

Standardized Recipe and Cost Card



Menu item: Crème Anglaise

Date: Oct.1,2008
Source: Chef Steve

Yield: 1 L
Portion Size: 0.01 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	10.000	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 Procedure

- 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 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.
- 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

Notes

* split & scraped

Standardized Recipe and Cost Card



Menu item: Shrimp Bisque

Date: 08-Jan-08

Yield: 4 L
 Portion Size: 0.2 L
 # of portions: 20 ptn

Source: Prof. Chef E
 By: Jess

Cost per portion: \$2.52

Selling price: \$7.65

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %
	COUNT	UNIT SIZE	COUNT	UNIT SIZE		
Shrimp Shells	0.454	Kg	1	Kg	\$4.40	100%
Lobster	4.000	ea				
Tomate Paste	0.200	L	1	L		100%
Celery, small dice	0.200	Kg	1	Kg	\$1.50	90%
Carrots, small dice	0.200	Kg	1	Kg	\$0.69	90%
Onions, small dice	0.400	Kg	1	Kg	\$0.55	90%
Garlic	0.150	Kg	1	Kg		
Brandy	0.500	L	1	L		
Red Wine	0.300	L	1	L		
White wine	0.200	L	1	L		100%
Fish Stock	4.500	L	1	L	\$3.89	100%
Shrimp, peeled & deveined (21-25 ct)	1.000	Kg	1	Kg	\$15.43	85%
Lobster	4.000	ea	1	L		100%
Canola Oil	0.010	L	1	L		
Butter	0.020	kg	1	Kg	\$10.08	100%
Brandy	0.400		1	L		
Flour	0.300	Kg	1	Kg	\$0.67	100%
Butter	0.300	Kg	1	Kg	\$10.08	100%
Heavy Cream, hot	2.000	L	1	L	\$4.46	100%
Salt	0.090	Kg	1	Kg	\$1.67	100%
Paprika	0.025	kg	1	Kg		100%

TOTAL COST:

Preparation Procedure

- 1 Roast Mirepoix in a 350 F oven until lightly browned.
- *2 Put the cut up lobster and the shrimp shells in the pan with tomato p
- 3 When the claws and tails are cooked, take the meat out and reserve
garlic and continue to roast until the shells are browned.
- 5 Add the shells and mirepoix to a stockpot and deglaze with brandy &
- 6 Add the brandy, wine pan juice to the stockpot and reduce by half.
- 7 Add the fish stock and allow to simmer for 3 - 4 hours.
- 8 Strain stock through a china cap.
- 9 Heat up rondou and saute the shrimp meat, deglaze the pan with th
brandy.
- 10 Add the shrimp/lobster stock to the rondou with shrimp.
- 11 Bring the bisque to a simmer and make a brown roux.
- 12 Add some of the stock (no meat) into the roux and incorporate with
- 13 Gradually add the stock to the roux (strain meat) until fully incorpora
- 14 Lumps. Add the shrimp meat back to the bisque and add the cream.
- 15 Bring to a simmer and season with salt and paprika.

16 Vent and refrigerate for service.

Equipment and Small Wares

Stockpot, Sauepan, Chef Knife, Wooden Spoon, Scale, Measureing

Notes

If using live lobster, cut through the brain and down to its tail. Release
Separate the tails and claws from the body.



Ed. 8

TOTAL	
\$	2.00
\$	0.33
\$	0.15
\$	0.24
\$	-
\$	17.51
\$	18.15
\$	-
\$	0.01
\$	3.02
\$	8.92
\$	0.15
\$	-
	\$50.49

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Standardized Recipe and Cost Card



Menu item: Fish Stock

Date: 08-Jan-08

Source: Prof. Chef Ed. 8

By: Jeess

Yield: 3.84 L

Portion Size: 0.384 L

of portions 10 ptn

Cost per portion: \$3.27

Selling price: \$9.90

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Vegetable Oil	0.060	L	1	L	\$1.25	100%	\$ 0.08
Halibut Fish Bones	4.990	Kg	1	Kg	\$5.04	100%	\$ 25.15
Onions	0.277	Kg	1	Kg	\$0.55	100%	\$ 0.15
Celery	0.113	Kg	1	Kg	\$1.50	100%	\$ 0.17
Leeks	0.113	Kg	1	Kg	\$3.20	100%	\$ 0.36
Cold Water	4.800	L	1	L	\$0.00	100%	\$ -
White Wine	0.480	L	1	L	\$2.06	100%	\$ 0.99
Salt	0.010	Kg	1	Kg	\$1.67	100%	\$ 0.02
Ice	as needed		1	L	\$0.00	100%	\$ -
SACHET							
Parsley Stems (50g)	2	Bunch	1	Bunch	\$1.40	100%	\$ 2.80
Thyme Sprig (50g)	2	Bunch	1	Bunch	\$1.40	100%	\$ 2.80
Bay leaf	0.003	Kg	1	Kg	\$34.61	100%	\$ 0.10
Cracked Peppercorns	0.002	Kg	1	Kg	\$20.85	100%	\$ 0.04
TOTAL COST:							\$32.66

Preparation Procedure

- 1 Heat oil in a large rondeaux and add the bones and mirepoix. Cover the pot and sweat the bones and mirepoix over medium heat for 10 - 12 minutes until the mirepoix is soft and the bones are opaque.
- 2 Add the water, ice, wine, salt, and sachet (herbs). Bring mixture to a simmer.
- 3 Simmer for 45 minutes, skimming the surface as necessary.
- 4 Strain stock through layers of cheesecloth in a china cap.
- 5 Vent the stock, cooling rapidly, and store.

Equipment and Small Wares

Stockpot, Rondeaux, Chef Knife, Cheesecloth, China Cap

Standardized Recipe and Cost Card



Menu item: Crème Fraiche

Date: 09-Oct-07

Source: Chef Steve

By: 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: Mushroom Strudel With Goat Cheese

Date: 08-Jan-08

Source: Professional Chef

By: Joe

Yield: 1.5 Kg

Portion Size: 0.15 Kg

of portions: 10 ptn

Cost per portion: \$4.26

Selling price: \$10.66

Food cost percentage: 40%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Olive Oil	0.120	L	1	L	\$6.54	100%	\$ 0.78
Shitake mushrooms*	0.600	Kg	1	Kg	\$15.82	98%	\$ 9.69
Cremini mushrooms*	1.000	Kg	1	kg	\$4.15	98%	\$ 4.23
Button mushrooms*	1.000	Kg	1	Kg	\$8.79	98%	\$ 8.97
Shallots, finely chopped	0.200	Kg	1	Kg	\$2.81	98%	\$ 0.57
Garlic, finely chopped	0.075	Kg	1	Kg	\$4.42	98%	\$ 0.34
Dry Sherry	0.240	L	1	L	\$3.98	100%	\$ 0.96
Goat Cheese, room temp	0.340	Kg	1	Kg	\$17.62	100%	\$ 5.99
Chives, chopped	1.000	bunch	1	bunch	\$1.09	100%	\$ 1.09
Thyme, chopped	0.250	bunch	1	bunch	\$1.09	95%	\$ 0.29
Salt	0.010	Kg	1	Kg	\$1.15	100%	\$ 0.01
Ground Black Pepper	0.002	Kg	1	Kg	\$3.31	100%	\$ 0.01
Puff Pastry	2.5	sheet	1	sheet	\$3.88	100%	\$ 9.70
TOTAL COST:							\$42.63

