



**Fulford's  
Recipe Cost Card Package  
January 20 - February 26, 2009  
Weeks 2 - 7**

**Chef Mentors:  
Chef Steve Bennis & Madame Sylvie Provost**

# Standardized Recipe and Cost Card



Menu item: **Caramelized Onion Soup**

Date: **Jan. 12/09**

Source: **Pro Chef 8th, pg 432**

Yield: **2.8032** L

Name: **Dan Szabo, Mike Scaife**

Portion Size: **0.28** L

Selling price: **\$3.50**

# of portions **10.011** ptn

Food cost percentage: **37.00%**

Cost per portion: **\$1.29**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Red onion	0.438	Kg	11.339	Kg	\$13.77	91.2%	\$ 0.58
Spanish onion	0.438	Kg	22.679	Kg	\$18.17	91.2%	\$ 0.38
Sweet onion	0.438	Kg	18.143	Kg	\$27.22	91.2%	\$ 0.72
Clarified butter	0.04161	Kg	18.16	Kg	\$156.39	75.0%	\$ 0.48
Sherry	0.0876	L	15.12	L	\$60.21	100.0%	\$ 0.35
Vegetable stock	4.2048	L	1	L	\$2.00	100.0%	\$ 8.41
Sachet d'epices	0.73	each				100.0%	\$ -
Parlsey Stems	2.92	each	60	each	\$31.45	100.0%	\$ 1.53
thyme sprig	0.1	bunch	2	bunch	\$5.56	100.0%	\$ 0.28
bay leaf	0.001	each	1	kg	\$46.26	100.0%	\$ 0.05
peppercorns	0.002	kg	0.575	kg	\$11.01	100.0%	\$ 0.04
garlic clove	0.01	each	1	kg	\$3.61	100.0%	\$ 0.04
Salt	0.00219	kg	1	kg	\$27.58	100.0%	\$ 0.06
Pepper	0.00219	kg	0.575	kg	\$11.01	100.0%	\$ 0.04
<b>TOTAL COST:</b>							<b>\$12.96</b>

## Preparation Procedure:

- 1 Saute the onions in the butter over medium heat, stirring occasionally, until browned, about 30 min.
- 2 Deglaze the pan with the sherry and reduce until it reaches a syrupy consistency.
- 3 Add stock and the sachet and simmer until the onions are tender and the soup is properly flavoured, 30 to 35 min. The soup is ready to finish now, or it may be rapidly cooled and refrigerated for later service.
- 4 To finish the soup for service, return it to a boil. Season with salt and pepper and serve in heated bowls or cups.
- 5 Finish with blue cheese croutons

## Equipment and Small Wares

Stock pot, scale, cutting board, measuring cup



# Standardized Recipe and Cost Card



Menu item: **Blue Cheese Crouton**

Date: **12-Jan-09**

Yield: **0.5** kg  
 Portion Size: **0.05** kg  
 # of portions: **10** ptn  
 Cost per portion: **\$0.21**

Source: **Advised by Chef Steve**

Name: **Mike Scaife, Dan Szabo**

Selling price: **\$0.56**

Food cost percentage: **37.00%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
soft loaf	0.500	loaf	20.000	each	\$24.70	100%	\$ 0.62
blue cheese	0.200	kg	3.000	kg	\$13.33	100%	\$ 0.89
butter	0.030	kg	18.160	Kg	\$156.39	100.0%	\$ 0.26
olive oil	0.030	L	12.000	L	\$65.10	100%	\$ 0.16
salt	0.003	kg	1.000	kg	\$27.58	100.0%	\$ 0.08
pepper	0.003	kg	0.575	kg	\$11.01	100.0%	\$ 0.06
<b>TOTAL COST:</b>							<b>\$2.07</b>

- 1 Cut the bread into 3 in. rounds (diameter) using a cutter.
- 2 Brush the bread rounds with olive oil and butter, season with s & p.
- 3 sear both sides on med. Heat until golden brown
- 4 top with 20 g of blue cheese and gratin under salamander, place in soup

**Equipment and Small Wares**

saute pan, brush, cutting board, measuring cup, scale

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# Standardized Recipe and Cost Card



Menu item: Gravlox

Yield: 1.25 kg  
 Portion Size: 0.125 kg  
 # of portions: 10 ptn  
 Cost per portion: \$ 0.77

Date: 12-Jan-09  
 Source: Chef Steve  
 Name: Alex Colarossi  
 Jessica Wuis  
 Selling price: \$ 2.09  
 Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Salmon fillet, skin on	1.380	kg	4.540	kg	\$ 13.64	100%	\$ 4.15
Juniper berries, crushed	0.007	kg	0.320	kg	\$ 16.54	100%	\$ 0.36
Salt	0.170	kg	1.000	kg	\$ 3.49	100%	\$ 0.59
Sugar	0.114	kg	40.000	kg	\$ 44.50	100%	\$ 0.13
Black pepper	0.014	kg	2.100	kg	\$ 36.07	100%	\$ 0.24
Coarsely chopped dill	0.500	bunches	6.000	bunches	\$ 6.52	44.4%	\$ 1.22
Pernod	0.030	L	0.750	L	\$ 26.25	100%	\$ 1.05
<b>TOTAL COST:</b>							<b>\$ 7.74</b>

## Preparation Procedure

1. Remove the pin bones from the salmon. Center it skin side down on a large piece of cheesecloth. 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 in the cheesecloth and place it in a perforated hotel pan set in a regular hotel pan. Top with a second hotel pan and press with a 2LB weight.
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 everyday.

## Equipment and Small Wares

- 2 lb weight
- hotel pans
- perforated hotel pan
- cheese cloth
- bone tweezers
- pastry brush

# Standardized Recipe and Cost Card



**Menu item: Rösti Potatoes**

**Yield:** 1.810 kg  
**Portion Size:** 0.181 kg  
**# of portions:** 10 ptn  
**Cost per portion:** \$0.35

**Date:** 12-Jan-09  
**Source:** Pro Chef Pg. 798  
**Name:** Alex Colarossi  
 Jessica Wuis  
**Selling price:** \$ 0.95  
**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Russet potatoes	1.810	kg	22.700	kg	\$ 14.49	78.1%	\$ 1.48
Clarified butter	0.120	L	18.160	L	\$ 152.44	70%	\$ 1.44
Salt, as needed	0.010	kg	1.000	kg	\$ 3.49	100%	\$ 0.03
Pepper, as needed	0.005	kg	2.100	kg	\$ 36.07	100%	\$ 0.09
Butter	0.057	kg	18.160	kg	\$ 152.44	100%	\$ 0.48
<b>TOTAL COST:</b>							<b>\$ 3.52</b>

**Preparation Procedure:**

- 1 Scrub potatoes and place in a pot filled with cold water to cover by 2 inches. Bring to simmer and parcook until a fork meets resistance half way (approx. 20 minutes). Drain and dry them under a low heat or on a sheet pan in a 300°F oven until no more steam rises from them.
- 2 Peel the potatoes as soon as cool enough to handle and grate on course side of grater. Mix in salt and pepper
- 3 Heat a rösti pan over high heat. Ladle in some clarified butter and layer the formed grated potato in the pan. Lightly drizzle each layer with clarified butter. Dot the outside edge with pieces of whole butter.
- 4 Cook the potatoes until they are golden brown and form a cake (4-5 mins). Turn the entire potato cake, dot the edge with more butter and cook the other side until the potatoes are fully cooked and tender. Crust should be golden brown and crisp. Turn the potato cake out of the pan and cut each cake into 10 wedges and serve immediately.

