 2.97
Dry Red Wine	0.237	L	0.75	L	\$ 16.85	100%	\$ 5.31
Red Wine Vinegar	0.059	L	10	L	\$ 13.43	100%	\$ 0.08
Grenadine	0.060	l	2	L	\$ 7.04	100%	\$ 0.21
Ground White pepper	0.010	kg	0.454	kg	\$ 7.08	100%	\$ 0.16
Salt	0.001	Kg	24	Kg	\$ 27.85	100%	\$ 0.00
TOTAL COST:							\$9.97

Preparation Procedure

- 1 Heat the oil in the pan over medium heat
- 2 Sweat the onion, and stir in honey. Cook mixture until lightly caramelized
- 3 Add vinegar, wine and grenadine
- 4 Reduce until the liquid is cooked away
- 5 Season with salt and pepper
- 6 Remove from heat.
- 7 The marmalade can be prepared ahead; cover and refrigerate.
- 8 Reheat, stirring, just to warm to order.

Equipment and Small Wares

Saute pan, spoons, clean container for holding

Notes

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Standardized Recipe and Cost Card



Menu item: Crème Fraiche

Date: 09-Oct-07

Source: Chef Steve
Joe Avery

Yield: 2.000 L
 Portion Size: 0.030 L
 # of portions 60 ptn
 Cost per portion: \$0.11

Selling price: \$0.29

Food cost percentage: 38%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
35 % Cream	1	L	1	L	\$ 4.37	100%	\$ 4.37
Buttermilk	1	L	1	L	\$ 1.89	100%	\$ 1.89
Lemon, juice & zest	1	Ea	1	Ea	\$ 0.30	100%	\$ 0.30
TOTAL COST:							\$ 6.56

Preparation Procedure

- 1 Add the 35 % cream, buttermilk, lemon zest & juice together.
- 2 Let rest in china cap with filter cone for 36 hours at room temp, covered with saran wrap.

Equipment and Small Wares

Bowl, Zester, China Cap, Filter Cone, Saran Wrap.

Notes

- 1 Store in the refrigerator.

Standardized Recipe and Cost Card



Menu item: Sweet Mustard Drizzle

Date: 16-Jan-08

Source: Chef Steve
Alex Bolton

Yield: 0.650 L
Portion Size: 0.030 l/kg
of portions: 22 ptn
Cost per portion: \$0.10

Selling price: \$0.24

Food cost percentage: 40%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Grainy Mustard	0.100	L	1	L	\$ 6.21	100%	\$ 0.62
Yellow Prepared Mustard	0.100	L	1	L	\$ 1.26	100%	\$ 0.13
Honey	0.100	Kg	1	Kg	\$ 4.18	100%	\$ 0.42
Canola Oil	0.300	L	1	L	\$ 1.25	100%	\$ 0.38
Salt	0.005	Kg	1	Kg	\$ 1.68	100%	\$ 0.01
Ground Black Peppercorns	0.003	Kg	1	Kg	\$ 20.85	100%	\$ 0.06
Liquid From Gravlox	0.075	L	1	L	\$ -	100%	\$ -
Dill, fine chop	0.5	Bunch	1	Bunch	\$ 1.09	100%	\$ 0.55
TOTAL COST:							\$2.16

Preparation Procedure

- 1 Combine the grainy & prepared mustard with the honey.
- 2 Slowly whisk in and incorporate the canola oil and form an emulsion.
- 3 Add the dill and season to taste with salt and pepper.
- 4 Refrigerate until needed.

Equipment and Small Wares

Measuring Cup, Weigh Scales, Whisk, Small Bowls, Mortar & Pestle, French Knife, Cutting Board, Small Spoons, Rubber Spatula.

Notes

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Standardized Recipe and Cost Card



Menu item: Spinach Salad

Date: 08-09-01

Source: Ryan C

Yield: 0.600 kg
 Portion Size: 0.060 kg of spinach
 # of portions 10 ptns
 Cost per portion: \$0.59

Selling price: \$1.90

Food cost percentage: 31.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Baby Spinach	0.600	kg	1.000	kg	\$6.89	95%	\$ 4.35
Bacon	0.200	kg	1.000	kg	\$4.17	100%	\$ 0.83
Water	0.030	L	1.000	L	\$0.00	100%	\$ 0.00
Mushroom, cut into 1/4	0.400	kg	1.000	kg	\$4.15	95%	\$ 1.75
Red Onion, julienne	0.100	kg	1.000	kg	\$1.94	90%	\$ 0.22
Cherry Tomato	1	pint	1	pint	\$3.28	100%	\$ 3.28
Salt	0.020	kg	1.000	kg	\$1.68	100%	\$ 0.03
Ground Black Peppercorns	0.015	kg	1.000	kg	\$20.85	100%	\$ 0.31
Honey Balsamic Vinaigrette	0.300	L	1.000	L	\$3.43	100%	\$ 1.03
Gorgonzola	0.150	kg	1.000	kg	\$20.69	100%	\$ 3.10
Panko Crumbs	0.100	kg	1.000	kg	\$5.73	100%	\$ 0.57
A.P. Flour	0.100	kg	1.000	kg	\$0.53	100%	\$ 0.05
Egg	6	ea	1	ea	\$0.18	100%	\$ 1.08
Olive Oil	0.020	L	1.000	L	\$19.61	100%	\$ 0.39
TOTAL COST:							\$17.01

Preparation Procedure

- 1 Dice bacon. Add 0.030L of water into a saute pan, fry bacon until crisp. Remove and hold for later use.
- 2 Take Gorgonzola cut into 1/4in X 1/4in X 1/4in. Prepare standard breading station.
- 3
Dry the cheese to get a thin, even coating of flour. Season cheese. Dip cheese in flour to coat evenly. Shake of excess. Dip in egg wash to coat completely. Remove let excess drain off so the crumb coating will be even. Dip in the panko crumbs. Cover with crumbs and press gently on product. Make sure it is completely coated. Remove. Carefully shake off excess. Hold in fridge for service.
- 4
Saute mushrooms in a bit of oil until golden brown, do not overcook, the mushrooms should still be a bit firm. Remove mushrooms and saute red onions until translucent, not too firm in texture. Remove and hold both at warm temperature.
- 5 Roast cherry tomatoes in oven, and season.
- 6 At service heat the mushrooms, onion, and tomatoes.
- 7 In a bowl add spinach, honey balsamic & the heated mushrooms, onion & tomato and mix.
- 8 Garnish salad with 0.005kg of bacon, 0.015kg hot gorgonzola, and 5 blanched cherry tomatoes. Serve.

Equipment and Small Wares

Saute pan, bowls, measuring cups, scale, slotted spoon

Notes 1 For mushrooms cut small into 1/4, medium into 1/6, and large into 1/8.

Standardized Recipe and Cost Card



Menu item: Eggplant Parmesan

Date: Jan 9 2008

Source: The Professional Chef
(Jen Bunker)

Yield: 10 ptns
Dinner Ptn Size: 7 slices
Lunch Ptn Size: 5 slices

Lunch
Cost/ptn: \$1.44
FC%: 33%
Selling Price: \$4.36

Dinner
Cost/ptn: \$2.01
FC%: 33%
Selling Price: \$6.10

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Eggplant, Japanese	1.500	kg	1	kg	\$4.51	95%	\$ 7.12
Kosher Salt	0.065	kg	1	kg	\$2.62	100%	\$ 0.17
Ground Black Peppercorns	0.005	kg	1	kg	\$20.85	100%	\$ 0.10
A.P Flour	0.350	kg	1	kg	\$0.53	100%	\$ 0.19
Eggs	4	Ea	1	Ea	\$0.18	100%	\$ 0.72
Bread Crumbs	0.500	kg	1	kg	\$2.81	100%	\$ 1.41
Vegetable Oil	0.250	L	1	L	\$1.41	100%	\$ 0.35
Slow Roasted Tomato Slices	70	Ea	70	Ea	\$2.93	100%	\$ 2.93
Parmesan Cheese, grated	0.070	kg	1	kg	\$14.95	100%	\$ 1.05
Mozzarella Cheese, shredded	0.250	kg	1	kg	\$8.87	100%	\$ 2.22
Creole Sauce	0.500	L	1.25	L	\$9.70	100%	\$ 3.88
TOTAL COST:							\$20.13

Preparation Procedure

- 1 Peel the eggplant and cut it into 1-cm circles. You will need 60 slices total. Lay the eggplant circles on a sheet tray lined with parchment paper and lightly salt them. Set the eggplant aside for half an hour to release moisture. Drain the eggplant on paper towels & wash off salt
- 2 Season the eggplant with pepper. Bread it using the standard breading procedure. (flour, eggs, bread crumbs, and seasoning).
- 3 Heat the oil in a large saute pan over medium-high heat. Working in batches, pan fry the eggplant slices until golden brown. Drain for 2 to 3 minutes on paper towels and then transfer to a rack.
- 4 Preheat the oven to 350F.
- 5 On a sheet tray, lay out 10 slices of the eggplant. Top each with a slice of slow roasted tomato, approx. 7g of the parmesan and approx. 25g shredded mozzarella. Repeat for a total of 7 slices of
- 6 Bake the eggplant until golden on top. Remove from oven, cool and store for service.
- 7 For service bake the eggplant until golden brown on top, and serve immediately.

Equipment and Small Wares

Measuring Cup, Weigh Scales, Mortar & Pestle, Chef Knife, Small Bowls, Saute Pan, Baking Sheet, Paper Towel, Parchment Paper, Grater, Offset Spatula/Tongs.