Preparation Procedure

- 1 Heat 1/2 floz of the oil medium-high heat in a large saute pan. In batches, saute the mushrooms until they are golden brown. Drain any liquid that accumulates in the pan. Remove the mushrooms and set aside.
- 2 In the same pan, saute the shallots and garlic until the shallots are lightly browned, about 5 minutes. Add the sauted mushrooms to the pan.
- 3 Reduce the heat to medium-low and deglaze the pan with the sherry. Cook until liquid reduces and becomes slightly syrupy. Remove the pan from the heat and allow it to cool to room temperature.
- 4 Stir the goat cheese, chives, and thyme into the mushroom mixture. Season with salt and pepper.
- 6 Spread 1/5 of the mushroom-cheese filling over the top sheet of puff pastry, leaving a 3cm space around the edges of the dough. Roll tightly, folding in the edges, to form a log. Place seam side down onto a half sheet pan lined with parchment. Repeat the process to form a total of 5 strudels.
- 7 Bake at 375°F for 30 to 35 minutes, or until golden brown and crisp. Slice into 10 servings and serve with the sauce and sour cream.

Equipment and Small Wares

Scale, Knife, Sheet Pan, Parchment, Measuring Cup, Saute Pan, Wooden Spoon, Bowls

Notes

- 1 Use only the mushroom caps. Reserve the stems for the mushroom fumet.

Standardized Recipe and Cost Card



Menu item: Beet Green/Swiss Chard Saute

Date: Jan. 9, 2008

Source: Chef Steve Bennis

By: Emily

Yield: 0.5 kg

Portion Size: 0.05 kg

of portions 10 ptn

Cost per portion: \$0.19

Selling price: \$0.57

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Beet Greens and/or Swiss Chard	0.600	Kg	11	Kg	\$2.84	90%	\$0.17
Canola Oil	0.015	L	1	L	\$1.25	100%	\$0.02
Bacon	0.100	Kg	1	Kg	\$4.17	90%	\$0.46
Roasted Garlic	0.100	Kg	1	Kg	\$4.42	100%	\$0.44
Salt	0.005	Kg	1	Kg	\$1.68	100%	\$0.01
Black Peppercorns, ground	0.005	Kg	1	Kg	\$20.85	100%	\$0.10
Honey*	0.005	l	1	l	\$4.17	100%	\$0.02
onion sprouts	0.075	kg	1	kg	\$8.13	95%	\$0.64
TOTAL COST:							\$1.87

Preparation Procedure

- 1 Clean beet greens, removing any dirt.
- 2 Heat saute pan. Once pan is warm add oil. Once oil is warmed, add bacon, cook until rendered.
- 3 Add roasted garlic, beet greens and/or Swiss Chard to pan.
- 4 Season with salt and pepper.
- 5 Saute mixture until greens are barely wilted.
- 6 Taste reseason if necessary, using salt, pepper, and honey.

Equipment and Small Wares

Scale, Bowls, Measuring Cups, Chef Knife, Saute Pan, Wooden Spoons

Notes

* Quantity is for pricing purposes only. Use as needed.

Standardized Recipe and Cost Card



Menu item: Escargot

Date: Jan 10/08

Yield: 0.35 kg

Source: Chef Steve

Portion Size: 0.035 kg

By: Jackie

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			
Snails	50	each	1	each	\$0.05	100%	2.50
Onions, caramelized	0.050	kg	1.000	Kg	\$1.04	100%	0.05
Mushrooms	0.100	kg	1.000	kg	\$8.79	100%	0.88
Thai Chili Sauce	0.050	Kg	1.000	Kg	\$5.49	100%	0.27
Beef Glace	0.100	L	1.000	L	\$10.50	100%	1.05
Heavy Cream	0.100	L	1.000	L	\$4.46	100%	0.45
Butter	0.200	Kg	1.000	Kg	\$10.09	100%	2.02
Salt	0.010	Kg	1.000	Kg	\$1.68	100%	0.02
Black Peppercorns, ground	0.015	Kg	1.000	Kg	\$20.85	100%	0.31
Garlic	0.100	Kg	1.000	Kg	\$5.92	100%	0.59
TOTAL COST:							\$8.14

Preparation Procedure

- 1 Clean mushrooms. Remove stems, reserve for mushroom fumet. Cut mushrooms into quarters.
- 2 Heat saute pan on medium-high. Add butter, and let melt.
- 3 Add onions, mushroom caps, shallots and garlic. Saute until soft.
- 4 Add 5 snails and saute for about 5 minutes.
- 5 Deglaze the pan with the red wine. Reduce until au sec.
- 6 Add the thai chili sauce, beef glaze, peppercorns and bring to simmer.
- 7 Add the cream and season with salt and pepper to taste.

Equipment and Small Wares

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

Standardized Recipe and Cost Card



Menu item: Garlic Bread

Date: 08-Jan-08

Source: Prof. Chef Ed. 8

By: Jess

Yield: 0.575 kg

Portion Size: 0.057 kg

of portions 10 ptn

Cost per portion: \$0.41

Selling price: \$1.23

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Baguette*	1	ea	1	ea	\$0.16	100%	\$ 0.16
Garlic, minced	0.030	kg	1.000	kg	\$5.92	95%	\$ 0.19
Butter, soften	0.400	kg	1.000	kg	\$8.45	100%	\$ 3.38
Parsley, chopped fine	0.25	bunch	1	bunch	\$1.40	95%	\$ 0.37
TOTAL COST:							\$4.10

Preparation Procedure

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

Equipment and Small Wares

Robot Coupe, Chef Knife, Scale, Saucepot, Oven/Salamander

Notes

* 1 baguette weighs 350g

Standardized Recipe and Cost Card



Menu item: Thai Vegetable Spring Rolls

Date: Jan. 8, 2008

Source: Chef David Hawey

By: Emily

Yield: 10 ptn
Dinner Portion Size: 1.5 rolls
Lunch Portion Size: 1.5 rolls

Lunch
Cost/ptn: \$0.77
FC%: 33%
Selling Price: \$2.33

Dinner
Cost/ptn: \$0.77
FC%: 33%
Selling Price: \$2.33

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Cilantro leaves, chopped	0.75	bn	1	bn	\$1.09	100%	\$0.82
Red pepper, julienne	0.233	kg	1.000	kg	\$6.88	75%	\$2.14
Carrot, julienne	0.278	kg	1.000	kg	\$0.66	75%	\$0.24
Daikon, julienne	0.233	kg	1.000	kg	\$0.96	80%	\$0.28
8.5" round rice paper	15	ea	1	ea	\$0.04	100%	\$0.60
Black sesame seeds	0.023	kg	1.000	kg	\$12.20	100%	\$0.28
White sesame seeds	0.023	kg	1.000	kg	\$9.75	100%	\$0.22
Mixed greens	0.150	kg	1.000	kg	\$12.88	95%	\$2.03
Bok choy, julienne	0.200	kg	1.000	kg	\$0.72	85%	\$0.17
Pickled ginger	0.045	kg	1.000	kg	\$11.01	100%	\$0.50
Mirin	0.090	L	1.000	L	\$4.60	100%	\$0.41
Toasted sesame oil	0.020	L	1.000	L	\$0.05	100%	\$0.001
Rice vinegar	0.020	L	1.000	L	\$0.12	100%	\$0.002
Thai Chili Sauce	0.300	L	1.000	L	\$4.17	100%	\$1.25
TOTAL COST:							\$7.70