**Equipment and Small Wares**

Scale, S/S bowls, rösti pan, colander, sheet pan, grater, ladle

**Notes:**



# Standardized Recipe and Cost Card



**Menu item: Red Onion Marmalade**

**Date:** 12-Jan-09

**Source:** www.recipezaar.com

**Yield:** 0.356 L

**Name:** Alex Colarossi

**Portion Size:** 0.036 L

Jessica Wuis

**# of portions:** 10 ptn

**Selling price:** \$ 1.68

**Cost per portion:** \$0.62

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Red onions, thinly sliced	0.681	kg	11.350	kg	\$ 16.49	90.6%	\$ 1.09
Butter	0.114	kg	18.160	kg	\$ 152.44	100%	\$ 0.96
Sugar	0.050	kg	40.000	kg	\$ 44.50	100%	\$ 0.06
Dry red wine	0.237	L	0.750	L	\$ 11.95	100%	\$ 3.78
Red wine vinegar	0.075	L	10.000	L	\$ 26.71	100%	\$ 0.20
Honey	0.030	L	15.000	L	\$ 62.75	100%	\$ 0.13
Salt	0.006	kg	1.000	kg	\$ 3.49	100%	\$ 0.02
<b>TOTAL COST:</b>							6.23

**Preparation Procedure:**

- 1 Cut the onions into small dice. Heat butter in a large saute pan over medium heat.
- 2 When melted and hot, add onions and sugar and stir occasionally until onions are soft and start to caramelize, about 10 - 15 minutes.
- 3 Add wine and vinegar and stir until mixture almost comes to a boil. Reduce heat and simmer until liquids have evaporated and onions are shiny, about 15 - 20 minutes.
- 4 Season with salt. Cover and refrigerate. In a saute pan, warm the marmalade for service

**Equipment and Small Wares**

Scale, S/S bowls, saute pan, wooden spoon

**Notes:**





**Menu item: Sweet Mustard Sauce**

**Date:** 12-Jan-09

**Source:** Chef Steve

**Name:** Alex Colarossi

Jessica Wuis

**Yield:** 0.190 L

**Portion Size:** 0.019 L

**# of portions:** 10 ptn

**Cost per portion:** \$ 0.07

**Selling price:** \$ 0.19

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Plain prepared mustard	0.050	L	7.560	L	\$ 9.54	100%	\$ 0.06
Grainy mustard	0.050	L	4.500	L	\$ 27.96	100%	\$ 0.31
Curing liquid*	0.030	L	1.000	L	\$ -	100%	\$ -
Honey	0.060	L	15.000	L	\$ 62.75	100%	\$ 0.25
Chopped dill	0.028	bunch	6	bunch	\$ 6.52	44.4%	\$ 0.07
Salt, as needed	0.003		1.000	0	\$ 3.49	100%	\$ 0.01
Pepper, as needed	0.000	kg	2.100	kg	\$ 36.07	100%	\$ 0.01
<b>TOTAL COST:</b>							<b>\$0.71</b>

**Preparation Procedure:**

- 1 Mix together both mustard types with the honey.
- 2 Add the curing liquid until mixture has reached the desired consistency.
- 3 Add dill and season with pepper.

**Equipment and Small Wares**

Scales, S/S bowls, whisk

**Notes:**

\* use liquid extracted from curing of the salmon





# Standardized Recipe and Cost Card

**Menu item:** Gorgonzola Fritters  
**Yield:** 1.335 kg  
**Portion Size:** 0.134 kg  
**# of portions:** 10 ptn  
**Cost per portion:** \$1.55

**Date:** 12-Jan-09  
**Source:** Chef Steve  
**Name:** Andrew Tomlinson  
**Selling price:** \$4.20  
**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
flour	0.500	kg	20	kg	\$10.59	100%	0.944
salt	0.005	kg	24	kg	\$27.58	100%	0.004
pepper	0.005	kg	2.7	kg	\$44.90	100%	0.000
panko	0.500	kg	9.08	kg	\$52.12	100%	0.087
gorgonzola cheese, 1/2" cubes	0.300	kg	1.5	kg	\$31.03	100%	0.015
egg	2.000	each	180	each	\$24.85	100%	14.487
<b>TOTAL COST:</b>							<b>\$15.54</b>

## Preparation Procedure:

- 1 Cut gorgonzola into 1/2" cubes.
- 2 Set up 3 bowls one with seasoned flour, one with seasoned egg, and one with seasoned panko.(standard breading procedures)
- 3 Have a deep frier ready (at 350F) and fry each portion to order (should be in the fyer until golden brown and floating.)
- 4 DO NOT EXPLODE THE FRITTERS!!!

## Equipment and Small Wares

deep frier	scale	knives	cutting board	spider (to get them out of frier)
bowls	ruler			

## Notes:

# Standardized Recipe and Cost Card



Menu item: Spinach Salad  
 Yield: 2.321 kg  
 Portion Size: 0.090 kg  
 # of portions 10 ptn  
 Cost per portion: 2.24

Date: 12-Jan-09  
 Source: Pro Cooking 6th Ed.  
 Name: Andrew Tomlinson  
 Selling price: 6.04  
 Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Canola Oil	0.300	kg	16.000	L	18.22	100%	\$ 0.34
Baby Spinach (trimmed)	0.560	kg	1.816	kg	\$12.52	66%	\$ 5.89
Bacon	0.140	kg	5.000	kg	\$20.87	100%	\$ 0.58
Cremini Mushrooms (med.size)	0.180	kg	2.270	kg	\$9.34	89%	\$ 0.83
Bermuda Onions (Julined)	0.150	kg	11.350	kg	\$16.49	90%	\$ 0.24
Cherry Tomatoes (Halved)	0.200	kg	4.994	kg	\$37.51	100%	\$ 1.50
Gorgonzola Fritters	0.991	kg	0.991	kg	\$12.43	100%	\$ 12.43
Red Wine Vinaigrette	0.100	L	0.500	L	\$4.43	100%	\$ 0.89
<b>TOTAL COST:</b>							<b>\$22.36</b>

### Preparation Procedure:

- 1 Wash the spinach in several changes of cold water until there is no trace of sand on them, drain well. Chill in fridge.
- 2 Cut the bacon into thin strips. Cook the bacon until crisp. Drain and let cool.
- 3 Clean the mushrooms. Trim them of stems. Cut into 1/2's.
- 4 Cut onions (julienne) and tomatoes (halves).
- 5 In a small saute pan cook the tomatoes, onions and mushrooms.
- 6 Add in spinach and bacon, cook until spinach is just wilted. Season with salt and pepper.
- 7 Plate on warm salad plate add dressing and top with fritters.
- 8 Serve immediately.

### Equipment and Small Wares

saute pan                      bowls      tongs      scale      knives      cutting board  
 measuring cup

**Standardized Recipe and Cost Card**



**Menu item:** Red Wine Vinaigrette

**Date:** 12/01/2009

**Source:** Olaf's Kitchen

**Name:** Steven Salemi &

Katherine Molenaar

**Yield:** 0.500 L  
**# of portions:** 10.000 Ptn  
**Portion Size:** 0.050 L  
**Cost per portion:** \$0.477

**Selling price:** \$1.288  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Olive Oil	0.063	L	4.5	Kg	\$8.82	90.00%	\$0.653
Red Onion (Minced)	0.300	Kg	12	each	\$6.09	100.00%	\$0.003
Lemon Zest	0.005	L	1	L	\$10.36	100.00%	\$2.590
Red Wine	0.250	L	0.19	Kg	\$5.14	98.00%	\$0.028
Oregano (Finely Chopped)	0.001	Kg	0.175	Kg	\$5.56	98.00%	\$0.032
Thyme (Finely Chopped)	0.001	Kg	0.195	L	\$1.61	100.00%	\$0.124
Dijon Mustard	0.015	L	10	L	\$13.43	100.00%	\$0.168
Red Wine Vinegar	0.125	L	1	L	\$0.50	100.00%	\$0.125
Water	0.250	L	12	L	\$65.10	100.00%	\$0.678
Olive Oil	0.125	L	1	Kg	\$3.49	100.00%	\$0.003
Sea Salt	0.001	Kg	0.5	Kg	\$9.69	100.00%	\$0.019
Ground Pepper	0.001	Kg	2.7	kg	\$44.90	100.00%	\$0.019
<b>TOTAL COST:</b>							<b>\$4.785</b>

**Preparation Procedure**

- 1) In a medium pot over medium high heat, heat olive oil.  
 Add red onion & lemon zest & saute until onion is translucent.  
 Deglaze with red wine, then add the oregano & thyme.  
 Reduce liquid by 90% or until cooked down to a syrup.  
 Allow to cool to room temperature. Let cool slightly.
- 2) Pour syrup into a blender, add the mustard, & puree.  
 Season with salt & pepper then add the red wine vinegar .  
 With blender still running, drizzle in the water & olive oil.
- 3) Pass the blended dressing through a fine sieve & adjust salt & pepper to taste.