Notes

Standardized Recipe and Cost Card



Menu item: Orzo

Date: 08-Jan-08

Source: Pro Chef p.1:
(Jen Bunker)

Yield: 1.500 Kg
 Portion Size: 0.150 Kg
 # of portions 10 ptns
 Cost per portion: \$0.95

Selling price: \$2.87

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %
	COUNT	UNIT SIZE	COUNT	UNIT SIZE		
Orzo	0.454	kg	1	kg	\$ 2.16	100%
Vegetable Stock	1.600	L	1	L	\$ 0.55	100%
Salt	0.005	kg	1	kg	\$ 1.68	100%
Ground Black Peppercorns	0.005	kg	1	kg	\$ 20.85	100%
Bay Leaves	0.005	kg	1	kg	\$ 46.89	100%
Thyme Sprigs	0.010	Bunch	1	Bunch	\$ 1.09	100%
Butter	0.200	kg	1	kg	\$ 10.30	100%
Red Onion, small dice	0.200	kg	1	kg	\$ 1.94	90%
Green Zucchini, small dice	0.200	kg	9.08	kg	\$ 19.89	90%
Yellow Zucchini, small dice	0.200	kg	9.08	kg	\$ 30.67	90%
Red Pepper, small dice	0.200	kg	1	kg	\$ 2.40	85%
Garlic, minced	0.060	kg	9.080	kg	\$ 42.77	95%
Mozzarella Cheese, shredded	0.300	kg	1	kg	\$ 8.87	100%

TOTAL COST:

Preparation Procedure

1. Brown half of the orzo in a hot rondo.
2. Add the browned orzo to the rest of the orzo and mix.
3. Sweat the garlic in 100g of butter until softened.
4. Add the orzo and stir frequently until well coated with fat.
5. Add the heated stock in periods (like risotto). Bring to a simmer. Stir to avoid sticking. Add seasonin
6. Cook the orzo to about 60-70 % cooked and spread on a sheet pan to cool.
7. FOR SERVICE: Sweat the onions, zucchini, red peppers in remainder of butter and garlic.
8. Add orzo, and some stock. Cook until orzo is cooked, add more stock if needed.
9. Finish with cheese and season with salt and pepper.

Equipment & Small Wares

Rondo, Scales, Measuring Cup, Ladle, Cutting Board, Chef/Paring Knife
 Wooden Spoon, Small Bowls, Small Spoons, Grater.

Notes

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TOTAL
\$ 0.98
\$ 0.88
\$ 0.01
\$ 0.10
\$ 0.23
\$ 0.01
\$ 2.06
\$ 0.43
\$ 0.49
\$ 0.75
\$ 0.56
\$ 0.30
\$ 2.66
\$9.47

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Standardized Recipe and Cost Card



Menu item: **Slow Roasted Tomato Slices**

Yield:	70 slices	Date:	08-Jan-08
Portion Size:	7/5 dinner/lunch	Source:	Jen Bunker
# of portions	10	Selling price:	\$0.89
Cost per portion:	\$0.29	Food cost percentage:	33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Roma Tomatoes	0.700	kg	11.350	kg	\$ 30.23	90%	\$2.07
Canola Oil	0.233	L	1	L	\$ 1.25	100%	\$0.29
Salt	0.025	kg	1	kg	\$ 1.68	100%	\$0.04
Ground Black Peppercorns	0.025	kg	1	kg	\$ 20.85	100%	\$0.52
TOTAL COST:							\$2.93

Preparation Procedure

- 1 Wash and remove the ends off the tomatoes.
- 2 Slice the tomatoes 1/16 inch thick on the slicer, very thin.
- 3 Place on a baking sheet lined with parchment paper.
- 4 Brush oil atop the tomatoes and season with salt and pepper.
- 5 Bake in a preheated 350 F oven rotating the sheet pan every 5-10 minutes.
- 6 Remove the outer slices before they burn.
- 7 Remove from the oven and store for service.

Equipment and Small Wares

Cutting Board, Knives, Saute Pan, Measuring Cup, Bowls, Scale, Saucepot, Wooden Spoon, Brush

Notes

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Standardized Recipe and Cost Card



Tomato Sauce

Yield: 10 L
 Portion Size:
 # of Portions:
 Cost Per Portion: \$6.88

Date: 08-Jan-08
 Source: Pro Chef p. 384
 (Jen Bunker)

Selling price:
 Food cost percentage:

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Canola Oil	0.156	L	16.000	L	\$ 30.15	100%	\$0.29
Small Diced Onions	0.300	kg	11.350	kg	\$ 26.40	95%	\$0.73
Minced Garlic	0.200	kg	9.080	kg	\$ 42.77	80%	\$1.18
Canned Plum Tomatoes	11.823	kg	17.040	L	\$ 22.29	100%	\$0.39
Salt	0.001	kg	20.000	kg	\$ 27.58	100%	\$0.00
Black Pepper	0.001	kg	0.575	kg	\$ 11.01	100%	\$0.02
White Wine	0.250	L	20.000	L	\$ 41.29	100%	\$0.52
Basil	4.000	bunch	50.000	bunch	\$ 19.37	90%	\$1.72
Thyme	0.500	bunch	6.000	bunch	\$ 6.52	90%	\$0.60
Oregano	1.000	bunch	6.000	bunch	\$ 6.82	80%	\$1.42
TOTAL COST:							\$6.88

Preparation Procedure

- 1 Cover your garlic in Canola Oil and roast in a pot over low heat ("confit").
- 2 Strain the garlic from the oil.
- 3 Use some of the oil to saute the onions, then add the garlic back to the pot.
- 4 Wash and de-stem all your herbs. Add them to the pot, saute until there's a strong aroma.
- 5 Deglaze your pan with white wine, and reduce by 50%.
- 6 Add the tomatoes.
- 7 Cook your tomatoes for 20-30 minutes.
- 8 If sauce is too thick, thin out the sauce to the desired consistency with the vegetable stock.
- 9 Cool, vent and store the sauce.
- 10 Reserve for service.

Equipment and Small Wares

Knives, Saute Pan, Measuring Cups, Bowls, Scale, Saucepot, Wooden Spoon

Notes

Standardized Recipe and Cost Card



Menu item: Creole Sauce

Yield: 1.250 L
 Portion Size:
 # of portions
 Cost per portion: \$9.54

Date: 08-Jan-08
 Source: Pro Chef p. 384
 (Jen Bunker)

Selling price:
 Food cost percentage:

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Canola Oil	0.045	L	16.000	L	\$ 30.15	100%	\$0.08
Onion, small dice	0.125	kg	11.350	kg	\$ 26.40	90%	\$0.32
Celery, sliced	0.125	kg	9.600	kg	\$ 20.80	90%	\$0.30
Green Pepper, small dice	0.060	kg	0.908	kg	\$ 7.14	85%	\$0.56
Garlic, chopped	0.005	kg	7.264	kg	\$ 46.60	95%	\$0.03
Tomato Sauce	1.000	L	1.000	L	\$ 7.89	100%	\$7.89
Bay Leaf	0.001	kg	0.284	count	\$ 9.83	100%	\$0.03
Thyme	0.003	kg	0.745	kg	\$ 21.56	100%	\$0.09
Lemon, zest	0.002	kg	0.020	kg	\$ 0.30	100%	\$0.03
Salt	0.006	kg	24.000	kg	\$ 27.58	100%	\$0.01
Cayenne Pepper	0.006	kg	0.450	kg	\$ 6.15	100%	\$0.08
Ground Black Peppercorns	0.006	kg	0.575	kg	\$ 11.01	100%	\$0.11
TOTAL COST:							\$9.54

Preparation Procedure

- 1 Saute onions, celery, peppers, and garlic in oil.
- 2 Add the tomato sauce, bay leaf, thyme, and lemon rind once onions begin to become translucent.
- 3 Simmer for 15 minutes.
- 4 Remove bay leaf and season to taste with salt, pepper and cayenne.
- 5 Cool, cry-ovac 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, don't allow sauce to get to spicy.

Standardized Recipe and Cost Card



Menu item: Fresh Egg Pasta

Date: Jan. 8, 2008

Source: Prof. Chef P.855

Krista Muirhead

Yield: 0.770 kg
 Dinner Ptn Size: 0.077 kg
 Lunch Ptn Size: 0.055 kg

Lunch
 Cost/ptn: \$0.27
 FC%: 33%
 Selling Price: \$0.81

Dinner
 Cost/ptn: \$0.38
 FC%: 33%
 Selling Price: \$1.14

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
all-purpose flour	0.514	kg	1	kg	\$4.49	100%	\$2.31
salt	0.006	kg	1	kg	\$1.29	100%	\$0.01
eggs	5.000	ea	1	ea	\$0.28	100%	\$1.40
water	0.034	l	1	l	\$0.01	100%	\$0.00
vegetable oil	0.034	l	1	L	\$1.41	100%	\$0.05
TOTAL COST:							\$3.76

Preparation Procedure

- 1 Combine the flour and salt, making well in a center. Place the egg, water and oil, if using, in the center of the well. With fork, gradually pull dry ingredients into the egg mixture. Stir until a loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water.
- 2 Turn out dough onto a floured work surface and knead until the texture has become smooth and elastic, 4-5mintues. Gather and smooth the dough into a ball, cover, and let the dough relax at room temperature for at least 1 hour.
- 3 Roll the pasta dough into thin sheets and reserve for ravioli.

Equipment and Small Wares

scale, bowls, liquid measures, knives, fork

Standardized Recipe and Cost Card



Menu item: Apple Cream Sauce

Date: Jan. 8, 2008

Source: Chef Steve Bennis

Yield: 0.4 l
 Dinner Ptn Size: 0.09 l
 Lunch Ptn Size: 0.06 l

Lunch
 Cost/ptn: \$0.63
 FC%: 33%
 Selling Price: \$1.92

Dinner
 Cost/ptn: \$0.95
 FC%: 33%
 Selling Price: \$2.88

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Apples, diced	3.000	each	1	each	\$0.30	70%	\$1.29
Pecans	0.150	kg	1	kg	\$22.98	95%	\$3.63
Sundried cranberries	0.150	kg	0.907	kg	\$30.09	90%	\$5.53
Shallots, minced	0.030	kg	1	kg	\$2.82	95%	\$0.09
Garlic, minced	0.030	kg	0.907	kg	\$5.92	95%	\$0.21
white wine	0.360	l	0.75	l	\$8.00	100%	\$3.84
35% cream	4.000	l	1	l	\$4.46	100%	\$17.84
salt	0.006	kg	1	kg	\$2.62	100%	\$0.02
white pepper	0.006	kg	0.58	kg	\$15.82	100%	\$0.16
butter	0.030	kg	1	kg	\$7.88	95%	\$0.25
olive oil	0.030	l	1	l	\$5.43	100%	\$0.16
TOTAL COST:							\$9.52

Preparation Procedure

- *See Note* 1 Saute apples, pecans, and cranberries until soft. Season with salt and pepper.
 2 Add shallots and garlic, sweat until tender. Season.
 3 Add white wine. Reduce by half.
 4 Add the cream and reduce mixture by half.
 5 Toss hot ravioli in sauce.
 6 Whisk in butter to finish.
 7 Serve 5 ravioli for lunch and 7 ravioli for dinner. Arrange in a circle and top with sauce and garnish.

Equipment and Small Wares

cutting board, knife, scale, bowls, saucepot, wooden spoon

NOTE

- * Saucier to complete 2 - 4 for prep.
- * Complete step 1 on the day of service.