Preparation Procedure

- 1 Bring a pot of salted water to a boil. Using daikon first, carrot second, and red
- 2 Soak rice paper for 1 minute, pat dry with paper towel.
- 3 Sprinkle sesame seeds on rice paper, staying in the middle section.
- 4 Place mixed greens on sesame seeds. Place bok choy on mixed greens.
- 5 Layer julienne vegetables on bok choy. Top with cilantro and pickled ginger.
- 6 To roll: wrap in sides, then top and bottom, ensuring ends are tight and straight. Keep on parchment lined sheet pans.
- 8 Combine Mirin, sesame oil, rice vinegar. Place in clean spray bottle.
- 9 Before service, spray spring roll with oil mixture.
- 10 Serve 1.5 spring rolls with 30ml of Thai Chili Sauce.

Equipment and Small Wares

Scale, Bowls, Measuring Cups, Chef Knife, Saucepots, Paper Towel, Spray Bottle, Parchment Paper, Sheet Pans

Standardized Recipe and Cost Card



Menu item: Thai Chili Dipping Sauce

Date: Jan. 8, 2008
Source: Chef David Hawey
 By: Emily

Yield: 0.300 L
Portion Size: 0.030 L
of portions: 10 ptn
Cost per portion: \$0.13

Selling price: \$0.38
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Tamarind Chutney	0.038	L	1.000	L	\$13.64	100%	\$0.51
Mirin	0.120	L	1.000	L	\$4.60	100%	\$0.55
Rice Vinegar	0.060	L	1.000	L	\$0.12	100%	\$0.01
Pickled Ginger, chopped	0.015	L	1.000	L	\$8.33	100%	\$0.12
Toasted Sesame Oil	0.002	L	1.000	L	\$19.98	100%	\$0.04
Corn Starch*	0.002	kg	1.000	kg	\$4.23	100%	\$0.01
Water	0.075	L	1.000	L	\$0.00	100%	\$0.00
TOTAL COST:							\$1.25

Preparation Procedure

- 1 Mix together chutney, mirin, vinegar, ginger and oil in a saucepan.
- 2 Bring mixture to a simmer.
- 3 Mix together corn starch and water to make a slurry.
- 4 Thicken chutney mixture with corn starch slurry.
- 5 Remove mixture from heat, and refrigerate.

Equipment and Small Wares

Scale, Bowls, Measuring Cups, Scale, Saucepot, Wooden Spoon

Notes

* The amount for corn starch is used for pricing purposes only. Use as needed to thicken.

Standardized Recipe and Cost Card



Menu item: Baby Greens Salad with Citrus
Vinaigrette
Yield: 0.6 kg
Portion Size: 0.06 kg
of portions: 10 ptn
Cost per portion: \$2.27

Date: 08-01-09
Source: Chef Steve
By: Ryan

Selling price: \$6.89
Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Baby Greens	0.600	kg	1.000	kg	\$11.75	100%	\$ 7.05
Orange, segmented*	5.000	ea	1.000	ea	\$0.32	80%	\$ 2.00
Lemon, segmented*	4.000	ea	1.000	ea	\$0.28	80%	\$ 1.40
Lime, segmented*	4.000	ea	1.000	ea	\$0.15	80%	\$ 0.75
Grapefruit, segmented*	3.000	ea	1.000	ea	\$1.02	80%	\$ 3.83
Almonds, sliced, toasted	0.100	kg	1.000	kg	\$22.15	100%	\$ 2.22
Onion Sprouts	0.200	kg	1.000	kg	\$8.13	100%	\$ 1.63
Citrus Vinaigrette	0.300	L	0.300	L	\$3.86	100%	\$ 3.86
TOTAL COST:							\$22.73

Preparation Procedure

- 1 In a pan toast the almonds until a nice golden brown. DO NOT OVERCOOK!!
- 3 Wash baby greens and onion sprouts and reserve.
- 4 Segment oranges, limes, lemons, grapefruit and reserve.
- 5 In a bowl mix 60g of baby greens and 30ml of citrus vinaigrette.
- 6 Plate and garnish with 10g of toasted almonds, 5 orange segments, 3 lemon segments, 3 lime segments, 3 grapefruit segments, and 20g of onion sprouts.
- 7 Serve immediately.

Equipment and Small Wares

Pan, Scale, Measuring Cup, Bowls, Ladle, Chef Knife, Paring Knife, Colander

Notes

Oranges* 5 segments per salad
 Lemons* 3 segments per salad
 Limes* 3 segments per salad
 Grapefruit* 3 segments per salad

Standardized Recipe and Cost Card



Menu item: Citrus Vinaigrette

Date: 08-09-01

Source: Cooking from the Hip

By: Ryan

Yield: 0.3 L

Portion Size: 0.03 L

of portions 10 ptn

Cost per portion: \$0.39

Selling price: \$1.17

Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Orange juice	1.000	L	1.000	L	\$1.21	100%	\$ 1.21
Lemons, juice of	1.000	ea	1.000	ea	\$0.30	50%	\$ 0.60
Limes, juice of	0.750	ea	1.000	ea	\$0.25	50%	\$ 0.38
White wine vinegar	0.030	L	1.000	L	\$4.64	100%	\$ 0.14
Honey	0.040	L	1.000	L	\$23.83	100%	\$ 0.95
Grainy Mustard	0.008	L	1.000	L	\$8.81	100%	\$ 0.07
Canola oil	0.375	L	1.000	L	\$1.25	100%	\$ 0.47
Salt	0.002	kg	1.000	kg	\$1.67	100%	\$ 0.00
Ground white pepper	0.002	kg	1.000	kg	\$20.34	100%	\$ 0.04
TOTAL COST:							\$3.86

Preparation Procedure

- 1 Place orange juice, lemon juice, and lime juice into a food processor or blender and mix for 2 minutes.
- 2 Emulsify the dressing, by gradually adding oil to blender while it is mixing.
- 3 Season with salt and white pepper. Taste and reseason if necessary. Keep in refrigerator for up to 7 days. Reblend or whisk before each use.