**Equipment and Small Wares**

Cutting Board, Chef Knife, Scale, Measuring Cup, Medium Pot, Woodspeen, Ice Bath, Blender, Fine Sieve, Rubber Spatula

**Notes**

- 1) All price from Esysco.
- 2) Oregano & Thyme are converted to 0.001 Kg for costing purposes. Actual measurement = 1 tsp of each

# Standardized Recipe and Cost Card



Menu item: **Grilled Ratatouille Roulade**

Date: Jan. 14/09

Source: Chef Hawey

Name: Amber Peterson and Catheri

Yield: **3.996** kg

Portion Size: **0.400** kg

# of portions: **10** ptn

Cost per portion: **\$ 1.09**

Selling price: **\$ 2.94**

Food cost percentage: **37.00%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Egg plant	2.000	ct	3.000	ct	\$ 6.26	98%	4.26
Zucchini	0.576	kg	9.072	kg	\$ 19.89	98%	1.29
Red or green pepper, roasted, peeled, seeded	0.220	kg	0.907	kg	\$ 8.48	90%	2.29
onion, peel leaving root attached	0.200	kg	11.340	kg	\$ 26.40	88%	0.53
basil	1.000	bunch	6.000	bunch	\$ 6.52	60%	1.81
olive oil	0.125	L	12.000	L	\$ 65.10	100%	0.68
salt	0.001	kg	1.200	kg	\$ 27.58	100%	0.02
<b>TOTAL COST:</b>							<b>10.87</b>

## Preparation Procedure:

- 1 Cut eggplant .75-1 cm thick, Zucchini .5-.75 thick, pepper in quarters, slice onion
- 2 Salt eggplant to bleed. Soak skewers.
- 3 layer veg, brushing with oil between each layer: 1 slice eggplant bottom, basil the slices of zucchini length-wise, basil, 2 slice onion widthwise, 1 slice of pepper
- 4 Roll length-wise and skewer to hold shape.
- 5 Bake on baking sheet in oven 350 F until tender.

## Equipment and Small Wares

cutting board, chef knife, 6 bowls, brush, hotel pan, skewers, thongs, baking sheet

## Notes:

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# Standardized Recipe and Cost Card



Menu item: **Creole Tomato Sauce**

Date: 01/13/09

Source: Pro Cooking 6th and 8th E

Yield: **2.5** Lt

Name: Cat Bobee

Portion Size: **0.250** Lt

Selling price: **\$ 8.93**

# of portions **10** ptn

Food cost percentage: **37%**

Cost per portion: **\$ 3.30**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
olive oil	0.200	lt	11.370	lt	\$74.310	100%	\$ 1.31
onions small dice	0.700	kg	11.350	kg	\$26.400	90%	\$ 1.81
garlic roasted	0.200	kg	4.540	kg	\$20.070	95%	\$ 0.93
thyme	0.200	kg	2.268	kg	\$40.790	95%	\$ 3.79
basil	0.200	kg	2.270	kg	\$39.400	95%	\$ 3.65
oregano	0.200	kg	1.816	kg	\$35.070	95%	\$ 4.07
white wine	1.250	lt	1.000	lt	\$11.000	100%	\$ 13.75
tomatoes can	1.560	kg	2.868	kg	\$3.510	100%	\$ 1.91
salt	0.010	kg	20.000	kg	\$43.030	100%	\$ 0.02
ground black pepper	0.010	kg	0.575	kg	\$11.010	100%	\$ 0.19
small diced green peppers	0.390	kg	2.268	kg	\$8.300	95%	\$ 1.50
grated lemon zest	0.010	kg	12.000	each	\$6.090	95%	\$ 0.01
cayenne pepper	0.01	kg	20	kg	\$43.030	100%	\$ 0.02
celery	0.114	kg	11.4	kg	\$17.970	95%	\$ 0.07
						<b>TOTAL COS</b>	<b>33.02</b>

**Preparation Procedure:**

- 1 Heat oil in a Rondeau over medium low heat. Sweat onions in olive oil
- 2 Add garlic and fresh herbs, continue to sweat until aroma of fresh herbs rises
- 3 Deglaze with white wine, reduce wine until nearly dry.
- 4 Add canned tomatoes, using very little cold water from tap, clean can sides of ca add water gathered at the bottom to the sauce. Stir and bring to boil.
- 5 Reduce sauce to a simmer allow to simmer for 30-40 minutes.
- 6 Remove from heat and carefully puree soup with emersion blender.
- 7 Season sauce with salt and pepper.
- 8 Saute green pepper and celery add to tomato sauce.
- 9 Finish with lemon zest and spices.

**Equipment and Small Wares**

Cutting board, Chef knife, Rondeau or shallow pot, wooden spoon, small bowls, zester, food mill Whisk,



Notes:

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# Standardized Recipe and Cost Card



Menu item: **Vegetable Orzo**

Date: Jan. 14/09

Source:

Name: Amber Peterson

Yield: **1.600** kg

Portion Size: **0.16** kg cooked

Selling price: **\$ 2.04**

# of portions **10.0** ptn

Food cost percentage: **37.00%**

Cost per portion: **\$ 0.76**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
orzo	0.500	kg	9.072	kg	\$19.640	200%	0.54
water	0.575	L	0.575	L	\$0.000	100%	0.00
red peppers small diced	0.200	kg	0.907	kg	\$8.660	81%	2.35
green onions and whites small diced	0.200	kg	0.907	kg	\$9.250	83%	2.46
carrots small diced	0.200	kg	22.680	kg	\$10.57	81%	0.11
salt	0.005	kg	1.200	kg	\$27.58	100%	0.11
pepper	0.005	kg	0.575	kg	\$11.01	100%	0.10
canola oil	0.080	L	16.000	L	\$19.93	100%	0.10
Zucchini	0.200	kg	9.072	kg	\$19.89	98%	0.45
parmesan	0.050	kg	2.270	kg	\$33.940	100%	0.75
asiago	0.050	kg	3.000	kg	\$18.01	100%	0.30
butter	0.005	kg	1.000	kg	56.06	100%	0.28
Veg Stock	1.000	L	5.000	L	\$19.910	100%	3.98
<b>TOTAL COST:</b>							<b>7.55</b>

## Preparation Procedure:

- 1 Saute whites of onions in butter in a Rondeau.
- 2 Add rice and coat with fat for about 1 minute making sure it doesn't stick.
- 3 Add stock to the orzo until 3/4 cooked.
- 4 Blanch carrots and hold.
- 4 For Service Saute green parts of onions, zucchini and red peppers.
- 5 Add blanch carrots.
- 6 Add stock to the orzo and Finish cooking.
- 7 Add cheese to bind the orzo.

## Equipment and Small Wares

pot, cutting board, french knife, 6 bowls, 2 spice cups, measuring cup, colander, saute pan, wooden spoon.