Standardized Recipe and Cost Card



Menu item: Butternut Squash & Mascarpone Angniloti

Date: 15/01/08

Source: Christine Cushing
Krista Muirhead

Yield: 1.400 Kg
Dinner Ptn Size: 0.140 Kg
Lunch Ptn Size: 0.100 Kg

Lunch
Cost/ptn: \$1.08
FC%: 33%
Selling Price: \$3.26

Dinner
Cost/ptn: \$1.51
FC%: 33%
Selling Price: \$4.56

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butternut Squash	0.681	kg	1	kg	\$1.09	85%	\$0.87
Olive Oil	0.113	L	1	L	\$5.43	100%	\$0.61
Salt	0.006	kg	1	kg	\$2.62	100%	\$0.02
Ground Black Peppercorns	0.006	kg	1	kg	\$20.85	100%	\$0.13
Garlic, minced	0.020	kg	1	kg	\$5.92	95%	\$0.12
Butter	0.070	kg	1	kg	\$10.30	100%	\$0.72
Shallots, minced	0.050	kg	1	kg	\$2.82	95%	\$0.15
Sage	0.070	Bunch	1	Bunch	\$1.08	100%	\$0.08
Savory	0.070	Bunch	1	Bunch	\$1.13	100%	\$0.08
White Wine	0.060	L	0.75	L	\$8.00	100%	\$0.64
Egg Yolks, lightly beaten	1.000	Ea	1	Ea	\$0.15	100%	\$0.15
Mascarpone Cheese	0.225	kg	1	kg	\$13.10	100%	\$2.95
Egg Pasta	1.540	kg	0.77	kg	\$4.18	100%	\$8.36
Egg Wash	1.000	Ea	1	Ea	\$0.18	100%	\$0.18
TOTAL COST:							\$15.05

Preparation Procedure

- 1 Preheat oven to 375F.
- 2 Peel squash and cut into medium dice. Toss the squash in olive oil. Saute the squash with the garlic until soft enough to mash. Season.
- 5 Saute shallots in butter until soft and golden colored. Add garlic, sage, and savory. Saute until golden.
- 6 Stir in white wine to deglaze the pan. Remove from heat and let cool. Add to squash mixture.
- 7 Add egg yolk and mascarpone cheese to squash mixture. Season with salt and pepper.
- 8 Roll out egg pasta using pasta machine.
- 9 Put approximately 20g of filling 2" apart on pasta. Brush egg wash around filling.
- 10 Add pasta to boiling salted water for approximately 4 minutes.
- 11 Remove pasta from boiling water and place in ice water bath.
- 12 Remove from ice water bath and place on a sheet pan.
- 13 Coat pasta in oil. Wrap sheet pan and store in fridge.

Equipment and Small Wares

Scale, Cutting Board, Knife, Baking Tray, Bowls, Measuring Cup, Spatula, Saute Pan, Pastry Brush

Standardized Recipe and Cost Card



Menu item: Mascarpone Cheese

Date: Jan 15 2008

Source: Chef Steve
Robb Ward

Yield: 0.960 L
Dinner Size Ptn: 0.100 ea
Lunch Size Ptn: 0.100 ea

Cost/ptn: \$0.90
FC%: 33%
Selling Price: \$2.71

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
35 % Cream	1.920	L	1	L	\$4.46	100%	\$8.56
Tartaric acid	0.003	L	1	L	\$12.00	100%	\$0.03
TOTAL COST:							\$8.59

Preparation Procedure

- 1 Heat the cream to 180F, stir often to prevent scorching. Remove from heat.
- 2 Add tarraric acid and let the cream coagulate into a curd.
- 3 Drain the curd for at least 24 hours under refrigeration in a trainer lined with a coffee filter.
- 4 The mascarpone is now ready to use. Alternatively, transfer to a storage container and hold, covered, under refrigeration for up to 1 week.

Equipment and Small Wares

Pot, Slotted Spoon, Coffee Filter, China Cap, Bucket

Standardized Recipe and Cost Card



Menu item: Pan seared Monkfish

Date: 08-Jan-08
Source: Alex Bolton

Yield: 2.250 Kg	Lunch		Dinner
Dinner Size Portion: 0.225 Kg	Cost/ptn: \$1.10		Cost/ptn:
Lunch Size Portion: 0.150 Kg	FC%: 25%		FC%:
# of portions 10 ptn	Selling Pri \$4.40		Selling Price:

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %
	COUNT	UNIT SIZE	COUNT	UNIT SIZE		
Monkfish, tailmeat fillets	2.250	Kg	1	Kg	\$ 3.46	85%
Court Bouillon	4.000	L	4	L	\$ 3.41	100%

TOTAL COST:

Preparation Procedure

- 1 Clean the monkfish, and make sure all bones are removed.
- 2 Cut portions about 150 grams for lunch and 225 grams for dinner.
- 3 Pan sear the monkfish in lemon juice, until cooked, season.
- 4 Serve immediately.

Equipment and Small Wares

Cutting Board, Fillet/French Knife, Mortar & Pestle, Medium Sized Pot, T Slotted Spoon, Weigh Scales, Saran Wrap, Hotel Pan.

Notes

- 1 For the court bouillon use enough as needed, the 4 L amount is there for purposes.
- 2

\$1.41
25%
\$5.64

TOTAL
\$ 9.16
\$ 3.41
\$12.57

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Standardized Recipe and Cost Card



Menu item: Court Bouillon

Date: 08-Jan-08

Source: Prof. Cooking
(Alex Bolton)

Yield: 4.000 L

Portion Size: - l/kg

of portions: - ptn

Cost per portion: -

Selling price: Food Cost %

Food cost percentage: with the mon

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %
	COUNT	UNIT SIZE	COUNT	UNIT SIZE		
Water	4.000	L	-	-	\$ -	100%
Lemons, juiced	6	Ea	1	Ea	\$ 0.30	100%
Oranges, juiced	2	Ea	1	Ea	\$ 0.32	100%
Limes, juiced	4	Ea	1	Ea	\$ 0.35	100%
White Wine	0.125	L	1	L	\$ 2.07	100%
White Vinegar	0.050	L	1	L	\$ 0.56	100%
Onion, sliced	0.250	Kg	1	Kg	\$ 0.79	90%
Celery, sliced	0.125	Kg	1	Kg	\$ 1.99	90%
Salt	0.060	Kg	1	Kg	\$ 1.68	100%
Black Peppercorns, crushed	0.005	Kg	1	Kg	\$ 20.84	100%
Bay Leaf	0.003	Kg	1	Kg	\$ 46.89	100%
Fresh Thyme	0.25	Bunch	1	Bunch	\$ 1.40	100%
Parsley Stems	0.25	Bunch	1	Bunch	\$ 0.52	100%

TOTAL COST:

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 refrigerate for later use.

Equipment and Small Wares

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

Notes

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TOTAL	
\$	-
\$	1.80
\$	0.26
\$	0.03
\$	0.22
\$	0.28
\$	0.10
\$	0.10
\$	0.14
\$	0.35
\$	0.13
	\$3.41

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Standardized Recipe and Cost Card



Menu item: **Toasted Coconut Rice**

Date: 08-Jan-08

Source: www.groupprecipes.com
(Alex Bolton)

Yield: **0.800 Kg**
 Portion Size: **0.080 Kg**
 # of portions **10 ptn**
 Cost per portion: **\$0.98**

Selling price: \$3.91

Food cost percentage: 25%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
7 Grain Rice	0.800	Kg	1	Kg	\$ 3.27	100%	\$ 2.62
Coconut Milk	0.500	L	1	L	\$ 3.36	100%	\$ 1.68
Water	1.000	L	-	-	\$ -	100%	\$ -
Salt	0.005	Kg	1	Kg	\$ 1.68	100%	\$ 0.01
Ground White Peppercorns	0.003	Kg	1	Kg	\$ 20.85	100%	\$ 0.06
Shredded Coconut, toasted	0.800	Kg	1	Kg	\$ 4.38	100%	\$ 3.50
Lemon Zest, blanched	2	Ea	1	Ea	\$ 0.30	100%	\$ 0.60
Green Onions, bias cut	0.100	Kg	1	Kg	\$ 4.72	90%	\$ 0.52
Butter	0.075	Kg	1	Kg	\$ 10.30	100%	\$ 0.77
TOTAL COST:							\$9.77

Preparation Procedure

- 1 In a colander wash the rice to remove any debris.
- 2 In a pot combine the water, milk and salt and bring to a boil.
- 3 While the rice is cooking, put the shredded coconut in a saute pan and toast in a 350 F until it is lightly browned. Remove when done and reserve until the rice is cooked.
- 4 When the rice is done, remove and strain it.
- 5 Toss together and mix with the toasted coconut, green onions, butter, and lemon zest & adjust seasonings with salt and white pepper, spread on a sheet pan to let cool.
- 6 Re-heat at service in microwave in a ramekin.

Equipment and Small Wares

Colander, Weigh Scales, Measuring Cup, Small Bowls, Mortar & Pestle, Two Medium Sized Pots, Saute Pan, Baking Sheet, Saran Wrap, Can Opener.

Notes

- 1 To increase the intensity of the coconut flavor in this rice, increase the amount of coconut milk used and decrease the amount of water used to cook the rice. Also more toasted coconut can be added.
- 2

Standardized Recipe and Cost Card



Menu item: Mango Salad

Date: 08-Jan-08

Source: CM-4 Class & Chef Steve
(Alex Bolton)

Yield: 0.750 Kg
Portion Size: 0.075 Kg
of portions 10 ptn
Cost per portion: \$0.40

Selling price: \$1.58

Food cost percentage: 25%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Mango, julienne	0.400	Kg	1	Kg	\$ 3.74	50%	\$ 2.99
Carrot, julienne	0.100	Kg	1	Kg	\$ 0.88	90%	\$ 0.10
Diakon Radish, julienne	0.100	Kg	1	Kg	\$ 0.96	90%	\$ 0.11
Red Pepper, julienne	0.100	Kg	1	Kg	\$ 2.40	90%	\$ 0.27
Cilantro, rough chop	0.250	Bunch	1	Bunch	\$ 1.40	100%	\$ 0.35
Citrus Sesame Vinaigrette	0.030	L	1	L	\$ 4.72	100%	\$ 0.14
TOTAL COST:							\$3.95

Preparation Procedure

- 1 Clean the and trim the mango and vegetables and into the proper sizes.
- 2 Blanch the carrot, diakon radish, and red pepper, and shock in an ice water bath.
- 3 Toss together with the chopped cilantro.
- 4 For each 75 g portion toss with about 30 mL of the vinaigrette.
- 5 Serve immediately.