Equipment and Small Wares

Bowls, Measuring Cups, Scale, Whisk, Robot Coupe

Standardized Recipe and Cost Card



Menu item: Grilled Vegetable Tower

Date: Jan 10/08

Source: Chef Steve

By: Jackie

Yield: 2.6 l/kg

Portion Size: 0.26 l/kg

of portions 10 ptn

Cost per portion: \$1.42

Selling price: \$4.30

Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Green Zucchini	0.200	Kg	1	Kg	\$3.66	95%	\$0.77
Yellow Zucchini	0.200	Kg	1	Kg	\$4.69	95%	\$0.99
Red Pepper	0.200	Kg	1	Kg	\$6.87	95%	\$1.45
Yellow Pepper	0.200	Kg	1	Kg	\$7.16	95%	\$1.51
Eggplant	0.500	ea	1	ea	\$2.06	95%	\$1.08
Salt	0.006	Kg	1	Kg	\$1.40	100%	\$0.01
Pepper	0.003	Kg	1	Kg	\$17.15	100%	\$0.05
Canola Oil	0.200	L	1	L	\$1.25	100%	\$0.25
Boconchini	0.600	Kg	1	Kg	\$11.96	100%	\$7.18
Roasted Tomato Slices*	0.100	kg	0.1	kg	\$0.90	100%	\$0.90
TOTAL COST:							\$14.18

Preparation Procedure

- 1 Wash all vegetables and soak skewers.
- 2 Cut peppers into quarters. Remove stem, seeds and ribs.
- 3 Slice zucchini on a bias.
- 4 Slice eggplant on a bias. Rest eggplant in salt water for 1 hour then rinse thoroughly.
- 5 Season all vegetables with salt, pepper, and oil and grill separately.
- 6 Assemble towers, skewering the vegetables and cheese through the center. Order of the vegetables and cheese starting at the bottom: eggplant, yellow zucchini, cheese, red pepper, green zucchini, cheese, yellow pepper, cheese, tomato. Rotate each vegetable at 90 degrees when putting it on top of the one before it.
- 7 At service, heat towers in oven until the cheese is melted and the vegetables are warm.

Equipment and Small Wares

scale, skewers, cutting board, knives, tongs

Notes

* See other cost card.

Standardized Recipe and Cost Card



Menu item: Slow Roasted Tomato Slices

Yield:	10 slices	Date:	08-Jan-08
Portion Size:	1 slice	Source:	Chef Steve
# of portions	10		By: Jen
Cost per portion:	\$0.09	Selling price:	\$0.27
		Food cost percentage:	33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Roma Tomatoes	0.100	kg	11.350	kg	\$ 30.23	90%	\$0.30
Canola Oil	0.033	L	1	L	\$ 1.25	100%	\$0.04
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:							\$0.90

Preparation Procedure

- 1 Wash and remove the ends off the tomatoes.
- 2 Slice the tomatoes 1/2 inch thick.
- 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 until the tomatoes start to brown.
- 6 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

Standardized Recipe and Cost Card



Menu item: Polenta

Date: Jan 10/08

Source: C.I.A. Pro Cooking

By: Jackie

Yield: 0.5 Kg

Portion Size: 0.05 ptn

of portions 10 ptn

Cost per portion: \$0.14

Selling price: \$0.42

Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Water	1.500	L	1	L	\$0.00	100%	\$0.00
Salt	0.012	Kg	1	Kg	\$1.40	100%	\$0.02
Garlic	0.012	Kg	1	Kg	\$1.35	100%	\$0.02
Onions	0.018	Kg	1	Kg	\$0.15	100%	\$0.00
Black Pepper	0.003	Kg	1	Kg	\$17.15	100%	\$0.05
Corn	0.060	Kg	1	Kg	\$1.94	100%	\$0.12
Cilantro	0.600	bunch	1	bunch	\$1.09	75%	\$0.87
Cornmeal	0.300	Kg	1	Kg	\$1.01	100%	\$0.30
TOTAL COST:							\$1.38

Preparation Procedure

- 1 Fine brunoise garlic and onions. Chiffinade cilantro.
- 2 Oil corn, season with salt and pepper.
- 3 Heat saute pan. Add oil, and heat. Add garlic and onions and saute until
- 4 tender. Add corn, char until slightly blackened. Reserve until cornmeal is cooked.
- 5 Bring water to a boil and season with salt.
- 6 Very slowly sprinkle cornmeal into boiling water, stirring constantly.
- 7 After adding all cornmeal, reduce heat to low, stirring constantly. The polenta will become thicker as it cooks and will eventually start to pull away from the sides of the pot. This will take 10 minutes.
- 8 Stir corn, garlic, onions, and cilantro into polenta.
- 9 Place polenta into a large hotel pan.
- 10 After cooled, portion into 50g round cakes.

Equipment and Small Wares

saute pan, sauce pot, cutting board, measuring cup, scale, wire whip, wooden spoon

Notes

- 1 Cornmeal must be added slowly to avoid clumping.

Standardized Recipe and Cost Card



Menu item: Tomato Sauce

Date: Jan 10/08

Source: Pro Chef Pg. 384

By:Jackie

Yield: 0.9 l

Portion Size: 0.09 l

of portions 10 ptn

Cost per portion: \$1.55

Selling price: \$4.69

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Canola oil	0.014	L	1	L	\$1.64	100%	\$0.02
onions, brunoise	0.300	kg	1	kg	0.15	95%	\$0.05
garlic, fine brunoise	0.200	kg	1	kg	\$1.35	80%	\$0.34
Canned plum tomatoes	1.064	L	1	L	\$1.13	100%	\$0.34
Salt	0.001	kg	1	kg	\$1.67	100%	\$0.00
Black pepper	0.001	kg	1	kg	\$20.85	100%	\$0.02
White wine	0.25	L	1	L	\$17.60	100%	\$4.40
Basil	3	bunch	1	bunch	\$1.09	80%	\$4.09
Thyme	1	bunch	1	bunch	\$1.09	80%	\$1.36
Vegetable stock	2	L	1	L	\$0.96	100%	\$1.92
Oregano	1	bunch	1	bunch	\$1.14	80%	\$1.43
Garlic	0.01	kg	1	kg	\$4.42	95%	\$0.05
Shallots	0.025	kg	1	kg	\$2.81	95%	\$0.07
White Wine	0.15	L	1	L	\$9.33	100%	\$1.40
TOTAL COST:							\$15.48

Preparation Procedure

- 1 Cover your garlic in oil and roast.
- 2 Remove the excess oil from your garlic.
- 3 Heat large pot. Add some of the garlic oil, and heat. Add onions and sweat until translucent. Add garlic back to the pot.
- 4 Wash and de-steam all of your herbs. When they are dry chop them up.
- 5 Add your chopped herbs and saute until there's a strong aroma.
- 6 Deglaze your pan with white wine.
- 7 Add tomatos.
- 8 Reduce tomatoes for about 5 to 10 minutes.
- 9 Thin out the sauce to the desired consistency with vegetable stock.
- 10 Reserve for service.