# Standardized Recipe and Cost Card



**Menu item:** Cherry Gastrique  
**Yield:** 0.964 L  
**Portion Size:** 0.096 kg  
**# of portions:** 10.000 ptn  
**Cost per portion:** \$0.92

**Date:** Jan 12 2008  
**Source:** Micheal Olson  
**Name:** Alex Seeback  
**Selling price:** \$2.49  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Cabarnet Wine	0.600	L	1.000	L	\$10.36	100%	\$ 6.22
Red Wine Vinegar	0.600	L	10.000	L	\$13.43	100%	\$ 0.81
Sugar	0.792	kg	20.000	kg	\$23.32	100%	\$ 0.92
Sour Cherries	0.400	kg	1.000	kg	\$19.54	100%	\$ 7.82
Beef Glace	0.500	L	1.000	L	\$2.50	100%	\$ 1.25
<b>TOTAL COST:</b>							<b>\$ 9.20</b>

**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 Saucepan, bowls,  
Container for holding

**Notes:**

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

By Alex Seeback & Justin Koury





# Standardized Recipe and Cost Card

**Menu item:** Duck Confit  
**Yield:** 1.134 kg  
**Portion Size:** 0.113 kg  
**# of portions** 10 ptn  
**Cost per portion:** \$1.52

**Date:** Jan 12 2008  
**Source:** Pro Chef 8  
**Name:** Alex Seeback  
**Selling price:** \$4.10  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Salt	0.101	kg	24	kg	\$27.58	100%	\$ 0.12
Curing Salt	0.002	kg	0.475	kg	\$5.49	100%	\$ 0.02
Ground Black Pepper	0.001	kg	2.7	kg	\$44.90	100%	\$ 0.01
Juniper Berries, Crushed	0.003	kg	0.32	kg	\$16.54	100%	\$ 0.16
Bay leaves, crushed	0.0015	kg	0.284	kg	\$9.83	100%	\$ 0.05
Chopped garlic	0.002	kg	4.54	kg	\$20.07	100%	\$ 0.01
Duck	3.886	kg	2	kg	\$7.15	100%	\$ 13.89
Rendered Duck Fat	1.029	L	8	L	\$7.11	100%	\$ 0.91
<b>TOTAL COST:</b>							<b>\$15.17</b>

### Preparation Procedure:

- 1 Mix the 2 salts, pepper, juniper berries, bay leaf, and garlic together.
- 2 Coat the duck with the seasoning mixture. Place the duck in a container with a weighted lid and press it for 72 hrs in the refrigerator.
- 3 Brush off excess seasoning mixture. Place the duck in a rondeau or brasier and cover it with the rendered duck fat. Stew the meat in the fat over med-low heat until it is very tender, about 2 hours.
- 4 Cool and store duck in the cooking fat. When ready to use the confit, scrape away any excess fat and broil the duck on a rack until the skin is crisp, about 2 minutes. Use as needed.

### Equipment and Small Wares

Container w/ weighted lid, rondeau  
 knife, cutting board, bowls

**Notes:** By Alex Seeback & Justin Koury

# Standardized Recipe and Cost Card



**Menu item:** Frisee, Sprout Salad  
**Yield:** 0.601 kg  
**Portion Size:** 0.075 kg  
**# of portions:** 10 ptn  
**Cost per portion:** \$0.90

**Date:** Jan 13 2008  
**Source:** Chef Steve  
**Name:** Alex Seeback  
**Selling price:** \$2.43  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Frisee	0.4	kg	1.2	kg	\$25.53	95%	\$ 8.96
Pea sprouts	0.2	kg	1.38	kg	\$13.49	95%	\$ 2.06
Honey Balsamic Vinag	0.2	L	1	L	\$5.69	100%	\$ 1.14
Salt	0.001	kg	24	kg	\$27.58	100%	\$ 0.00
Pepper	0.001	kg	2.7	kg	\$44.90	100%	\$ 0.02
<b>TOTAL COST:</b>							<b>\$8.97</b>

**Preparation Procedure:**

1 Toss 40g Frisee and 20g Sprouts with 20 mL of honey balsamic Vinagerette

**Equipment and Small Wares**

Mixing Bowl, and Squeeze Bottle

**Notes:** by: Alex Seeback & Justin Koury



# Standardized Recipe and Cost Card



Menu item:	Wild Mushroom Risotto		Date:	Jan12-09
Yield:	1.054	kg	Source:	Pro Chef 8
Portion Size:	0.105	kg	Selling price:	\$3.43
# of portions	10	ptn	Food cost percentage:	37.00%
Cost per portion:	\$1.27			

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Minced Onions	0.057	kg	3.36	kg	\$30.89	90%	\$ 0.58
Butter	0.057	kg	25	kg	\$196.85	100%	\$ 0.45
Arborio Rice	0.397	kg	5	kg	\$16.85	100%	\$ 1.34
Chicken Stock	1.44	l	1	l	\$1.50	100%	\$ 2.16
Cremini mushrooms	0.200	kg	2.27	kg	\$9.42	100%	\$ 0.83
Shitake mushrooms	0.200	kg	1.36	kg	\$21.51	100%	\$ 3.47
Oyster mushrooms	0.200	kg	0.908	kg	\$11.22	100%	\$ 2.47
Parmesan Cheese	0.113	kg	2	kg	\$24.47	100%	\$ 1.38
Salt	to taste						\$ 0.01
Ground Pepper	to taste						\$ 0.01
<b>TOTAL COST:</b>							<b>\$12.70</b>

**Preparation Procedure:**

- 1 Mince onions and cut mushrooms in 1/2's, 1/4's, 1/6's depending on size.
- 2 Add rice and mix throughly with the butter. Cook, stirring,until toasted aroma arises.
- 3 Add one third of the stock to the rice, and cook, sitrring constantly.
- 4 Repeat,until rice has absorbed the stock,continue until 3/4 finished,cool til service.
- 5 When ordered, Sweat onions until translucent, add risotto and complete cooking.
- 6 Finish with mushrooms, salt, pepper, butter and parmesan.

**Equipment and Small Wares**

Cutting Board, Chefs Knife, Saute Pan, Wooden Spoon, Ladle

**Notes:** Justin Koury And Alex Seeback

# Standardized Recipe and Cost Card



Menu item: Honey Balsamic Vinagrette

Date: Jan 12-09

Source: Pro Chef 8

Yield: 1 L

Portion Size: kg

# of portions 10 each

Cost per portion: \$0.63

Selling price: \$1.71

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Shallot	0.05	Kg	4.54	Kg	\$12.78	100%	\$ 0.14
Garlic Cloves	0.015	Kg	0.908	Kg	\$5.92	100%	\$ 0.10
Grainy Mustard	0.02	Kg	1	L	\$8.81	100%	\$ 0.18
Honey	0.18	L	1	L	\$23.83	100%	\$ 4.29
Balsamic Vinegar	0.15	L	5	L	\$10.99	100%	\$ 0.33
Salt	0.002	Kg	1	Kg	\$1.67	100%	\$ 0.01
Gr Black Pepper	0.002	Kg	1	Kg	\$20.34	100%	\$ 0.04
Canola Oil	1	L	1	L	\$1.25	100%	\$ 1.25
<b>TOTAL COST:</b>							<b>\$6.33</b>

## Preparation Procedure:

- 1 Put shallots & garlic in food processor. Pulse till small. Add mustard, honey, and balsamic vinegar. Turn food processor on.
- 2 Stream oil into food processor to create an emulsification.
- 3 Season with salt and pepper.
- 4 Taste; adjust seasoning.

## Equipment and Small Wares

Scale, spoons, measuring cups, stainless steel bowls, food processor, rubber spatula.

Notes: Justin Koury And Alex Seeback

# Standardized Recipe and Cost Card



Menu item: Pommes Dauphinoise

01/13/2009

Source: Prof Chef 8

Yield: 0.919 kg  
 Portion Size: 0.092 kg  
 # of portions 10 ptn  
 Cost per portion: \$0.29

Victoria & James  
 Selling price: \$ 0.78  
 Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Chef potatoes	0.882	kg	22.700	kg	\$ 20.16	100%	\$ 0.78
Garlic, peeles*	0.015	kg	9.000	kg	\$ 5.92	100%	\$ 0.01
Milk	0.288	L	4.000	L	\$ 19.88	100%	\$ 1.43
Ground nutmeg, as needed	0.001	kg	0.454	kg	\$ 16.03	100%	\$ 0.03
Salt	0.001	kg	1.000	kg	\$ 27.58	100%	\$ 0.02
Ground black pepper	0.001	kg	2.100	kg	\$ 44.09	100%	\$ 0.02
Heavy cream	0.108	L	10.000	L	\$ 30.21	100%	\$ 0.33
Butter, cut into small pieces	0.034	kg	25.000	kg	\$ 197.08	100%	\$ 0.27
<b>TOTAL COST:</b>							<b>\$2.89</b>

## Preparation Procedure

- 1 Scrub, peel, and thinly slice the potatoes using a mandoline.
- 2 Put the garlic in a saucepan with the milk and bring to a boil. Season the milk with nutmeg, salt, and pepper and add the sliced potatoes.
- 3 Bring the milk to a simmer, and cook the potatoes for 10-12 min, taking care that the milk doesn't boil over. Discard the garlic cloves.
- 4 Transfer the potatoes and milk to a buttered hotel pan, pour the cream over the top, and dot with the butter.
- 5 Bake in a 375F oven for 45 min or until golden brown and the milk has been absorbed.
- 6 Allow the potatoes to rest 10-15 min before slicing into servings.