Equipment and Small Wares

Cutting Board, French Knife, Peeler, Paring Knife, Colander, Small Bowls, Spoons, Tongs, Medium Sized Bowl.

Notes

1

Standardized Recipe and Cost Card



Menu item: Citrus Sesame Vinaigrette

Date: 08-Jan-08

Source: Prof. Cooking 6th p.723
(Alex Bolton)

Yield: 1.000 L
Portion Size: 0.030 L
of portions: 34 ptn
Cost per portion: \$0.14

Selling price:

Food cost percentage: % applied to salad

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Apple Cider Vinegar	0.075	L	1	L	\$ 1.11	100%	\$ 0.08
Orange, juice & zest	2	Ea	1	Ea	\$ 0.32	100%	\$ 0.64
Lemon, juice & zest	1	Ea	1	Ea	\$ 0.30	100%	\$ 0.30
Lime, juice & zest	4	Ea	1	Ea	\$ 0.35	100%	\$ 1.40
Honey	0.100	Kg	1	Kg	\$ 4.18	100%	\$ 0.42
Grainy Mustard	0.050	L	1	L	\$ 6.21	100%	\$ 0.31
Shallots, minced	0.025	Kg	1	Kg	\$ 2.82	95%	\$ 0.07
Salt	0.015	Kg	1	Kg	\$ 1.68	100%	\$ 0.03
Ground White Peppercorns	0.005	Kg	1	Kg	\$ 20.85	100%	\$ 0.10
Canola Oil	0.700	L	1	L	\$ 1.25	100%	\$ 0.88
Toasted Sesame Oil	0.050	L	1	L	\$ 9.79	100%	\$ 0.49
TOTAL COST:							\$4.72

Preparation Procedure

- 1 Mix together the vinegar, orange, lemon & lime juice, honey, grainy mustard, salt, white pepper, and shallots in robot coupe.
- 2 Combine the canola and toasted sesame oil together for mixing with the liquid.
- 3 Emulsify the oil and acid liquid in a robot coupe.
- 4 Store in a refrigerator until needed.

Equipment and Small Wares

Small Bowls, Measuring Cup, Small Spoons, Juicer, Zester, Mortar & Pestle, Robot Coupe, Large Bowl.

Notes

- *1 Take out the sesame seeds and sesame oil to make Citrus Vinaigrette.

Standardized Recipe and Cost Card



Menu item: Duck Confit

Date: 08-Jan-08

Source: Prof. Chef Ed. 8
Jessica

Yield: 1.112 kg
Portion Size: 0.113 kg
of portions: 10 ptn
Cost per portion: \$0.39

Selling price: \$1.17

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Duck, leg	3.808	kg	1	kg	\$0.90	100%	\$ 3.43
Salt	0.099	kg	1	kg	\$1.67	100%	\$ 0.17
Curing salt	0.002	kg	1	kg	\$1.68	100%	\$ 0.01
Ground black pepper	0.001	kg	1	kg	\$16.63	100%	\$ 0.02
Juniper berries, crushed	0.003	kg	1	kg	\$51.27	100%	\$ 0.14
Bay leaf, crushed	0.001	bunch	1	bunch	\$1.40	100%	\$ 0.01
Garlic, chopped	0.002	kg	1	kg	\$4.71	95%	\$ 0.01
TOTAL COST:							\$3.79

Preparation Procedure

- 1 Remove the legs from the duck and clean off 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 in a rondeau or braiser on medium-low heat, 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. 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
- 6 Reserve for service.

Equipment and Small Wares

rondeau or braiser, French knife, cutting board, weight scale, measuring spoons

Notes

- 1 Recipe requires 936 g of duck fat.
- 2

Standardized Recipe and Cost Card



Menu item: Risotto

Date: 08-Jan-08

Source: Prof. Chef Ed. 8
Jessica

Yield: 1.200 kg
Lunch ptn size 0.096 kg
Dinner ptn size 0.120 kg
of portions 10 ptn
Cost per portion: \$0.76

Lunch	Dinner
Cost/ptn: \$0.60	Cost/ptn \$0.76
FC%: 33%	FC% 33%
Selling Price \$1.83	Selling price: \$2.29

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Onions, brunoise	0.071	kg	1	kg	\$0.55	90%	\$ 0.04
Butter	0.071	kg	1	kg	\$8.45	100%	\$ 0.60
Arborio rice	0.496	kg	1	kg	\$4.79	200%	\$ 1.19
Chicken stock, hot	1.800	L	1.45	L	\$1.73	100%	\$ 2.15
Salt	0.005	kg	1	kg	\$1.67	100%	\$ 0.01
Ground black pepper	0.005	kg	1	kg	\$16.63	100%	\$ 0.08
Butter, medium dice	0.150	kg	1	kg	\$10.30	100%	\$ 1.55
35 % Cream	0.100	L	1	L	\$4.37	100%	\$ 0.44
Parmesan Cheese	0.100	kg	1	kg	\$14.95	100%	\$ 1.50
TOTAL COST:							\$7.55

Preparation Procedure

- 1 Sweat the onions in the butter until softened and translucent, 5-7 minutes.
- 2 Add the rice and mix thoroughly with the butter. Cook, stirring constantly, until a toasted aroma rises, about 1 minute.
- 3 Add one third of the stock to the rice, and cook, stirring constantly, until the rice has absorbed the stock.
- 4 Repeat, adding the same amount of stock, allowing it to be absorbed
- 5 Cook the risotto until the rice is tender but still firm to the bite, only par cooked.
- 6 Cool the risotto rapidly by spreading on a lined sheet pan and refrigerate.
- 7 Reserve for later service.
- 8 For service reheat the chicken stock to simmering. Put the risotto in a rondeau or braiser and reheat adding the same amount of stock (roughly 480 ml) until it has been absorbed.
- 9 When risotto is tender, rich and cooked thoroughly, finish with butter, 35 % cream and parmesan cheese. Serve as per plate diagram.

Equipment and Small Wares

rondeau or braiser, French knife, cutting board, measuring cup and spoons
weight scale, wooden spoon

Notes

- 1 The dish should be creamy.

Standardized Recipe and Cost Card



Menu item: Chicken stock

Date: 08-Jan-08

Source: Prof. Chef Ed. 8
Jessica

Yield: 1.018 L
Portion Size: 0.100 L
of portions: 10 ptn
Cost per portion: \$0.12

Selling price: \$0.37

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Chicken bones	0.962	kg	1	kg	\$1.10	100%	\$ 1.06
Cold water	1.526	L	1	L	\$0.00	100%	\$ -
Salt	0.003	kg	1	kg	\$1.67	100%	\$ 0.01
MIREPOIX							
Onions, medium dice	0.060	kg	1	kg	\$0.55	90%	\$ 0.04
Celery, medium dice	0.030	kg	1	kg	\$1.50	90%	\$ 0.05
Carrots, medium dice	0.030	kg	1	kg	\$0.55	85%	\$ 0.02
SACHET d'EPICES							
Parsley stems	0.001	bunch	1	bunch	\$1.40	100%	\$ 0.01
Thyme sprig	0.001	bunch	1	bunch	\$1.40	100%	\$ 0.01
Bay leaf	0.001	bunch	1	bunch	\$1.40	100%	\$ 0.01
Peppercorns, cracked	0.001	kg	1	kg	\$16.63	100%	\$ 0.01
Garlic clove (optional)	0.001	kg	1	kg	\$4.71	100%	\$ 0.01
TOTAL COST:							\$1.22

Preparation Procedure

- 1 Cut the chicken bones into 3-in/8-cm lengths
- 2 Rinse the bones under cool running water and place them in a stockpot.
- 3 Add the cold water and salt. Slowly bring the stock to a simmer.
- 4 Simmer for 3- 4 hours.
- 5 Add the mirepoix and sachet and continue to simmer the stock 1 more hour,
- 6 Strain the stock. It may be used now, or rapidly cooled and stored for later.

Equipment and Small Wares

Cutting board, French knife, measuring spoons, weight scale, stockpot, ladle, china cap, cheesecloth.

Notes

- 1 The water should cover the bones by about 1 in.
- 2 Degrease the stock by skimming when necessary. Taste occasionally.

Standardized Recipe and Cost Card



Menu item: Seared Duck Breast

Date: 08-Jan-08
Source: Prof. Chef Ed. 8
 Jessica

Yield: 1.700 kg
Portion Size: 0.170 kg
of portions: 10 ptn
Cost per portion: \$0.81

Selling price: \$2.47
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Duck breast, with skin	1.734	kg	1	kg	\$2.82	90%	\$ 5.43
Salt	0.026	kg	1	kg	\$1.67	100%	\$ 0.04
Ground black pepper	0.170	kg	1	kg	\$16.63	100%	\$ 2.83
TOTAL COST:							\$8.30

Preparation Procedure

- 1 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.
- 2 To cook duck breasts, preheat oven to 375 F.
- 3 Heat a steel sauté pan over medium-high heat.
- 4 Place duck breasts skin-side down in pan and season lightly with salt and pepper.
- 5 Sear breasts for 5 minutes and place entire pan, uncovered, in a preheated oven until duck is cooked to medium or desired doneness.
- 6 Remove duck from pan and let rest for 5 minutes.
- 7 Slice breast thinly against the grain and plate.

Equipment and Small Wares

Oven, steel sauté pan, weight scale, measuring cup

Notes

1

Standardized Recipe and Cost Card



Menu item: Sour Cherry Carbernet Gastique

Date: 08-Jan-08
Source: Prof. Chef Ed. 8
 Jessica

Yield: 1.000 L
Portion Size: 0.060 L
of portions: 15 ptn
Cost per portion: \$0.42

Selling price: \$1.26
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Carbernet wine	0.367	L	1	L	\$10.36	100%	\$ 3.80
Red wine vinegar	0.367	L	1	L	\$1.34	100%	\$ 0.49
Sugar	0.445	kg	1	kg	\$1.17	100%	\$ 0.52
Sour cherries	0.239	L	1	kg	\$6.02	100%	\$ 1.44
TOTAL COST:							\$6.25

Preparation Procedure

- 1 Place the wine, vinegar, sugar and cherries in a medium saucepot and bring to a simmer.
- 2 Let the sauce simmer until it has reduced 2/3 and coats the back of a spoon.