Equipment and Small Wares

cutting board, knives, saute pan, liquid measure, stainless steel bowls, scale, saucepot, wooden spoon

Notes

Standardized Recipe and Cost Card



Menu item: Bocchini

Date: Jan 10/08

Source: Chef Steve

By: Jackie

Yield: 0.907 l/kg

Portion Size: 0.06 l/kg

of portions 10 ptn

Cost per portion: \$0.76

Selling price: \$2.30

Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Salt	0.113	Kg	1	Kg	\$1.40	100%	\$0.16
Cheese Curd	0.605	Kg	1	Kg	\$11.70	100%	\$7.08
Water	2.560	L	1	L	\$0.00	100%	\$0.00
Olive Oil	0.030	L	1	L	\$6.54	100%	\$0.20
Sherry Vinegar	0.010	L	1	L	\$9.51	100%	\$0.10
Basil, chiffonade	0.010	Kg	1	Kg	\$3.63	100%	\$0.04
Red Pepper Flakes	0.002	Kg	1	Kg	\$17.86	100%	\$0.04
TOTAL COST:							\$7.60

Preparation Procedure

- 1 Add salt to water and bring to 160°F/71°C. Remove from heat.
- 2 Lower the cheese curd in a colander into the hot water; the curds must be completely submerged.
- 3 Work the curd with wooden spoons, stretching it until it becomes a smooth but stringy mass. Maintain the water temperature at a constant 160°F/71°C.
- 4 Remove the cheese from the water and continue stretching until the curd is smooth, being careful not to overwork or the cheese will become tough.
- 5 On plastic wrap, form the cheese into a long tube, 3 inches / 8 cm in diameter, and roll up. Hold for 8 hours under refrigeration.
- 6 Remove plastic wrap and slice into 20g slices.
- 7 Add olive oil, sherry vinegar, basil, and red pepper flakes. Marinate overnight.

Equipment and Small Wares

scale, cutting board, knives, saucepot, colander, plastic wrap, bowls, liquid measures

Notes

1

Standardized Recipe and Cost Card



Menu item: Fresh Egg Pasta

Date: Jan. 8, 2008

Source: Prof. Chef P.855

By: Rob

Yield: 0.77 kg
 Dinner Ptn Size: 0.077 kg
 Lunch Ptn Size: 0.055 kg

Lunch
 Cost/ptn: \$0.30
 FC%: 33%
 Selling Price: \$0.90

Dinner
 Cost/ptn: \$0.42
 FC%: 33%
 Selling Price: \$1.27

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	3.79	kg	\$51.37	100%	\$0.46
TOTAL COST:							\$4.18

Preparation Procedure

- 1 Combine the flour and salt, making well in the center. Place the eggs, 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, 4-5 minutes. 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 cut into desired shapes.

Equipment and Small Wares

scale, bowls, liquid measures, knives, fork

Standardized Recipe and Cost Card



Menu item: Mushroom & Goat Cheese Ravioli

Date: Jan 8 2008

Source: Cooks.com

Yield: 1.4 kg
Dinner Size Ptn: 0.14 kg
Lunch Size Ptn: 0.1 kg

Lunch
Cost/ptn: \$2.64
FC%: 33%
Selling Price: \$7.99

By: Rob
Dinner
Cost/ptn: \$3.69
FC%: 33%
Selling Price: \$11.19

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
button mushroom caps, cleaned	0.750	Kg	2.5	kg	\$9.42	100%	\$2.83
cremini caps, cleaned	0.750	kg	2.5	kg	\$9.42	100%	\$2.83
Shitake caps, cleaned	0.500	kg	1.5	kg	\$21.51	100%	\$7.17
roasted garlic, pureed	0.200	kg	5	kg	\$20.07	98%	\$0.82
goat chesse	0.700	Kg	2	kg	\$35.24	100%	\$12.33
green onions, bias	0.300	Kg	25	kg	\$16.83	97%	\$0.21
canola oil	0.088	L	16	L	\$19.93	100%	\$0.11
thyme, chopped	1.000	bunch	6	bunch	\$6.52	90%	\$1.21
rosemary, chopped	0.500	bunch	6	bunch	\$6.52	90%	\$0.60
egg wash	2.00	ea	1	ea	\$0.18	100%	\$0.36
pepper	0.01	kg	1	kg	\$20.85	100%	\$0.10
salt	0.01	kg	1	kg	\$1.67	100%	\$0.01
fresh egg pasta	1.54	kg	0.77	kg	\$4.18	100%	\$8.36
TOTAL COST:							\$36.94

Preparation Procedure

- 1 Remove stems from mushrooms and reserve for mushroom fumet.
- 2 Dice mushrooms.
- 2 Heat 2 pans. Add oil to hot pans.
- 3 In first pan, saute onion whites until translucent. Add thyme and rosemary. Season with salt and pepper.
- 4 In second pan, saute mushrooms until tender. Season with salt and pepper.
- 5 Combine mushrooms and onions in a bowl. Stir in green onions.
- 6 Place mushroom mixture over ice bath, stir until cooled. Once cooled pulse in food processor.
- 7 Add goat cheese and roasted garlic to mushroom mixture, stirring to mix. Season mixture to taste.
- 8 Roll out egg pasta using pasta machine to number 5 or 6.
- 9 Put approximately 20g of filling 2" apart on pasta. Brush egg wash around filling. Place another sheet of dough on top of first sheet, pressing down around filling. Cut out pasta into 2" squares.
- 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

Saute Pan, Knife, Cutting Board, Measuring Cup, Wooden Spoon, scale
 pastry brush, bowls, saucepot, rolling pin or pasta roller

Notes

Standardized Recipe and Cost Card



Menu item: Crispy Onions

Date: Jan. 9, 2008

Source: Chef Steve Bennis

By: Emily

Yield: 0.25 kg

Portion Size: 0.025 kg

of portions: 10 ptn

Cost per portion: \$0.23

Selling price: \$0.70

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Spanish onions	0.300	kg	1	kg	\$1.22	90%	\$ 0.41
milk	0.500	l	1	l	\$2.02	100%	\$ 1.01
cornstarch	0.100	kg	1	kg	\$4.23	100%	\$ 0.42
powered chicken base	0.100	kg	1	kg	\$3.07	100%	\$ 0.31
flour	0.100	kg	1	kg	\$0.53	100%	\$ 0.05
salt	0.005	kg	1	kg	\$1.68	100%	\$ 0.01
pepper	0.005	kg	1	kg	\$20.85	100%	\$ 0.10
TOTAL COST:							\$2.31

Preparation Procedure

- 1 Peel onions. Thinly slice on meat slicer.
- 2 Place onions in a hotel pan and cover completely with milk
- 3 Make coating mixture: combine cornstarch, chicken base, flour, salt, and pepper.
- 4 Shake excess milk from onions. Place onions in coating mixture, ensuring all surfaces of onion are covered.
- 5 Shake excess coating from onions.
- 6 Deep fry onions until lightly browned.

Equipment and Small Wares

scale, bowls, liquid measures

Notes

1

Standardized Recipe and Cost Card



Menu item: Mushroom Fumet

Date: Jan. 9, 2008

Source: Prof. Cooking p.155

By: Rob

Yield: 2.5 l
Reduced Yield: 0.9 l
Dinner Ptn Size: 0.09 l
Lunch Ptn Size: 0.06 l

Lunch
Cost/ptn: \$0.20
FC%: 33%
Selling Price: \$0.60

Dinner
Cost/ptn: \$0.29
FC%: 33%
Selling Price: \$0.89

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Water, cold	2.813	L	-	-	-	100%	\$ -
Garlic, chopped	0.005	Kg	4.54	Kg	\$ 20.07	95%	\$ 0.02
Carrots, rough chop	0.050	kg	11.35	kg	\$ 9.04	90%	\$ 0.04
Celery, rough chop	0.050	kg	4.54	kg	\$ 13.50	90%	\$ 0.17
Leeks, rough chop	0.2	Ea	20	Ea	\$ 9.97	80%	\$ 0.12
Mushrooms	0.039	Kg	2.27	Kg	\$ 9.34	95%	\$ 0.17
Mushroom Stems*	all						
Dried Mushrooms	0.078	Kg	1	Kg	\$ 23.97	100%	\$ 1.87
Fennel Fronds, sliced	0.100	Ea	96	Ea	\$ 26.89	65%	\$ 0.04
Canola oil	0.014	L	12	L	\$ 65.10	100%	\$ 0.08
Bay Leaf	0.002	Kg	60	Kg	\$ 4.27	100%	\$ 0.01
Thyme, sprig	0.013	Bunch	6	Bunch	\$ 6.52	100%	\$ 0.01
Parsley Stems	0.013	Bunch	12	Bunch	\$ 7.90	100%	\$ 0.01
Cracked Black Peppercorns	0.002	Kg	0.575	kg	\$11.01	100%	\$ 0.03
minors veg base**	0.050	kg	1	Kg	\$7.33	100%	\$ 0.37
TOTAL COST:							\$2.95