## Equipment and Small Wares

mandolin, saucepot, hotel pan, SS bowls

## Notes

1 \* assume 5 g per garlic clove

# Standardized Recipe and Cost Card



**Menu item:** veal saltimbocca

**Date:** Jan 12/08

**Source:** Italian Cuisine  
pg 227

**Yield:** 2.672 kg  
**Portion Size:** 0.267 kg  
**# of portions:** 10.000 ptn

**Cost per portion:** \$0.90

**Selling price:** \$2.42

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
veal top strip	1.135	kg	5	Kg	\$13.31	100%	\$ 3.02
prosciutto	0.568	kg	4.5	Kg	\$14.73	100%	\$ 1.86
sage leaves	1.250	bunch	12	bnch	\$12.93	100%	\$ 1.35
flour	0.500	kg	20	Kg	\$10.59	100%	\$ 0.26
beef glace	0.400	L	1	L	\$2.25	100%	\$ 0.90
canola oil	0.075	L	20	L	\$19.93	100%	\$ 0.07
butter	0.150	L	25	L	\$197.03	100%	\$ 1.18
salt	0.001	kg	24	Kg	\$27.58	100%	\$ 0.00
pepper	0.001	kg	2.7	Kg	\$44.90	100%	\$ 0.02
white wine	0.148	L	20	L	\$41.29	100%	\$ 0.30
<b>TOTAL COST:</b>							<b>\$8.97</b>

## Preparation Procedure

- 1 Thinly slice veal into 60g portions of scallopine.
- 2 Pound out the meat with mallet.
- 3 Place a sage leaf on top of pounded meat. Then place prosciutto over sage on top of meat.
- 4 Lightly pound to help sage and prosciutto stick to meat.
- 5 Lightly dredge in flour.
- 6 Saute over medium flame in butter/oil until golden brown remove from pan.
- 7 Add wine and simmer until aux sec.(for 2 mins)
- 8 Add glace reduce pan juices for sauce when serving.
- 9 Monte aux beurre.
- 10 Plate and serve.

## Equipment and Small Wares

tongs, knife, cutting board, measuring spoon/cup saute pan

## Notes

- 1 saltimbocca can also be rolled
- 2 if there is not enough juices for sauce add in 0.125 L beef glace, reduce briskly
- 3 marsala may also be used instead of white wine

# Standardized Recipe and Cost Card



Menu item: **Snap pea-red pepper saute**      Date: **01/13/2009**  
 Yield: **0.65** kg      Source: **Victoria & James**  
 Portion Size: **0.065** kg      Selling price: **\$1.27**  
 # of portions: **10** ptn      Food cost percentage: **37.00%**  
 Cost per portion: **\$0.29**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Snap Peas	0.300	kg	4.54	kg	\$24.89	100%	\$ 1.645
Red Pepper batonnett	0.300	kg	4.994	kg	\$15.62	100%	\$ 0.938
salt	0.005	kg	1	kg	\$27.58	100%	\$ 0.138
pepper	0.005	kg	2	kg	\$44.09	100%	\$ 0.110
Canola Oil	0.050	L	16	L	\$28.43	100%	\$ 0.089
<b>TOTAL COST:</b>							<b>\$2.92</b>

**Preparation Procedure:**

- 1 String the snap peas, by snapping one end and pulling toward the other
- 2 Taking the top and bottoms off of peppers, de-seed and slice into battonnet slices
- 3 Blanch snap peas in boiling salted water
- 4 Heat saute peppers in butter until slightly soft.
- 5 Saute peas until peas turn bright green.
- 6 Serve and plate.

**Equipment and Small Wares**

saute pan, wooden spoons, tongs, stainless steel small hotel pan or bowl

**Notes:**

# Standardized Recipe and Cost Card



**Menu item: Chocolate Ganache**

**Date:** Jan. 12, 2009

**Source:** Grand Finales pg. 31

**Name:** Nicole Barnard

**Yield:** 1.645 kg  
**Portion Size:** kg  
**# of portions:** 10 ptn  
**Cost per portion:** \$1.60

**Selling price:** \$4.32  
**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Bittersweet Chocolate	0.815	kg	5.000	kg	\$58.43	100%	\$ 9.52
Milk Chocolate	0.178	kg	5.000	kg	\$53.00	100%	\$ 1.88
Heavy Cream	0.333	l	12.000	l	\$53.54	100%	\$ 1.48
Unsalted Butter	0.320	kg	0.454	kg	\$4.39	100%	\$ 3.09
<b>TOTAL COST:</b>							<b>\$15.98</b>

**Preparation Procedure**

- 1 Roughly chop both kinds of chocolate.
- 2 Melt chocolates together over double boiler.
- 3 In saucepan, bring cream to a boil; pour over chocolate, add butter and whisk until smooth.
- 4 Spread onto half sheet pan about 1/4" thick; chill.
- 5 Cut ganache into 3" rounds.

**Equipment and Small wares**  
 Medium pot, bowl, whisk, sheet pan, cutting utencil/stensil

**Notes**  
 Prices taken from Sysco Orderwriter

# Standardized Recipe and Cost Card



Menu item: Rum Sabayon

Date: 12-Jan-09

New Qty

Source: Grand Finales, Boyle

Yield: kg

Student Name: Jericho Windover

Portion Size: kg

# of portions 10 ptn

Cost per portion: 0.94

Selling price: \$2.55

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Egg yolks	0.368	kg	11.000	kg	\$ 26.45	40%	\$ 2.21
Whole egg	0.125	kg	11.000	kg	\$ 26.45	100%	\$ 0.30
Granulated Sugar	0.248	kg	20.000	kg	\$ 23.32	100%	\$ 0.29
Meyers dark rum	0.303	l	1.140	L	\$ 20.00	100%	\$ 5.31
Heavy cream	0.443	l	9.000	kg	\$ 27.25	100%	\$ 1.34
<b>TAL COST:</b>							<b>\$9.45</b>

## Preparation Procedure

- 1 Whisk heavy cream to soft peaks.
- 2 Whisk together yolks, egg, sugar, and rum over bain marie until pale and doubled in volume.
- 3 Remove from heat and chill over ice bath.
- 4 Fold in whipped cream.