Equipment and Small Wares

Oven, sautepan, weight scale, measuring cup

Notes

- 1 The sugar & sour cherries are measured in volume and have to be weighed into grams.
- 2 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: Frisee Salad with Balsamic vinaigrette

Date: 08-Jan-08

Source: Prof. Chef Ed. 8
Jessica

Yield: 0.300 kg
Lunch ptn size 0.015 kg
Dinner ptn size 0.025 kg
of Portions 10 ea

	<u>Lunch</u>		<u>Dinner</u>
Cost/ptn:	\$0.18	Cost/ptn	\$0.31
FC%:	33%	FC%	33%
Selling Price:	\$0.56	Selling price:	\$0.93

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Frisee	2.500	ct	25	ct	\$ 25.37	100%	\$ 2.54
Roma Tomatoes	0.150	kg	1	kg	\$ 1.80	95%	\$ 0.28
Canola oil	0.030	L	1	L	\$ 1.25	100%	\$ 0.04
Salt	0.010	kg	1	kg	\$ 1.67	100%	\$ 0.02
White pepper	0.008	kg	1	kg	\$ 20.34	100%	\$ 0.16
Balsamic Vinaigrette	0.150	L	0.150	L	\$ 0.63	100%	\$ 0.63
TOTAL COST:							\$3.67

Preparation Procedure

- 1 Wash tomatoes, cut out the core ends, and slice crosswise into 1/16-in slices using the slicer.
- 2 Place the tomatoes on a lined sheet pan with parchment and light oil.
- 3 Drizzle a little oil over the tomatoes and sprinkle with salt and pepper.
- 4 Place in the a 300 F pre-heated oven until crispy.
- 5 Wash Frisee lettuce and tear into bit size pieces.
- 6 Store and reserve for service.
- 7 At service dress the frisee with 15 mL of balsamic vinaigrette.

Equipment and Small Wares

Slicer, French knife, cutting board, measuring cup, weight scale, sheet pan.

Notes

- 1 Cut the tomatoes as thin as possible

Standardized Recipe and Cost Card



Menu item: Balsamic Vinaigrette

Date: 09-Jan-08

Source: Handout
Jessica

Yield: 1.200 L
 Portion Size: 0.015 L
 # of portions 80 ptn
 Cost per portion: \$0.05

Selling price: \$0.15

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Balsamic Vinegar	0.250	L	1	L	\$1.34	100%	\$ 0.34
Shallots, minced	0.050	kg	1	kg	\$13.26	95%	\$ 0.70
Grainy Mustard	0.050	kg	1	kg	\$8.53	100%	\$ 0.43
Liquid Honey	0.120	kg	1	kg	\$11.14	100%	\$ 1.34
Canola Oil	0.750	L	1	L	\$1.25	100%	\$ 0.94
Garlic, crushed	0.020	kg	1	kg	\$4.71	95%	\$ 0.10
Salt	0.005	kg	1	kg	\$1.68	100%	\$ 0.01
Ground Black Peppercorns	0.003	kg	1	kg	\$20.85	100%	\$ 0.06
TOTAL COST:							\$3.90

Preparation Procedure

- 1 In a food processor mix together the vinegar, shallots, mustard, honey, and garlic.
- 2 Mix until the garlic and shallots are minced.
- 3 Add the oil slowly to make an emulsification.
- 4 Season with salt and pepper. Store in the refrigerator until needed.

Equipment and Small Wares

Bowls, measuring cup, spoons, French knife, Robot Coupe, Cutting Board, Scales.

Notes

1

Standardized Recipe and Cost Card



Menu item: Veal Saltimbocca

Date: Jan-9-2008

Source: Professional Chef
Mandy Cox

Yield: 1.500 I/kg
Portion Size: 0.150 I/kg
of portions 10 ptn
Cost per portion: \$2.02

Selling price: \$6.11
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Veal strip loin	1.500	Kg	1	Kg	\$8.33	85%	\$14.70
Prosciutto, thin sliced	0.150	Kg	1	Kg	\$3.27	100%	\$0.49
Sage leaves	0.5	Bunch	1	Bunch	\$1.08	100%	\$0.54
A.P Flour	0.100	Kg	1	Kg	\$0.53	100%	\$0.05
Canola Oil	0.050	L	1	L	\$1.25	100%	\$0.06
Butter	0.050	Kg	1	Kg	\$10.30	100%	\$0.52
Shallots, fine brunoise	0.025	Kg	1	Kg	\$2.82	95%	\$0.07
Red Wine	0.200	L	1	L	\$10.36	100%	\$2.07
Lemon, juiced	0.5	Ea	1	Ea	\$0.30	100%	\$0.15
Glace de Viande	0.250	L	1	L	\$2.50	100%	\$0.63
Butter, medium dice	0.050	Kg	1	Kg	\$10.30	100%	\$0.52
Salt	0.008	Kg	1	Kg	\$1.68	100%	\$0.01
Ground Black Peppercorns	0.004	L	1	Kg	\$20.85	100%	\$0.08
Parsley, chopped	0.5	Bunch	1	Bunch	\$0.52	100%	\$0.26
TOTAL COST:							\$20.15

Preparation Procedure

- 1 Cut the veal into thin slices 60g each and flatten with a mallet.
- 2 Over each slice of meat place a slice of prosciutto with a sage leaf in the middle. (a few if small).
- 3 Season veal with salt and pepper
- 4 In a saucepan, add oil and butter.
- 5 Lightly dust the veal with flour and sear each side for approx 3 minutes.
- 6 Remove veal from pan and set it aside
- 7 Remove any excess oil in the pan and add butter and sweat the shallots.
- 8 Deglaze with red wine and reduce au sec, then add the lemon juice.
- 9 Add the glace de Viande and reduce slightly.
- 10 Finish the sauce by monte au buerre and adding chopped parsley. Adjust the seasonings with salt and pepper. Add the veal back to the pan to reheat it and soak some of the sauce. Serve immediately with some of the sauce.

Equipment and Small Wares

Saute pan, Scale, Cutting board, chef knife, Portion Cups, Steel Bowls, Wooden spoons, Measuring cup, Cutting board.

Standardized Recipe and Cost Card



Menu item: Pommes Dauphinoise

Date: 08-Jan-08

Source: Pro Cooking p.594
(Jen Bunker)

Yield: 1.500 kg
Portion Size: 0.150 kg
of portions: 10
Cost per portion: \$0.78

Selling price: \$2.37

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Russet Potatoes	1.500	kg	1.000	kg	\$ 2.13	80%	\$ 3.99
Salt	0.010	kg	1.000	kg	\$ 1.68	100%	\$ 0.02
Garlic, chopped	0.007	kg	4.540	kg	\$ 20.07	100%	\$ 0.03
35 % Cream	1.000	L	12.000	L	\$ 35.39	100%	\$ 2.95
Milk	0.5	L	16.000	L	\$ 19.88	100%	\$ 0.62
White Pepper	0.010	kg	1.000	kg	\$ 20.84	100%	\$ 0.21
TOTAL COST:							\$7.82

Preparation Procedures

1. Peel the potatoes and cut into thin slices (as for potato chips). Don't place the slices in water.
2. Toss the potatoes in salt and chopped garlic and arrange in an even layer in a buttered full-size hotel pan or roasting pan of equivalent size.
3. Mix together the cream and milk and season with pepper. Bring to a boil.
4. Pour over the potatoes, then place the pan in the oven at 400F for about 30 minutes or until the potatoes are tender and the sauce is thick.

Equipment and Small Wares

Mandolin, Cutting Board, French Knife, Small Bowls, Scale, Measuring Cups, Hotel Pan, Parchment Paper
Mortar & Pestle, Large Bowl.

Notes

Standardized Recipe and Cost Card



Menu item: Snap Peas and Peppers

Date: 08-Jan-08

Source: Chef Steve
Jen Bunker

Yield: 1.150 kg
Portion Size: 0.115 kg
of portions: 10
Cost per portion: \$0.37

Selling price: \$ 1.11
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter	0.100	kg	1	kg	\$ 10.30	100%	\$ 1.03
Snap Peas	0.500	kg	1	kg	\$ 3.44	95%	\$ 1.81
Red Pepper, julienne	0.200	kg	1	kg	\$ 2.40	85%	\$ 0.56
Garlic, fine brunoise	0.020	kg	4.54	kg	\$ 20.07	95%	\$ 0.09
Salt	0.015	kg	1	kg	\$ 1.68	100%	\$ 0.03
Ground Black Peppercorns	0.007	kg	1	kg	\$ 20.85	100%	\$ 0.15
TOTAL COST:							\$3.67

Preparation Procedures

1. Clean the snap peas by removing the ends and string from the seams, cut peppers to julienne
2. Blanch the peas in boiling salted water, and shock in an ice bath.
3. Reserve veg for service in refrigerator.
4. At service heat the butter in a saute pan and add the garlic once the butter has melted.
5. Sweat the garlic and add the peppers and snap peas until they are hot.
6. Season with salt and pepper and serve immediately.

Equipment and Small Wares

Cutting Board, Weigh Scales, Tongs, French Knife, Paring Knife, Spider, Pots, Saute Pan, Small Bowls, Mortar & Pestle.

Notes

Standardized Recipe and Cost Card



Menu item: Chocolate Lava Cake

Date: Jan. 8, 2008

Source: All Recipes
Isaac Meadows

Yield: 1 L
Portion Size: 0.150 kg
of portions: 7 ptn
Cost per portion: \$1.44

Selling price: \$4.37
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter	0.238	kg	1	kg	\$10.07	100%	\$2.40
Dark Chocolate, chopped	0.238	kg	1	kg	\$26.79	100%	\$6.38
Eggs	4.000	ea	180	ea	\$26.45	100%	\$0.59
Egg Yolks	4.000	ea	180	ea	\$26.45	100%	\$0.59
White Sugar	0.112	kg	1	kg	\$1.17	100%	\$0.13
All-Purpose Flour	0.011	kg	1	kg	\$0.53	100%	\$0.01
Strawberries Rommanoff	0.500	kg	1	kg	\$6.27	100%	\$6.27
Raspberry Coulis	0.100	l	0.010	l	\$0.11	100%	\$1.10
Crème Anglaise	0.100	l	0.010	l	\$0.09	100%	\$0.85
TOTAL COST:							\$10.09

Preparation Procedure

- 1 Preheat oven to 450F.
- 2 Spray the triangle molds with non-stick spray.
- 3 In the top half of the double boiler, heat the butter and chocolate until chocolate is almost completely melted.
- 4
In separate bowl, beat eggs, egg yolks & sugar together until light colored & thick.
- 5 While beating the chocolate mixture, slowly pour into the egg mixture.
- 6 Quickly beat the flour into the mixture, until just combined.
- 7 Divide batter between molds.
- 8 Bake at 450F for 9-10 minutes.
- 9 The centers of the cakes will still be quite soft. Place cakes on serving plates and let sit for about 30-45 seconds, then unmold.
- 8 Sift icing sugar over the cakes, add whipped cream
- 10 Serve each cake with 0.05kg of strawberries rommanoff, 0.01L of raspberry coulis, and 0.01L of crème anglais.