Preparation Procedure

- 2 Sweat the vegetables in a stockpot. Place a saute pan over high heat. Once warm add the oil. Add carrots to the pan, sweat for 4 minutes. Add celery and leeks to the pan, sweat for another 2 minutes. Add garlic, mushrooms, mushroom stems, fennel fronds, and dried mushrooms, sweat for another 2 minutes, until all vegetables are tender.
- 3 Add water. Turn heat to high.
- 4 Make the sachet: combine bay leaf, thyme, parsley stems, and peppercorns in cheesecloth. Tie with butcher string. Add to stockpot.
- 5 Once mixture comes to a boil, reduce the heat to low, so mixture continues to simmer.
- 6 Simmer for 30 - 45 minutes, degrease as necessary.
- 7 Strain the stock and degrease.
- 8 Put strained stock in a rondelle, reduce by at least half.

Equipment and Small Wares

scale, liquid measures, bowls, saute pan, wooden spoon, stock pot, 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.
- * Use all mushroom stems taken off mushrooms for angolotti.
- ** Only use the minors veg base as necessary to intensify the flavour of fumet.

Standardized Recipe and Cost Card



Menu item: Pan Seared Arctic Char

Date: 08-Jan-08

Source: Alex Bolton

By: Alex

Yield: 1.500 Kg

Portion Size (Lunch): 0.150 Kg

Portion Size (Dinner): 0.225 Kg

of portions 10 ptn

Cost per portion (Lunch): \$ 0.82

Cost per portion (Dinner): \$ 1.21

Selling price:

Food cost percentage: To be applied on the final plate.

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Arctic Char Fillets	2.250	Kg	1	Kg	\$ 4.73	90%	\$ 11.83
Salt	0.015	Kg	1	Kg	\$ 1.68	100%	\$ 0.03
Ground Black Peppercorns	0.007	Kg	1	Kg	\$ 20.84	100%	\$ 0.15
Butter	0.050	Kg	1	Kg	\$ 10.30	100%	\$ 0.52
Canola Oil	0.100	L	1	L	\$ 1.25	100%	\$ 0.13
TOTAL COST:							\$12.64

Preparation Procedure

- 1 Clean the arctic char (if necessary), and ensure all bones are removed, and remove the skin.
- 2 Season the skin with salt and pepper. Coat in oil and bake at 350F until crispy.
- 3 Cut the arctic char into 150 gram portions (lunch), and 225 gram portions (dinner).
- 4 Season the fish with salt and pepper and sear in hot saute pan with canola oil & butter.
- 5 Sear the presentation side and place in the oven to finish cooking to the desired doneness.
- 6 Ready for service.

Equipment and Small Wares

Cutting Board, French/Fillet Knife, Weigh Scales, Saran Wrap, French Saute Pan, Small Bowls, Tongs, Offset Spatula, Mortar & Pestle.

Notes

- 1 The canola oil is as needed, 100 mL is there for pricing purposes.
- 2 The butter is as needed, 50 grams is there for pricing purposes.

Standardized Recipe and Cost Card



Menu item: Mussel Citrus Nage

Date: 08-Jan-08

Source: Olaf Mertens
From The Hip, P110
By: Alex

Yield: 1.25 Kg
Portion Size: 0.125 Kg
of portions: 10 ptn
Cost per portion: \$2.59

Selling price: \$6.47
Food cost percentage: 40%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Red Pepper	0.250	Kg	1	Kg	\$ 2.40	90%	\$ 0.67
Yellow Pepper	0.250	Kg	1	Kg	\$ 7.15	90%	\$ 1.99
Carrot	0.250	Kg	1	Kg	\$ 0.88	90%	\$ 0.24
Green Zucchini	0.125	Kg	1	Kg	\$ 2.19	95%	\$ 0.29
Yellow Zucchini	0.125	Kg	1	Kg	\$ 3.37	95%	\$ 0.44
Celery	0.125	Kg	1	Kg	\$ 1.99	90%	\$ 0.28
Pearl Onions, whole	0.300	Kg	1	Kg	\$ 9.08	100%	\$ 2.72
Mussels, shell on	1.100	Kg	1	Kg	\$ 3.00	100%	\$ 3.30
Shallots, minced	0.075	Kg	1	Kg	\$ 2.82	95%	\$ 0.22
White Wine	0.300	L	1	L	\$ 2.07	100%	\$ 0.62
Lemon Juice	0.600	L	1	L	\$ 2.34	100%	\$ 1.40
Salt	0.010	Kg	1	Kg	\$ 1.68	100%	\$ 0.02
Ground Black Peppercorns	0.005	Kg	1	Kg	\$ 20.84	100%	\$ 0.10
White Wine/Lemon Butter Sauce	0.600	L	0.6	L	\$ 7.40	100%	\$ 7.40
Butter, medium dice	0.600	Kg	1	Kg	\$ 10.30	100%	\$ 6.18
TOTAL COST:							\$25.88

Preparation Procedure

- 1 Cut the peppers, carrot, zucchinis, and celery stalk into narrow strips, then cut on an angle to form diamond-shaped pieces.
- 2 In cold water, wash and scrub the mussels (removing the beards). Discard any broken or open mussels.
- 3 In a large saute pan, saute mussels, shallots.
- 4 Add white wine and lemon juice. Cover and steam for 3 minutes.
- 5 Remove the mussels and set the broth aside for later. Carefully remove half of each mussel shell, keeping the part of the shell that contains the meat.
- 6 Take the mussel juice strain it and use it to make the white wine lemon butter sauce.
- 7 Heat butter in a saute pan and saute the veg.
- 8 Deglaze with white wine and add the cooked mussels.
- 9 Add the sauce to this mixture and monte au buerre to finish the dish at service
- 10 Serve with the arctic char and rice cake immediately.

Equipment and Small Wares

Measuring Cup, Weigh Scales, Cutting Board, French Knife, Pairing Knife, Ladle, Whisk, Saute Pan, Small Bowls, Large Spoon, Small Spoons, Colander, China Cap.