## Equipment and Small Wares

med pot, bowl, whisk

## Notes

Prices taken from Sysco Orderwriter

# Standardized Recipe and Cost Card



Menu item: French Vanilla Ice Cream

Date: 12/01/09

Source: Pro Chef p. 1136

Name: Jericho Windover

Yield: 2.360 L

Portion Size: L

# of portions 10 ptn

Cost per portion: \$ 1.56

Selling Price: \$ 4.20

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Milk	0.787	L	12.000	L	\$17.19	100.0%	\$ 1.13
Heavy Cream	0.787	L	12.000	L	\$53.54	100.0%	\$ 3.51
Vanilla bean, split and scraped	1.639	each	25.000	each	\$104.00	100.0%	\$ 6.82
Sugar	0.325	kg	20.000	kg	\$23.32	100.0%	\$ 0.38
Glucose syrup	0.046	kg	7.000	kg	\$16.28	100.0%	\$ 0.11
Salt	0.001	kg	24.000	kg	\$27.98	100.0%	\$ 0.00
Egg yolks	24.583	each	180.000	each	\$26.45	100.0%	\$ 3.61
<b>TOTAL COST:</b>							<b>\$ 15.55</b>

**Preparation Procedure:**

- 1 Combine the milk, cream, vanilla bean pod and seeds, half of the sugar, syrup and salt in a saucepan.
- 2 Bring the mixture to a simmer over medium heat, stirring constantly, 7 to 10 mins.
- 3 Remove the saucepan from the heat, cover the pan and allow it to steep for 5 mins.
- 4 Meanwhile, blend the egg yolks with the remaining sugar.
- 5 Remove the vanilla pod and return the mixture to a simmer.
- 6 Temper 1/3 of the hot mixture into the egg yolks, whisking constantly.
- 7 Return the tempered egg mixture to the saucepan with the remaining hot liquid, stirring constantly over medium heat, until the mixture is thick enough to coat the back of a spoon, about 3-5 minutes.
- 8 Strain the ice cream base into a metal container over an ice-bath, stirring occasionally until it reaches below 40°F/4°C, about 1 hour.
- 9 Cover and refrigerate for a minimum of 12 hours.
- 10 Process the base in an ice cream machine according to the manufacturer's directions.
- 11 Pack the ice cream in storage containers or molds as desired, and freeze for several hours or overnight before serving.

**Equipment and Small Wares**

sauce pan, wooden spoon, whisk, ice cream machine, metal container, spatula, storage containers or molds

**Notes:**

Prices taken from Sysco Orderwriter

# Standardized Recipe and Cost Card



Menu item: **Chocolate Banana Tart - Base and Assembly**

Date: Jan. 12th, 2009

Source: Gr. Finales pg. 31/33

Name: Nicole Barnard

Yield: kg  
 Portion Size: kg  
 # of portions: 10 ptn  
 Cost per portion: 0.42

Selling price: \$1.13  
 Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Tart Base:</b>							
Puff Pastry	2.000	sheet	20	sheets	\$ 35.20	100%	\$ 3.52
Bananas	5.000	ea	150	ea	\$ 15.91	80%	\$ 0.66
<b>TOTAL COST:</b>							<b>\$4.18</b>

## Preparation Procedure

### Tart Base:

- 1 Preheat oven to 400 F.
- 2 Roll out puff pastry 1/4" thick.
- 3 Cut puff pastry into 4" rounds and place on sheet pan.
- 4 Bake until golden brown, about 6-8 minutes.
- 5 Cool and slice in half horizontally.

### Assembly:

- 1 Preheat oven to 400 F.
- 2 Slice bananas and arrange in an overlapping circular pattern over the top layer of puff pastry. Sprinkle with sugar and caramelize with a propane torch.
- 3 Place 1 ganache round inside each puff pastry shell and top with the caramelized banana lid.
- 4 Reheat for 3-4 minutes until ganache is just melted.
- 5 Plate with sabayon and vanilla ice cream.

## Equipment and Smallwares

Tart pan, knife, torch, ice cream scoop

## Notes

Prices taken from Sysco Orderwriter

# Standardized Recipe and Cost Card



**Menu item:** Roasted Fruit in Parchment Assembly

**Date:** January, 12, 2009

**Yield:**  
**Portion Size:**  
**# of portions**                      **10**

**Source:** Grand Finale  
 Danielle, Phil

**Selling price:**  
**Food cost percentage:**                      **37%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Pulled sugar Spirals							
Mint Leaves							
<b>TOTAL COST:</b>							

**Preparation Proced.**

- 1 Untie string on each packet and place on dessert plate
- 2 Garnish with glazed Almonds, Pulled sugar spirals and mint leaves

**Small Wares & Equipment**                      Sheet pan, Medium bowl, Knife, Wooden spoon

**Notes**

# Standardized Recipe and Cost Card



**Menu item:** Red Wine-Glazed Fruit

**Date:** January 12,2009

**Source:** Grand Finale P.252  
Danielle,Phil

**Yield:** 15.283 kg  
**Portion Size:** 1.5283 kg  
**# of portions** 10 ptn  
**Cost per portion:** \$1.05

**Selling price:** \$2.84

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Plums	5.000	ea	200	ct	\$33.94	95%	\$ 0.89
Peaches	5.000	ea	70	ct	\$38.74	95%	\$ 2.91
Pears	5.000	ea	24	ct	\$11.83	95%	\$ 2.59
Honey	0.105	kg	4.032	kg	\$98.06	100%	\$ 2.55
Brown Sugar	0.068	kg	2.2	kg	\$23.86	100%	\$ 0.73
Red Wine	0.075	l	0.75	l	\$3.98	100%	\$ 0.40
Ground Cinnamon	0.035	kg	0.55	kg	\$6.90	100%	\$ 0.44
<b>TOTAL COST:</b>							<b>\$10.52</b>

**Preparation Procedure**

- 1 Preheat oven to 400°F(205°C).Cut fruit in quarters and remove pits or seeds
- 2 In a bowl stir together remaining ingredients and toss with fruit
- 3 Divide glazed fruit among 4 sheets of parchment paper,gathering up corners and securing with string to form packets.Roast in preheated oven(or wood oven , if desired) until tender,20-30 minutes

**Equipment and Small Wares**

Chef knife, scale, measuring cup, cutting board, oven, bowl, wood spoon, string, parchment paper.

**Notes**

- 1 egg yolks room temperature,butter softened
- 2 instant espresso powder,dissolved in 2 teaspoons hot water

# Standardized Recipe and Cost Card



**Menu item: Glazed Almonds**

**Date:** January, 12, 2009

**Source:** Grand Finale P.252  
Danielle, Phil

**Yield:** 0.553 kg

**Portion Size:** 0.055 kg

**# of portions** 10

**Cost per portion:** \$0.71

**Selling price:** \$1.92

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Sliced Almonds	0.375	kg	3	kg	\$53.43	100%	\$ 6.68
Granulated Sugar	0.143	kg	40	kg	\$44.50	100%	\$ 0.16
Egg whites	0.035	kg	3.06	kg	\$24.85	100%	\$ 0.28
<b>TOTAL COST:</b>							<b>\$7.12</b>

**Preparation Proc**

- 1 Preheat oven to 300°F(149°C).Lightly Grease a sheet pan
- 2 In a bowl,Toss together almonds and sugar.Stir in egg whites until mixed; Spread onto sheet pan and bake,turning frequently,15-20 mins or until golden brown.Break up slightly

**Small Wares & Equipment** Sheet pan,Medium bowl, Knife,Wooden spoon, oven

**Notes**

# Standardized Recipe and Cost Card



Menu item: **Cinnamon Apple Raisin Crisp**      Date: **Jan 12 2009**  
 Yield: **3.21** kg      Source: **Grand Finales**  
 Portion Size: **1** kg      By: **Dustin And John**  
 # of portions: **10** ptn      Selling price: **\$4.50**  
 Cost per portion: **\$1.66**      Food cost percentage: **37%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Granny Smith Apples	2.266	Kg	1.362	Kg	\$4.98	75%	\$11.05
Lemon juice	0.025	L	7.6	L	\$16.83	100%	\$0.06
Raisins	0.047	Kg	13.62	Kg	\$51.82	100%	\$0.18
Unsalted Butter	0.023	Kg	25	Kg	\$197.08	100%	\$0.18
Granulated sugar	0.118	Kg	20	Kg	\$23.32	100%	\$0.14
Rum	0.025	L	0.75	L	\$23.75	100%	\$0.79
All purpose flour	0.100	Kg	20	Kg	\$10.59	100%	\$0.05
granulated sugar	0.082	Kg	20	Kg	\$23.32	100%	\$0.10
Unsalted Butter	0.130	Kg	25	Kg	\$197.08	100%	\$1.02
Ground cinnamon	0.007	Kg	2	Kg	\$20.67	100%	\$0.07
Unsalted Butter, Clarified	0.036	Kg	25	Kg	\$197.08	100%	\$0.28
Shredded Phyllo Dough	0.354	Kg	0.454	Kg	\$3.49	100%	\$2.72
<b>TOTAL COST:</b>							<b>\$16.64</b>