Equipment and Small Wares

Measuring Cups, Scale, Knives, Cutting Board, Bowls, Whisk, Wooden Spoon
Saucepot (Double Boiler), Ramekins

Standardized Recipe and Cost Card



Menu item: Strawberries Rommanoff

Date: 10-Jan-08

Source: Chef Steve

Done By: Isaac Meadows

Yield: 0.500 kg

Portion Size: 0.050 kg

of portions: 10 ptn

Cost per portion: \$0.63

Selling price: \$1.90

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Strawberries	0.500	kg	1.816	kg	\$15.83	100%	\$4.36
Sugar	0.075	kg	20	kg	\$28.05	100%	\$0.11
Grand Marnier	0.030	L	0.75	l	\$45.05	100%	\$1.80
TOTAL COST:							\$6.27

Preparation Procedure

- 1 Cut the strawberries: cut in 1/2 for small, in 1/4 for medium, in 1/6 for big and in 1/8
- 2 Combine sugar, Grand Marnier, and strawberries and allow to macerate for 15-30 minutes before service.

Equipment and Small Wares

scale, bowls, liquid measures, cutting board, knives, saucepan, wooden spoon

Notes

1

Standardized Recipe and Cost Card



Menu item: Mini Pavlova's

Date: 08-Jan-08

Source: Bay Crossings.com
Leanne Schnerch

Yield: 10 Pavlovas

Portion Size: 1 (3 inch) Pavlova

of portions 10 ptn

Cost per portion: \$1.64

Selling price: \$4.00

Food cost percentage: 28%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
egg whites	10	ea	1	ea	\$ 0.18	100%	\$ 1.80
cream of tartar	0.002	l	1	kg	\$ 12.36	100%	\$ 0.02
vanilla extract	0.023	l	1	l	\$ 33.34	100%	\$ 0.75
sugar	0.533	kg	20	kg	\$ 28.05	100%	\$ 0.75
corn starch	0.015	kg	1	kg	\$ 4.23	100%	\$ 0.06
arrowroot powder	0.030	kg	1	kg	\$ 1.68	100%	\$ 0.05
malt vinegar	0.030	l	1	l	\$ 6.26	100%	\$ 0.19
kiwi-fruit	0.250	kg	10	kg	\$ 21.66	85%	\$ 0.64
strawberries	0.250	kg	1.186	kg	\$ 15.83	90%	\$ 3.71
blackberries	0.500	pint	6	pints	\$ 54.54	100%	\$ 4.55
pastry cream	0.500	l	0.68	l	\$ 4.02	100%	\$ 2.96
orange fillets	3.000	ea	72	ea	\$ 23.20	100%	\$ 0.97
TOTAL COST:							\$16.44

Preparation Procedure

- 1 Combine egg whites, cream of tartar and vanilla extract in mixing bowl and start on medium
- 2 Pour sugar in a steady stream into the whites while beating, then arrowroot, then cornstarch
- 3 When stiff peaks form, spoon mixture into piping bags
- 4 Pipe out individual 3 inch rounds a few inches apart onto parchment
(flip over parchment circles before piping)
- 5 Bake at 225 for one hour and twenty minutes
- 6 Leave in oven with door ajar to cool slowly
- 7 Top with pastry cream and berries to serve, as per plate diagram.

Equipment and Small Wares

baking sheets, parchment paper, piping bags, mixer, spatula

Notes

1

Standardized Recipe and Cost Card



Menu item: Pastry Cream

Date: 10-Jan-08

Source: Italian Cooking pg 773
Leanne Schnerch

Yield: 0.680 I/kg
Portion Size: 0.050 I/kg
of portions 13 ptn
Cost per portion: \$0.31

Selling price:

Food cost percentage: applied cost to
mini pavlova

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
whole milk	0.480	l	12	l	\$ 17.70	100%	\$ 0.71
vanilla bean	0.500	ea	25	ea	\$ 104.00	100%	\$ 2.08
cornstarch	0.032	kg	5	kg	\$ 16.68	100%	\$ 0.11
sugar	0.115	kg	10	kg	\$ 29.43	100%	\$ 0.34
salt	0.001	kg	24	kg	\$ 27.58	100%	\$ 0.00
eggs	2.000	ea	12	ea	\$ 1.76	100%	\$ 0.29
unsalted butter (room temp)	0.055	kg	0.454	kg	\$ 4.05	100%	\$ 0.49
TOTAL COST:							\$4.02

Preparation Procedure

- 1 Place milk and split vanilla bean in a saucepan. Bring to boil
- 2 In a bowl whisk together cornstarch, sugar, and salt. Gradually add eggs and mix until smooth
- 3 When the milk reaches scalding point, slowly add 1/3 of it to the egg mixture.
- 4 Pour tempered egg mixture back into the remaining milk
- 5 Place over medium heat and cook, stirring constantly until mixture comes to a boil and thickens
- 6 Make sure raw starch taste is gone, then remove the vanilla pod and place in a jar with sugar to create vanilla scented sugar.
- 7 Stir in butter until it is completely incorporated
- 8 Pour into a bowl and cover with parchment. When cool store in refrigerator.

Equipment and Small Wares

saucepan, wooden spoon, bowls, paring knife, whisk

Notes

- 1 if the heat is too high or you are stirring too slowly it will lump. If this happens, pass it through a strainer immediately, before it cools.

Standardized Recipe and Cost Card



Menu item: Mango Sorbet

Date: 10-Jan-08

Source: Baking and Pastry
Caitlin Storey

Yield: 1.000 L
Portion Size: 0.100 L
of portions: 10 ptn
Cost per portion: \$0.30

Selling price: \$0.91
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Sugar*	0.545	Kg	1	Kg	\$ 1.68	100%	\$ 0.92
Water*	0.385	L	1	L	\$ -	100%	\$ -
Glucose*	0.111	Kg	1	Kg	\$ 2.33	100%	\$ 0.26
Mango Puree	0.295	L	1	L	\$ 5.69	100%	\$ 1.68
Water	0.125	L	1	L	\$ -	100%	\$ -
Lemon Juice (10mL)	1	Ea	1	Ea	\$ 0.30	100%	\$ 0.15
TOTAL COST:							\$ 3.00

Preparation Procedure

- 1 Combine sugar, water, glucose and bring to a boil, stirring occasionally.
- 2 Cool syrup completely.
- 3 Combine 197g of the syrup with mango puree, water and lemon juice and stir until evenly blended. Cover and chill thoroughly under refrigeration.
- 4 Process in an ice cream machine. Pack into storage containers or molds and freeze.

Equipment and Small Wares

Bowl, Wooden Spoon, Measuring Cup, Scale, Blender, Ice Cream Machine

Notes

Standardized Recipe and Cost Card



Menu item: Tropical Fruit Cocktail

Date: Jan. 8, 2008

Source: Chef Steve Bennis

Done By: Emily Bloskie

Yield: 0.500 kg

Portion Size: 0.050 kg

of portions: 10 ptn

Cost per portion: \$0.79

Selling price: \$2.38

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Pineapple	0.500	ea	7	ea	\$19.08	100%	\$ 1.36
Mango	0.185	kg	1	kg	\$3.74	70%	\$ 0.99
Strawberries	0.140	kg	1	kg	\$8.72	90%	\$ 1.36
Raspberries	0.500	pint	1	pint	\$8.29	100%	\$ 4.15
TOTAL COST:							\$7.85

Preparation Procedure

- 1 Cut pineapple and mango into small dice.
- 2 Clean strawberries and raspberries.
- 3 Cut raspberries: 1/2 for small, 1/4 for large, 1/6 for jumbo.
- 4 Combine all fruit.
- 5 Refrigerate until ready to use.

Equipment and Small Wares

scale, bowls, liquid measures, cutting board, knives

Notes

1

Standardized Recipe and Cost Card



Menu item: Champagne Sabayon

Date: 10-Jan-08

Source: Professional Chef
Caitlin Storey

Yield: 0.120 L
Portion Size: 0.120 L
of portions 1 ptn
Cost per portion: \$0.43

Selling price: \$1.28
Food cost percentage: 34%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Sugar	0.032	Kg	1	Kg	\$1.68	100%	0.05
Champagne	0.023	L	1.5	L	\$13.05	100%	0.20
Egg Yolks	1	Ea	1	Ea	\$0.18	100%	0.18
TOTAL COST:							\$0.43

Preparation Procedure

- 1 Combine the egg yolks, sugar and champagne in a bowl. Place the bowl over a pot of simmering water and whisk constantly until the mixture is thickened and very foamy and has reached approximately 180F (82C).
- 2 Serve immediately.

Equipment and Small Wares

Electric Mixer Bowl, Whip, Measuring Cup, Scale, Bowls, Pot, Mixer, Spatula/Wooden Spoon

Notes

* to make Riesling sabayon, replace the champagne with Riesling wine *

Standardized Recipe and Cost Card



Menu item: Vanilla Tuile

Date: 10-Jan-08

Source: The Advanced Prof.
Pastry Chef
Caitlin Storey

Yield: 40 ptn
Portion Size: 1 ptn
of portions: 40 ptn
Cost per portion: \$0.25

Selling price: \$0.65
Food cost percentage: 38%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter, unsalted	0.200	Kg	1	Kg	\$8.40	100%	\$ 1.68
Confectioners Sugar	0.243	Kg	1	Kg	\$1.37	100%	\$ 0.33
Egg Whites (240mL)	7	Ea	1	Ea	\$0.18	100%	\$ 1.26
Vanilla Extract	0.191	L	1	L	\$33.34	100%	\$ 6.37
Cake Flour, sifted	0.305	Kg	1	Kg	\$0.67	100%	\$ 0.20
Cocoa Powder, unsweetened	0.081	Kg	1	Kg	\$7.99	100%	\$ 0.65
Vanilla Tuile Paste	0.157	Kg	0.152	Kg	\$1.48	100%	\$ 1.53
TOTAL COST:							\$9.85

Preparation Procedure

- 1 Cream butter and powdered sugar together.
- 2 Incorporate egg whites, a few at a time.
- 3 Add vanilla
- 4 Add the flour and mix just until incorporated; don't overmix!
- 5 Add 15mL tuile paste with the cocoa powder until completely smooth.
- 6 Put cocoa colored paste in piping bag.
- 7 Spread tuile dough very thinly onto the templates *
- 8 Pipe 3 small dots of cocoa paste onto the handle of each spoon.
- 9 Bake for about 4 minutes.
- 10 While wafer is still warm, place btwn 2 metal spoons to create shape.
- 11 Let cool.