Notes

Standardized Recipe and Cost Card



Menu item: White Wine Lemon Butter Sauce

Date: 08-Jan-08

Source: Olaf Mertens

From the Hip p.26

By: Alex

Yield: 0.600 L

Portion Size: -

of portions: - ptn

Cost per portion:

Selling price: Cost to be applied to

Food cost percentage: the stew

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Garlic	0.1	Kg	4.54	Kg	20.07	95%	\$ 0.47
Butter, medium sized	0.150	Kg	1	Kg	\$ 10.30	100%	\$ 1.55
Shallot, minced	0.175	Kg	1	Kg	\$ 2.82	95%	\$ 0.52
White Wine	1.200	L	1	L	\$ 2.07	100%	\$ 2.48
Bay Leaf	0.003	Kg	1	Kg	\$ 46.89	100%	\$ 0.12
Saffron*	0.002	Kg	1	Kg	\$ 2,705.00	100%	\$ 5.41
Lemon, juice & zest	5.000	Ea	1	Ea	\$ 0.30	100%	\$ 1.50
Mussel Juice (from stew)	Whatever juice is left after the mussels are cooked					100%	\$ -
35 % Cream	0.200	L	1	L	\$ 5.28	100%	\$ 1.06
Salt	0.013	Kg	1	Kg	\$ 1.68	100%	\$ 0.02
Ground White Peppercorns	0.008	Kg	1	Kg	\$ 20.85	100%	\$ 0.16
TOTAL COST:							\$12.81

Preparation Procedure

- 1 In a small pot melt the butter and sweat off the shallot and garlic.
- 2 Add the white wine, bay leaf, lemon juice, saffron, and zest and reduce by 90 %.
- 3 Add the mussel juice and reduce by 50 %.
- 4 Add the cream and reduce until large bubbles appear.
- 5 Remove from the heat and add to the nage (monte au buerre with the vegetables and mussels in the mixture).

Equipment and Small Wares

Measuring Cup, Weigh Scales, Cutting Board, French Knife, Juicer, Zester, Small Bowls, Mortar & Pestle, Saute Pan, Wooden Spoon, Rubber Spatula,

Notes

* Saffron is only .002 for pricing purposes, use 20 threads.

Standardized Recipe and Cost Card



Menu item: Panko Crusted Rice Cakes

Date: 08-Jan-08

Source: The Prof. Chef p.837

By: Alex

Yield: 10 Cakes

Portion Size: 1 Cake

of portions: 10 ptn

Cost per portion: \$0.77

Selling price: \$1.94

Food cost percentage: 40%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
7 Grain Rice	0.340	Kg	1	Kg	\$ 3.27	100%	\$ 1.11
Parmesan Cheese, grated	0.085	Kg	1	Kg	\$ 14.95	100%	\$ 1.27
Egg Yolks	3.000	Ea	1	Ea	\$ 0.18	100%	\$ 0.54
Parsley chopped	0.250	bunch	1	bunch	\$1.40	95%	\$ 0.37
Shallots, sweated	0.100	Kg	1	Kg	\$ 2.82	95%	\$ 0.30
Garlic, whole roasted	0.030	Kg	4.54	Kg	20.07	95%	\$ 0.14
Salt	0.015	Kg	1	Kg	\$ 1.68	100%	\$ 0.03
Ground Black Peppercorns	0.080	Kg	1	Kg	\$ 20.84	100%	\$ 1.67
all purpose flour	0.100	kg	1	kg	\$ 0.53	100%	\$ 0.05
Panko Crumbs	0.280	Kg	1	Kg	\$ 5.73	100%	\$ 1.60
Eggs	3.000	Ea	1	Ea	\$ 0.18	100%	\$ 0.54
Water	As Needed		-	-	\$ -	100%	\$ -
Canola Oil	0.100	L	1	L	\$ 1.25	100%	\$ 0.13
TOTAL COST:							\$7.74

Preparation Procedure

- 1 Cook the rice separately in boiling salted water. Cool slightly.
- 2 Heat saute pan. Heat butter. Add shallots, and sweat.
Mix rice with the yolks, parmesan cheese, parsley, shallots, garlic, salt, and pepper.
- 3 Portion mixture into 110g rounds.
- 4 Beat the eggs together and add a touch of water to loosen them a little.
- 5 Dip the cake rounds first in flour, then into the egg wash and then into the panko crumbs.
- 6 In a pre-heated deep fryer, cook rice cakes until golden brown and hot throughout.
- 7 Serve immediately.

Equipment and Small Wares

Measuring Cup, Weigh Scales, 2 Pots, Wooden Spoon, Grater, Mortar & Pestle, Saran Wrap, Parchment Paper, Round Cutting Mold, Small Bowls, Whisk/Fork, Offset Spatula, Saute Pan, Sheet Pan, Table Scraper

Notes

- 1 The eggs and canola oil quantities are there for pricing purposes only. Both are as needed

Standardized Recipe and Cost Card



Menu item: Cornish Hen with honey mustard (1/2's)

Date: 08-Jan

Source: Pro Cooking 6th Ed.

pg.557

By: Ian

Yield: 5 birds

Portion Size: 0.50 bird

of portions: 10 ptn

Cost per portion: \$2.86

Selling price: \$8.65

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Cornish Hens	5.000	ea	12	ea	\$62.00	100%	\$ 25.83
Butter melted	0.125	kg	9.08	kg	\$91.60	100%	\$ 1.26
Salt	0.005	kg	24	kg	\$40.04	100%	\$ 0.01
Pepper	0.002	kg	0.55	kg	\$11.55	100%	\$ 0.04
CRUST							
Dijon Mustard	0.113	kg	5	kg	\$26.72	100%	\$ 0.60
Maple Syrup	0.050	L	16	L	\$257.82	100%	\$ 0.81
Honey	0.025	kg	1	kg	\$4.18	100%	\$ 0.10
Garlic,roasted	0.010	kg	4.54	Kg	20.07	95%	\$ 0.05
Thyme*	0.015	kg	1	bunch	\$1.08	95%	\$ 0.02
Rosemary*	0.015	kg	1	bunch	\$1.15	95%	\$ 0.02
Panko	0.063	kg	9	kg	\$62.85	100%	\$ 0.44
TOTAL COST:							\$28.55

Preparation Procedure

- 1 Halve the hens, remove extra bones. Remove the tips of the wings and flaps leaving only the drummets. Season and sear bird skin side down.
- 2 Brush the seared skin with melted butter (reserve remaining butter for step 3) and season with salt and pepper.
- 3 Mix all ingredients together for the crust except panko bread crumbs.
- 4 Coat the hens with the sauce. Then cover with panko bread crumbs. Hold for service.
- 5 At service, reheat in 375F oven for 5 to 10 minutes then broil under the salamander.

Equipment and Small Wares

knives, brush, saute pan

Notes

* 1 cornish hen is 22oz (.616kg) *

* For thyme and rosemary use .25 bunch. Above is strictly for pricing purposes



Standardized Recipe and Cost Card

Menu item: Pommies Williams

Date: Jan-09

Source: Pro Chef 8th Ed.