**Preparation Procedure:**

- 1 Peel, Quarter and core apples. Slice Quarters into slices 1/8" thick. Toss apples with lemon juice and raisins.
- 2 Saute apples over high heat with butter for ten minutes. Add sugar and rum, and continue to saute until apples are tender. Let cool.
- 3 In a food processor, Blend together flour sugar butter and cinnamon. Chill 15 mins.
- 4 Shave through the large holes of a cheese grater on to a sheet pan lined with parchment paper. Chill.
- 5 Preheat oven to 375F
- 6 Pour clarified butter over phyllo, toss and coat evenly
- 7 Press 1oz of shredded phyllo in to a 2 1/4 ring mold set on a baking sheet lined with parchment paper, let excess dough lay over edge. Arrange the sauteed apples over phyllo on one layer, fold excess dough inward.
- 8 Sprinkle crisp mixture on top. Bake 20-25 mins until crisp mixture browns and phyllo is golden

**Equipment and Small Wares**

oven, Knife, Bowl, Cutting board, Cheese Grater

**Notes:**



# Standardized Recipe and Cost Card



Menu item: mango coulis

Date: Oct 1 /08

Yield: 0.1 l/kg

Source: pro chef 8

Portion Size: 0.01 l/kg

pg 1161

# of portions 10 ptn

James Lesperance

Team Fresh

Cost per portion: \$0.04

Selling price: \$0.12

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
mango, frozen	0.087	kg	5	Kg	\$15.52	100%	\$ 0.270
sugar	0.022	kg	40	Kg	\$44.50	100%	\$ 0.024
lemon juice, fresh	0.006	L	5.172	L/kg	\$26.11	100%	\$ 0.029
cornstarch	0.025	kg	6	Kg	\$25.59	100%	\$ 0.107
water	0.050	L	-	-	-	-	-
honey	0.001	kg	15	kg	69.04	100.00%	\$ 0.005
							\$ 0.435

### Preparation Proce

- 1 combine the mangoes, sugar, and lemon juice in a suacepan
- 2 simmer over medium heat until sugar dissolves
- 3 add in cornstarch slurry
- 4 strain coulis through china cap lined with cheesecloth
- 5 add additional honey or lemon juice if needed

### Equipment and Small Wares

wooden spoon, saucepan, china cap, scale

### Notes

- 1 an equal amount of another fruit can be substituted for mango

# Standardized Recipe and Cost Card



Menu item:	Raspberry sauce (Pear Bavarian)	Date:	Oct. 5 2008
Yield:	0.340 L	Source:	Grand finales
Portion Size:	0.034 L		Ashley Marteinson
# of portions	10.000 ptn	Selling price:	\$0.44
Cost per portion:	\$0.16	Food cost percentage:	37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Granulated sugar	0.0452	Kg	20.000	Kg	\$23.32	100%	\$0.05
Triquel instant thickner	0.0112	Kg	2.000	Kg	\$18.21	100%	\$0.10
Strained raspberry puree	0.2720	Kg	5.000	Kg	\$26.38	100%	\$1.44
Raspberry liqueur	0.0012	L	0.750	L	\$21.95	100%	\$0.04
<b>TOTAL COST:</b>							<b>\$1.62</b>

**Preparation Procedure:**  
 1 In a bowl, combine sugar and Triquel. Whisk the mixture into raspberry puree until thickened. Whisk in raspberry liqueur. Transfer the sauce to a squeeze bottle.

**Equipment and Small Ware:**  
 Whisk  
 Bowl  
 Squeeze bottle.  
 Measuring cup

**Notes:**  
 Raspberry liqueur was costed at the LCBO website.

# Standardized Recipe and Cost Card



Menu item: Raspberry Coulis

Date: 06-Oct-08

Source: Chef Steve  
Joe & Adam

Yield: 0.1 l

Portion Size: 0.01 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
<b>TOTAL COST:</b>							<b>\$1.08</b>

## Preparation Procer

- 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 chinos.
- 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

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# Standardized Recipe and Cost Card



Menu item: Kahlua Crème Anglaise

Date: Oct-15-2008

Source: [www.allrecipes.com](http://www.allrecipes.com)  
Adam

Yield: 1 L  
 Portion Size: 0.01 L  
 # of portions: 10 ptn  
 Cost per portion: \$0.43

Selling price: \$1.17

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Kahlua	0.01	l	1	l	\$22.00	100%	\$ 0.22
10% cream	1.000	l	1	l	\$2.21	100%	\$ 2.21
egg yolks	10.000	ea	1	ea	\$0.18	100%	\$ 1.80
sugar	0.224	kg	1	kg	\$1.40	100%	\$ 0.31
<b>TOTAL COST:</b>							<b>\$4.32</b>

## Preparation Proce

- 1 Combine all of cream and 1/2 of sugar in pot. Bring to simmer and let steep for 15 minutes.
- 2 Combine together in a bowl, egg yolks, remaining sugar and cream until smooth
- 3 Slowly temper cream into egg mixture and gently cook over a bain marie. whisking constantly. Add kahlua.
- 4 Cook until custard coats back of spoon, approximately 10-15 minutes.
- 5 Cool completely and store in fridge.

## Equipment and Small Wares

Scale, Bowls, Measuring Cup, Saucepots, Wooden Spoons, Whisk

# Standardized Recipe and Cost Card



Menu item: **Honey Tuile** Date: **08-Oct-08**  
 Yield: **10** kg Source: **Grand Finales**  
 Portion Size: **1** kg Justin Kapoor  
 # of portions: **10** ptn Selling price: **\$0.79**  
 Cost per portion: **\$0.29** Food cost percentage: **37.00%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Unsalted Butter	0.141	Kg	448.00	Kg	\$80.90	100%	\$ 0.03
Honey	0.209	Kg	6.00	Kg	\$30.30	100%	\$ 1.05
Confectioners Sugar	0.284	Kg	20.00	Kg	\$27.47	100%	\$ 0.39
All-Purpose Flour	0.301	Kg	20.00	Kg	\$10.59	100%	\$ 0.16
Egg Whites	0.213	Kg	9.00	Kg	\$27.25	50%	\$ 1.29
<b>TOTAL COST:</b>							<b>\$2.92</b>

**Preparation Procedure:**

- Preheat oven to 300F(149C). In a mixer with paddle attachment, beat the butter and honey until smooth. Add the confectioners sugar and flour and mix until smooth. Slowly
- 1 add the egg whites to the mixture. Mix until smooth.
  - 2 Make an 8"(20cm) long and 1"(2.54cm) wide X-shaped stencil from a thin piece of plastic. Place the stencil on a non-stick pan. Spread tuile batter over stencil. Remove stencil and bake until tuile is light golden brown, about 15 minutes.
  - 3 Remove tuile from oven and, while still warm, carefully press over a domed object(such as an upside down bowl) to create an arch shape. Let cool and repeat for 10 tuiles.