Equipment and Small Wares

Scale, Measuring Cup, Bowls, Mixer, Spoon, Baking Sheet, Silpat, Cooling Rack

Notes



- * the template is a spoon shape *
- * template will be 2mm thick *

Standardized Recipe and Cost Card



Menu item: Crème Brulee

Date: Jan-9-2008

Source: Professional Chef
Adam A.

Yield: 10 ptn
Portion Size: 1 ptn
of portions: 10 ptn
Cost per portion: \$0.87

Selling price: \$2.19
Food cost percentage: 40%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
35% cream	1.000	L	1	L	\$4.38	100%	\$4.38
Egg Yolks	16	Ea	1	Ea	\$0.18	100%	\$2.88
Honey	0.270	Kg	6	Kg	\$30.30	100%	\$1.36
Saffron (Pls check notes)	0.001	Kg	0.001	Kg	\$2.60	100%	\$2.60
Lemon Sugar	0.100	Kg	2	Kg	\$4.26	100%	\$0.21
TOTAL COST:							\$11.44

Preparation Procedure

- 1 Pre heat the oven to 325°F
- 2 Place cream and saffron in a medium sauce pan set over medium high heat remove from heat and allow to sit for 15 minutes.
- 3 In a medium bowl whisk together honey and egg yolks until well blended and it just starts to lighten in color.
- 4 Add cream little at a time stirring continually.
- 5 Pour the mixture in the ramekins and place them in the hotel pans.
- 6 Pour enough hot water in the pan to come half way up to the sides of the ramekins. Bake until the crème brulee is set but still trembling in the center
- 7 Remove the ramekins from the hotel pan and refrigerate for at least two hours.
- 8 Just before service remove from fridge, using a blow torch caramelize sugar to form a crispy top

Equipment and Small Wares

Ramekins, wire whip, Two medium size bowl, Hotel pan, Convectional oven.

Notes

*Saffron is measured in grams for pricing purpose only, we need only ten threads for the above recipe.

Standardized Recipe and Cost Card



Menu item: Blackberry Compote

Date: Jan.15,2008

Source: Chef Steve
Caity Storey

Yield: 0.400 L
Portion Size: 0.040 L
of portions 10 ptn
Cost per portion: \$2.14

Selling price: \$6.49

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Blackberries	2	Pint	1	Pint	\$9.09	100%	\$ 18.18
Raspberry Coulis	0.3	L	0.1	L	\$1.08	100%	\$ 3.24
TOTAL COST:							\$21.42

Preparation Procedure

- 1 Rinse blackberries.
- 3 Add blackberries to coulis.
- 4 Store for service.

Equipment and Small Wares

Scale, Bowl, Saucepot, Wooden Spoon

Notes

Standardized Recipe and Cost Card



Menu item: Raspberry Coulis

Date: Oct.9,2007

Source: Chef Steve Bennis

Yield: 0.100 L
 Portion Size: 0.010 L
 # of portions 10 ptn
 Cost per portion: \$0.11

Selling price: \$0.29

Food cost percentage: 38%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
l.Q.F. raspberries	0.200	kg	1	kg	\$5.27	100%	\$1.05
sugar	0.010	kg	1	kg	\$1.40	100%	\$0.01
lemon juice	0.002	l	1	l	\$3.78	100%	\$0.006
water	0.050	l	1	l	\$0.00	100%	\$0.00
cornstarch*	0.003	kg	1	kg	\$4.23	100%	\$0.01
TOTAL COST:							\$1.08

Preparation Procedur

- 1 Combine all ingredients in pot over medium heat.
- 2 Bring to simmer and remove from heat.
- 3 Puree mixture using hand blender and strain through fine chinois.
- 4 Return to new clean pot and bring to boil.
- 5 Thicken to desired consistency using slurry of cornstarch and water.
- 6 Strain again.
- 7 Cool completely and store in fridge until needed.

Equipment and Small Wares

scale, stainless steel bowls, liquid measures, saucepots, wooden spoons, strainer, hand blender

Notes

* or as needed

1

Standardized Recipe and Cost Card



Menu item: Mango Coulis

Date: Oct.9,2007

Yield: 0.100 L
 Portion Size: 0.010 L
 # of portions 10 ptn
 Cost per portion: \$0.16

Source:
 Advanced Professional
 Pastry Chef
 Page 825

Selling price: \$0.43

Food cost percentage: 38%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
mangos, ripe	0.166	kg	1	kg	\$3.74	40%	\$ 1.55
lime juice*	0.006	l	1	l	\$6.18	100%	\$ 0.04
orange juice*	0.006	l	1	l	\$3.08	100%	\$ 0.02
sugar	0.010	kg	1	kg	\$1.40	100%	\$ 0.01
cornstarch*	0.003	kg	1	kg	\$4.23	100%	\$ 0.01
TOTAL COST:							\$1.63

Preparation Procedure

- 1 Peel mangos and cut into large pieces.
- 2 Place mango in food processor with juices, reserve some juice. Puree.
- 3 Strain puree using fine mesh strainer.
- 4 Make a slurry using reserved juice and cornstarch.
- 5 Bring puree, sugar, and slurry to quick boil.
- 6 Finish coulis with slurry to reach desired consistency. Coulis should coat the back of a spoon.
- 7 Chill in cold water bath. Refrigerate.

Equipment and Small Wares

scale, stainless steel bowls, liquid measures, cutting board, knives, saucepan, food processor, fine mesh strainer, wooden spoon

Notes

* or as needed

Standardized Recipe and Cost Card



Menu item: **Vanilla Crème Anglaise**

Date: Oct.9,2007

Source: Chef Steve Bennis

Yield: 1.000 L
 Portion Size: 0.010 L
 # of portions 10 ptn
 Cost per portion: \$0.85

Selling price: \$2.23

Food cost percentage: 38%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
10% cream	1.000	L	1	L	\$2.21	100%	\$ 2.21
egg yolks	10	Ea	1	Ea	\$0.18	100%	\$ 1.80
sugar	0.224	kg	1	kg	\$1.40	100%	\$ 0.31
vanilla bean*	1.000	ea	1	ea	\$4.16	100%	\$ 4.16
TOTAL COST:							\$8.48

Preparation Procedur

- 1 Combine all of cream, cut and scrap vanilla bean and 1/2 of sugar in pot. Bring to simmer and let steep for 15 minutes.
- 2 Combine together, in stainless steel bowl, egg yolks, remaining sugar and cream until smooth.
- 3 Slowly temper cream into egg mixture and gently cook over double boiler while whisking constantly.
- 4 Cook until custard coats back of spoon, approximately 10-15 minutes.
- 5 Cool completely and store in fridge.

Equipment and Small Wares

scale, stainless steel bowls, liquid measures, saucepots, wooden spoons, whisk

Notes

* split & scraped
 1

Standardized Recipe and Cost Card



Menu item: White Chocolate Truffles

Date: 01/15/08

Source: Chef Steve
Leanne Schnerch

Yield: 1.400 l/kg
Portion Size: 0.015 l/kg
of portions 93 ptn
Cost per portion: \$0.35

Selling price:
Food cost percentage:

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
White Chocolate	0.800	kg	3	kg	\$ 92.52	100%	\$ 24.67
Pecans	0.200	kg	3	kg	\$ 68.94	100%	\$ 4.60
Dried Cranberries	0.200	kg	4.54	kg	\$ 47.36	100%	\$ 2.09
Shredded Coconut	0.200	kg	3	kg	\$ 13.15	100%	\$ 0.88
TOTAL COST:							\$32.23

Preparation Procedure

- 1 Melt chocolate over a bain-marie
- 2 Add coconut, cranberries and pecans
- 3 Mix well
- 4 Drop by spoonfuls onto parchment lined sheet pans and refrigerate

Equipment and Small Wares

sheet pans, spoons, parchment paper, bain marie

Notes

1

Standardized Recipe and Cost Card



Menu item: Dark Chocolate Truffles

Date: Oct. 15/07

Source: CIA Baking text
Jessica

Yield: 1.400 kg
 Portion Size: 0.010 kg
 # of portions 100 ptn
 Cost per portion: \$0.31

Selling price: \$0.82

Food cost percentage: 38%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Dark Chocolate	1.000	Kg	1	Kg	\$10.60	100%	10.60
Butter	0.225	Kg	0.454	Kg	\$3.81	100%	1.89
35% Cream	1.150	L	1	L	\$4.46	100%	0.33
Orange, zested	1	ea	1	ea	\$0.54	95%	0.57
Triple Sec	0.075	L	1	L	\$9.35	100%	0.70
Coating Chocolate	0.150	kg	1	Kg	\$11.04	100%	1.66
White chocolate	0.075	kg	1	Kg	\$10.43	100%	0.78
TOTAL COST:							31.27

Preparation Procedure

- 1 Place chocolate and butter in a stainless steel bowl.
- 2 Bring heavy cream to a simmer.
- 3 Pour hot cream over chocolate. Allow to stand 1 minute, then gently stir to blend
- 4 Add the orange triple sec and the orange zest and mix until thoroughly blended
- 5 Cover with plastic wrap and refrigerate before using.
- 6 Form little balls out of the ganach (10 g) and let them sit to form a skin.
- 7 Melt the dark chocolate and white chocolate over a bain marie.
- 8 Dip truffles in dark chocolate to coat them and remove any excess chocolate
- 9 Let the truffles sit in the refrigerator to harden.
- 10 Drizzle the white chocolate over the truffles. Store in refrigerator or freezer.

Equipment and Small Wares

Stainless steel bowl, whisk, sauce pot, scale, measuring cup
 Piping bag and piping tips, melon baller.

Notes

- 1 Use a melon baller to form the balls.

Standardized Recipe and Cost Card



Menu item: Whole Wheat Soft Rolls

Yield: 0.5 kg
Portion Size: 0.05 kg
of portions: 10 ptn
Cost per portion: \$0.08

Date: December 13 2007
Source: Baking and Pastry
 C.I.A.
 Page 132
Done By: Isaac Meadows
Selling price: \$0.26
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
water	0.154	kg	1	kg	\$0.00	100%	\$0.00
yeast, fresh	0.009	kg	1	kg	\$3.21	100%	\$0.03
whole wheat flour	0.267	kg	1	kg	\$0.65	100%	\$0.17
salt	0.005	kg	1	kg	\$1.67	100%	\$0.01
sugar	0.027	kg	1	kg	\$1.40	100%	\$0.04
nonfat milk powder	0.013	kg	1	kg	\$17.81	100%	\$0.23
shortening	0.013	kg	1	kg	\$3.92	100%	\$0.05
butter	0.013	kg	1	kg	\$10.30	100%	\$0.13
egg*	1.000	ea	1	ea	\$0.18	100%	\$0.18
TOTAL COST:							\$0.84

Preparation Procedure

- 1 Combine all ingredients, expect for egg, and mix for 10-12 minutes at 2nd speed.
- 2 Ferment for 1-1/2 hours at 80F/27C until doubled in size.
- 3 Fold dough gently.
- 4 Line sheet pans with parchment. All dough to rest, covered, until relaxed, 15 to 20 minutes.
- 5 Divide dough into 50g pieces. Form into knot rolls.
- 6 Arrange rolls on sheet pans 4"/10cm apart. Brush with egg wash.
- 7 Proof, covered, until dough springs back slowly to the touch but does not collapse, 30-50 minutes.
- 8 Lightly brush rolls with egg wash again.
- 9 Bake at 400F/200C until rolls are golden brown and shiny, about 20 minutes.
- 10 Cool rolls completely on pans.

Equipment and Small Wares

scale, stainless steel bowl, liquid measures, mixer with dough attachment, side towel, sheet pans, parchment paper, bowl scraper

Notes

* used for egg wash

Standardized Recipe and Cost Card



Menu item: Walnut Bread

Yield: 2 ea
 Dinner Size Ptn: 0.1 ea
 Lunch Size Ptn: 0.1 ea

Date: Jan 10 2008
 Source: Anna Olson
 Robb Ward
 Cost/ptn: \$0.44
 FC%: 33%
 Selling Price: \$1.34

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Walnut Pieces	0.250	kg	1.5	kg	\$31.00	100%	\$5.17
Blackstrap molasses	0.050	kg	1	kg	\$14.07	100%	\$0.70
warm water (105 F)	0.500	l	1	l	\$0.00	100%	\$0.00
dry yeast	0.009	kg	1	kg	\$86.33	100%	\$0.78
whole wheat flour	0.100	kg	20	kg	\$10.50	100%	\$0.05
organic bread flour	0.750	kg	20	kg	\$10.61	100%	\$0.40
salt	0.020	kg	1	kg	\$1.67	100%	\$0.03
unsalted butter (cubes)	0.170	kg	1	kg	\$10.07	100%	\$1.71
TOTAL COST:							\$8.84

Preparation Procedure

- 1 Combine Walnuts, Molasses, water and yeast in the bowl of a mixer soak for 10 min.
- 2 Add Flour and salt and mix on low for 2 minutes.
- 3 Increase speed and knead for 5 minutes.
- 4 Add butter, a piece at a time and combine mixing dough for 10 minutes.
- 5 place in a lightly oiled bowl, cover and let rise in warm place, about 85F for 90 min.
- 6 Knok dough down on a floured surface, divied into two pieces, cover and let rest for 30 min.
- 7 Preheat oven for 400F. Shape dough into loaves and place on parchment lined baking sheet.
- 8 Brush with water and allow to rise for 20 minutes
- 9 Brush with water again and score, place in oven and reduce heat to 350F
- 10 Bake for 40 to 50 minutes
- 11 Allow to cool for 30 minutes.

Equipment and Small Wares

Mixer, mixing bowl, dough hook, bowl, baking sheet

Notes

1

Standardized Recipe and Cost Card



Menu item: Sunflower Bread

Date: January 9 2008

Source: Chef Steve
Amanda Weare

Yield: 2 loaves
Portion Size: 1/10 loaf
of portions: 20 ptn
Cost per portion: \$0.04

Selling price: \$0.13
Food cost percentage: 35%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Warm Water 105F	0.750	l	0	l	0	100%	\$0.00
Dry Active Yeast	0.014	kg	10.89	kg	47.17	100%	\$0.06
Blackstrap Molasses	0.042	kg	20	kg	35.26	100%	\$0.07
Whole Wheat Flour	0.250	kg	20	kg	12.32	100%	\$0.15
Bread Flour	1.000	kg	20	kg	10.59	100%	\$0.53
Salt	0.028	kg	16.34	kg	42.77	100%	\$0.07
Raw sunflower seeds	0.056	kg	3	kg	9.22	100%	\$0.17
TOTAL COST:							\$0.89

Preparation Procedure	
1	Sprinkle yeast over water and allow to dissolve, about 5 minutes. Add remaining ingredients to bowl and mix on low speed with dough hook attachment for 3 minutes. Increase speed to medium and knead for 12 min
2	Turn mixer off and place dough in a lightly oiled bowl, cover and allow to rise in a warm place, about 85F, for 1 hour
3	Turn dough onto lightly floured surface and knock down. Divide dough into 50 g balls and place on parchment lined baking sheet. Gently brush with water and allow to rest for 20-30 minutes, until dough no longer springs back when poked with finger.
4	Preheat oven to 400F, brush rolls again with water and score just through surface. Place in oven and reduce temperature to 350. Bake for 40 minutes until bread makes a hollow sound when knocked on bottom. Allow to cool 30 minutes

Equipment and Small Wares
scale, stainless steel bowl, liquid measures, mixer with dough attachment, side towel, sheet pans, parchment paper, bowl scraper

Notes

Standardized Recipe and Cost Card



Menu item: Rye Bread with Caraway seeds
and onions

Date: January 8 2008

Source: Baking and pastry
pg. 135
Amanda Weare

Yield: 1.5 kg

Portion Size: 0.05 kg

of portions: 300 ptn

Cost per portion: \$0.01

Selling price: \$0.03

Food cost percentage: 35%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Bread Flour	0.669	kg	20	kg	\$11.87	100%	\$0.40
Medium rye Flour	0.209	kg	20	kg	\$21.22	100%	\$0.22
Instant Dry Yeast	0.006	kg	12	kg	\$86.83	100%	\$0.01
Water	0.569	l	0	l	\$0.00	100%	\$0.00
Sugar	0.017	kg	20	kg	\$40.67	100%	\$0.03
Salt	0.019	kg	1	kg	\$3.49	100%	\$0.07
Vegetable Oil	0.017	l	17	l	\$38.35	100%	\$0.04
Molasses	0.0165	kg	20	kg	\$35.36	100%	\$0.03
Caraway seeds	0.0110	kg	0.55	kg	\$7.56	100%	\$0.15
Onions, fine brunoise	0.200	kg	22.7	kg	\$16.83	100%	\$0.15
TOTAL COST:							\$1.10

Preparation Procedure

- 1 Combine the flours and the yeasts. Add the water, sugar, salt, oil, molasses
- 2 Mix on low speed for 4 minutes and on medium speed for 3 minutes. Dough should be firm but elastic. Blend in the caraway seeds and onion.
- 3 Bulk ferment the dough until nearly doubled, about 45 minutes. Fold gently allow the dough to ferment for another 15 minutes before dividing
- 4 Proof for 1 hour, when finished proofing spray with water
- 5 Divide into 50 gram balls and shape into rounds
- 6 Proof again for 30 minutes
- 7 Bake in preheated 400F Oven until Done. Approx. 35 minutes

Equipment and Small Wares

Chefs knife, scales, cutting board, mixer, mixer bowl, dough hook, towel, parchment paper, sheet pans, brush, oven

Standardized Recipe and Cost Card



Menu item: Baguette

Date: 08-Jan-08

Source: Prof. Chef Ed. 8
Jessica

Yield: 3.430 kg
 Portion size: 0.350 kg
 # of Portions: 10 kg
 Cost per portion: \$0.17 ptn

Selling Price: \$0.50
 Food Cost Percentag: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Water	1.225	L	1	L	\$0.00	100%	\$ -
Yeast, fresh	0.063	kg	1	kg	\$4.34	100%	\$ 0.27
Bread flour	2.100	kg	1	kg	\$0.62	100%	\$ 1.30
Salt	0.042	kg	1	kg	\$1.15	100%	\$ 0.05
TOTAL COST:							\$1.62

Preparation Procedure

Straight dough method:

- 1 Dissolve the yeast in water.
- 2 Add the flour and salt
- 3 Mix in a mixer on 2nd speed for 3 minutes.
- 4 Let rest for 2 minutes
- 5 Mix again on 2nd speed for another 3 minutes.
- 6 Ferment for 1.5 hours at 80 F
- 7 Punch down. And ferment for another hour
- 8 Scale the dough at 12 oz/350 g for French loaves.
- 9 Bake at 400 F until done. Steam for the first 10 minutes.

Equipment and Small Wares

Mixer, dough attachment, weight scale, measuring cup, damp cloth,

Notes

- 1
- 2

Standardized Recipe and Cost Card



Menu item: Basil Butter

Date: 15-Jan-08

Source: Prof. Chef E P.388

Giles

Yield: 0.454 kg
 Portion size 0.001 kg
 # of Portions 454 ptn
 Cost per portion \$0.01

Selling Price: \$0.04

Food Cost Percentag 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter	0.454	kg	1	kg	\$10.30	100%	\$ 4.68
Basil, fine chop	0.5	Bunch	1	Bunch	\$1.09	100%	\$ 0.55
Lemon Juice	0.500	Ea	1	Ea	\$0.30	100%	\$ 0.15
Salt	0.005	kg	1	kg	\$1.68	100%	\$ 0.01
Ground White Peppercorns	0.003	kg	1	kg	\$20.85	100%	\$ 0.06
TOTAL COST:							\$5.44

Preparation Procedure

- 1 Work the butter by hand or with the paddle attachment of an electric mixer until it is soft.
- 2 Add the remaining ingredients and blend well. Season to taste
- 3 Pipe butter onto parchment lined tray, wrap and refrigerate for later use.

Equipment and Small Wares

Scales, measuring spoons, knife, mixer & paddle attachment, piping bag, cutting board, French knife

Notes