**Equipment and Small Wares**

**Notes:**

# Standardized Recipe and Cost Card



**Menu item: Crème Fraiche**

**Date:** January 29, 2010  
**Source:** Chef Steve  
**Page #:** N/A  
**Name:** Katrina Atkinson

**New Yield:** 2.000 L  
**Original Yield:** 2.000 L  
**Portion Size:** 0.015 L  
**# of portions:** 133.3 ptn  
**Conversion Factor:** 1.00  
**Cost per portion:** \$0.04

**Selling price:** \$0.11  
**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Cream 35%	1.000	L	10	l	\$30.21	100%	\$ 3.02
Buttermilk	1.000	L	12	L	\$22.78	100%	\$ 1.90
Lemon juice/ zest	1.000	Each	3	each	\$0.99	100%	\$ 0.33
<b>TOTAL COST:</b>							<b>\$5.25</b>

### 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 124-48 hours or until thickened

### Equipment and Small Wares

Measure Cup, Measuring spoons, container, whisk, China Cap, zester, filter

### Notes

# Standardized Recipe and Cost Card



Menu item: Mixed berry compote

Date: Oct-14-2008

Source: All Recipes .com  
Adam

Yield: 10  
 Portion Size: 0.05 Kg  
 # of portions 10 ptn  
 Cost per portion: 1.3

Selling price: \$3.43

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Strawberry	0.715	kg	5	kg	\$21.36	100%	\$ 3.05
Raspberries	0.625	kg	5	kg	\$26.38	100%	\$ 3.30
Blueberries	0.660	kg	5	kg	\$28.33	100%	\$ 3.74
Blackberries	0.575	kg	5	kg	\$22.05	100%	\$ 2.54
Granulated sugar	0.025	kg	10	kg	\$29.43	100%	\$ 0.07
<b>TOTAL COST:</b>							<b>\$12.70</b>

Preparation Proce
1 Place the all berries, sugar in a large sauce pan with water and simmer until all berries are soft.stir occassional during the process
2 Remove from the pan and cool well before service.
Equipment and Sn
Sauce pan, measuring scale,wooden spoon,etc.



# Standardized Recipe and Cost Card

Chelsey Heidman

Menu item: **Millet and Flaxseed Bread**

Date: **12-Jan-09**

Source: **Inn on the Twenty**

Cookbook

Yield: **1** loaf

Portion Size: **kg**

# of portions: **ptn**

Cost per portion: **\$1.25** per loaf

Selling price: **\$3.38**

Food cost percentage: **37.00%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Warm water (40°C)	0.375	l					\$ 0.01
Dry active yeast	0.007	g	12.000	kg	\$86.33	100%	\$ 0.05
Whole wheat flour	0.125	kg	20.000	kg	\$10.50	100%	\$ 0.07
Organic bread flour*	0.500	kg	20.000	kg	\$10.59	100%	\$ 0.26
Honey	0.020	kg	6.000	kg	\$30.30	100%	\$ 0.10
Salt	0.014	kg	24.000	kg	\$27.58	100%	\$ 0.02
Whole millet**	0.029	kg	0.793	kg	\$3.23	100%	\$ 0.12
Flaxseed***	0.014	kg	0.680	kg	\$3.49	100%	\$ 0.07
<b>TOTAL COST:</b>							<b>\$0.70</b>

## Preparation Procedure:

- 1 In electric mixer with dough hook, sprinkle yeast over water and allow to dissolve, about 5 minutes.
- 2 Add remaining ingredients and mix on low speed for 3 minutes. Increase speed to medium and knead for 12 minutes. Dough should just clean sides of bowl.
- 3 Allow to rise in a lightly oiled bowl, covered, in a warm place for 1 hour.
- 4 Turn dough onto lightly floured surface and knock down. Divide in half and roll into 2 rounds. Cover and let rest 25 minutes. Shape dough into loaves by rolling without tearing dough surface, or reshape into rounds and place on parchment lined sheet.
- 5 Gently brush with water and allow to rest 20-30 minutes, until dough no longer springs back when poked.
- 6 Preheat oven to 400°F. Brush dough with water and score surface. Place in oven and reduce temperature to 350°F. Bake 40 minutes, until bread sounds hollow.
- 7 Allow to cool at least half an hour before cutting.

## Equipment and Small Wares

Electric mixer and bowl, dough hook, mixing bowls

## Notes:

\*This is the price for all-purpose flour. Sysco doesn't provide a price for bread flour or organic bread flour, so this is somewhat inaccurate.

\*\*Price taken from internet.

# Standardized Recipe and Cost Card



Chelsey Heidman

Menu item: **Sunflower Bread**

Date: **12-Jan-09**

Source: **Inn on the Twenty**  
Cookbook

Yield: **1** loaf

Portion Size: **kg**

# of portions: **ptn**

Cost per portion: **\$0.82** per loaf

Selling price: **\$2.22**

Food cost percentage: **37.00%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Warm water (40°C)	0.375	l					\$ 0.01
Dry active yeast	0.007	kg	1.000	kg	\$86.33	100%	\$ 0.60
Blackstrap molasses	0.021	kg	20.000	kg	\$35.26	100%	\$ 0.04
Whole wheat flour	0.125	kg	20.000	kg	\$10.50	100%	\$ 0.07
Organic bread flour*	0.001	kg	20.000	kg	\$10.59	100%	\$ 0.00
Salt	0.014	kg	24.000	kg	\$27.58	100%	\$ 0.02
Raw sunflower seeds	0.028	kg	3.000	kg	\$9.22	100%	\$ 0.09
<b>TOTAL COST:</b>							<b>\$0.82</b>

## Preparation Procedure:

- 1 In electric mixer with dough hook, sprinkle yeast over water and dissolve 5 minutes.
- 2 Add remaining ingredients and mix on low speed 3 minutes. Increase speed to medium and knead 12 minutes. Dough should just clean sides of bowl.
- 3 Place dough in lightly oiled bowl, cover and allow to rise in warm place for 1 hour.
- 4 Turn dough onto lightly floured surface and knock down. Divide into 2 rounds. Cover and let rest 25 minutes.
- 5 Shape dough into loaves by rolling without tearing dough surface, or reshape into rounds and place on parchment lined sheet.
- 6 Gently brush with water and allow to rest 20-30 minutes, until dough no longer springs back when poked.
- 7 Preheat oven to 400°F. Brush dough with water and score surface. Place in oven and reduce temperature to 350°F. Bake 40 minutes, until bread sounds hollow.
- 8 Allow to cool at least half an hour before cutting.

## Equipment and Small Wares

Electric mixer and bowl, dough hook, measuring cups

## Notes:

\*This is the price for all-purpose flour. Sysco doesn't provide a price for bread flour or organic bread flour, so this is somewhat inaccurate.



# Standardized Recipe and Cost Card



Chelsey Heidman

Menu item: **Walnut Bread**

Date: **13-Jan-09**

Source: **Inn on the Twenty**

Cookbook

Yield: **1** loaf

Portion Size:

# of portions:

Cost per portion: **\$2.72** per loaf

Selling price: **\$7.34**

Food cost percentage: **37.00%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Walnut pieces	0.125	kg	3	kg	\$31.00	100%	\$ 1.29
Blackstrap molasses	0.025	kg	20	kg	\$35.26	100%	\$ 0.04
Warm water (40°C)	0.250	l					\$ 0.01
Dry active yeast	0.005	kg	1.000	kg	\$86.33	100%	\$ 0.39
Whole wheat flour	0.050	kg	20.000	kg	\$10.50	100%	\$ 0.03
Organic bread flour*	0.375	kg	20.000	kg	\$10.59	100%	\$ 0.20
Salt	0.010	kg	24.000	kg	\$27.58	100%	\$ 0.01
Unsalted butter, cut	0.085	kg	9.08	kg	\$79.57	100%	\$ 0.74
into pieces							
<b>TOTAL COST:</b>							<b>\$2.72</b>

## Preparation Procedure:

- 1 Combine walnuts, molasses, water, and yeast in electric mixer with dough hook. Allow to soak for 10 minutes.
- 2 Add flours and salt and mix on low speed 2 minutes.
- 3 Increase speed and knead for 5 minutes. Add butter, a piece at a time and continue mixing dough for 10 minutes.
- 4 Place in lightly oiled bowl, cover, and rise for 1.5 hours.
- 5 Turn dough onto lightly floured surface and knock down. Divide into 2 pieces and shape into rounds, smoothing top surface of dough.
- 6 Cover and let rest 30 minutes.
- 7 Preheat oven to 400°F. Shape into loaves or rounds and place on parchment-lined baking sheet. Brush lightly with water and rise 20 minutes.
- 8 Brush with water once more, score surface, and place in oven. Reduce heat to 350\*.
- 9 Bake for 40-50 minutes. Cool 1/2 hour before cutting.

## Equipment and Small Wares

Mixing bowls, electric mixer, dough hook

## Notes:

\*This is the price for all-purpose flour. Sysco doesn't provide a price for bread flour or organic bread flour, so this is somewhat inaccurate.

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