Yield: 0.7 kg

By: Ian

Portion Size: 0.07 kg

Selling price: \$1.16

of portions 10 ptn

Food cost percentage: 33%

Cost per portion: \$0.38

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Potatoes, russet	0.8	kg	4.54	kg	\$2.99	95%	\$ 0.55
butter, softened	0.113	kg	9.08	kg	\$91.60	100%	\$ 1.14
egg yolks, beaten	4	ea	360	ea	\$25.06	100%	\$ 0.28
salt	0.003	kg	24	kg	\$40.04	100%	\$ 0.01
black pepper	0.005	kg	0.55	kg	\$11.55	100%	\$ 0.11
nutmeg	0.005	kg	1	kg	\$29.24	100%	\$ 0.15
all-purpose flour	0.002	kg	10	kg	\$6.49	100%	\$ 0.00
eggs	2	ea	360	ea	\$25.06	100%	\$ 0.14
milk	0.03	L	2	L	\$3.27	100%	\$ 0.05
bread crumbs	0.142	kg	11.35	kg	\$29.97	100%	\$ 0.37
vegetable oil	0.72	L	16	L	\$22.62	100%	\$ 1.02
TOTAL COST:							\$3.81

Preparation Procedure:

- 1 Scrub, peel and cut the potatoes into large pieces.
- 2 Boil or steam until tender enough to mash easily, 20 to 25 minutes.
- 3 Drain and dry them over low heat on a sheet pan in a 300° F (150° C) oven until no more steam rises from them, 10 to 15 minutes.
- 4 While the potatoes are still hot, puree them through a food mill into a heated bowl.
- 5 Add the butter and egg yolks to the potatoes. Season with nutmeg, salt, and pepper to taste and mix well by hand.
- 6 Form the 70g portions of the potatoes into pear shapes. Coat the potato pears first in flour then in egg wash (milk and egg), then in bread crumbs. This can be done just before service or up to 4 hours in advance, keeping the croquettes refrigerated.
- 7 Heat the oil to 375° F (191° C) and deep fry the croquettes until golden brown heated through, 3 to 4 minutes. Drain briefly on absorbent paper towels and immediately.

Equipment and Small Wares

Pot, seive, baking sheet, food mill, several bowls, whisk, saute pan

Standardized Recipe and Cost Card



Menu item: Savoury Hippen Masse

Date: December 13 2007

Source: Chef Steve

By: Isaac

Yield: 0.225 kg

Portion Size: 0.005 kg

of portions 45 ptn

Cost per portion: \$0.02

Selling price: \$0.06

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Egg whites, room temp.	4	ea	1	ea	\$0.13	100%	\$0.52
Bread flour	0.068	kg	20	kg	\$10.59	100%	\$0.04
Cream, 35%	0.045	l	1	l	\$5.28	100%	\$0.24
Granulated sugar	0.015	kg	1	kg	\$1.40	100%	\$0.02
Salt	0.001	kg	1	kg	\$2.62	100%	\$0.00
White pepper	0.001	kg	1	kg	\$20.85	100%	\$0.02
Dried thyme, crushed	0.001	kg	1	kg	\$65.41	100%	\$0.07
TOTAL COST:							\$0.90

Preparation Procedure

- 1 Stir the egg whites together, and mix flour in all at once.
- 2 Blend in the cream, then add all remaining ingredients.
- 3 Strain the batter through a sieve. Allow to rest for 30 minutes.
- 4 Lightly oil the back of a very flat sheet pan. Pipe the hippen masse onto heavy baking mat using a squeeze bottle.
- 5 Bake at 375F until set and lightly browned. Remove while still slightly warm

Equipment and Small Wares

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

Notes

Standardized Recipe and Cost Card



Menu item: Port Glace

Date: 09-Jan

Source: Chef Steve (book)
By: Ian

Yield: 0.35 L
Portion Size: 0.035 L
of portions: 10 ptn
Cost per portion: \$0.43

Selling price: \$1.31

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Shallots, brunoise	0.075	kg	4.54	kg	\$12.78	85%	\$ 0.25
Vegetable Oil	0.020	L	16	L	\$22.62	100%	\$ 0.03
Thyme, fresh	0.500	bunch	6	bunch	\$6.52	100%	\$ 0.54
Lemon juice	1.000	ea	115	ea	\$26.11	100%	\$ 0.23
Orange juice	1.000	ea	72	ea	\$23.27	100%	\$ 0.32
Port	0.150	L	1	L	\$11.00	100%	\$ 1.65
Dark Chicken Glace	0.500	L	1	L	\$2.50	100%	\$ 1.25
Salt	0.005	kg	24	kg	\$40.04	100%	\$ 0.01
Pepper	0.002	kg	0.55	kg	\$11.55	100%	\$ 0.04
TOTAL COST:							\$4.32

Preparation Procedure

- 1 Heat saute pan. Once warm, add oil, and heat. Add shallots, sweat until tender.
- 2 Add thyme. Stir until the shallots start to caramelize.
- 3 Add the port and reduce by half.
- 4 Add the lemon and orange juice. Reduce by half.
- 5 Add the glace. Reduce by half. Taste. Season with salt and pepper.

Equipment and Small Wares

scale, bowls, liquid measures, pot, juicer, measuring cup, scale, wooden spoon



Standardized Recipe and Cost Card

Menu item: Baby Beets

Date: Jan. 23/08

Source: pro chef 8th Ed.

By: Ian

Yield: 1 kg

Portion Size: 0.1 kg

of portions 10 ptn

Cost per portion: \$0.21

Selling price: \$0.64

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Baby Beets	1.13	kg	11	kg	\$11.35	80%	\$ 1.46
Spinach	0.1	kg	1	kg		90%	\$ -
Salt	0.005	kg	24	kg	\$40.04	100%	\$ 0.01
Pepper	0.002	kg	0.55	kg	\$11.55	100%	\$ 0.04
Butter	0.05	kg	9.08	kg	\$91.60	100%	\$ 0.50
Sugar	0.07	kg	1	kg	\$1.40	100%	\$ 0.10
TOTAL COST:							\$2.11

Preparation Procedure:

- 1 Rinse beets. Peel and trim the greens off the beets.
- 2 Toss beets in oil, salt, and pepper. Place on a parchment lined sheets pan.
- 3 Roast in a 350* oven until tender.
- 4 Remove from oven, and peel beets while still warm.
- 5 At service, heat pan. Add butter, beets, and spinach. Season with salt and pepper.

Equipment and Small Wares

Pot, Saute Pan, Slotted Spoon

Standardized Recipe and Cost Card



Menu item: Stuffed Pork Tenderloin

Date: Jan 10/08
Source: Chef Steve
 By: Mandy

Yield:	2.5 l/kg				
Lunch Portion Size :	0.150 kg	Cost per Portion	Lunch	Dinner	
Dinner Portion Size	0.200 kg	Food Cost %	\$1.51	\$2.02	
# of Portions	10	Selling price	\$4.58	\$6.11	

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Pork Tenderloin	2.500	Kg	1	Kg	\$2.72	80%	\$8.50
Canola Oil	0.050	L	1	L	\$1.25	100%	\$0.06
Sage	0.500	bunch	1	Kg	\$5.40	80%	\$3.38
Figs, chopped	0.200	Kg	1	Kg	\$14.52	100%	\$2.90
Pecan pieces	0.100	Kg	1	Kg	\$44.43	100%	\$4.44
maple syrup	0.030	l					
Mousseline							
35% Cream	0.200	L	1	L	\$4.38	100%	\$0.88
Salt	0.005	kg	1	kg	\$1.68	100%	\$0.01
Balck pepper corns	0.005	kg	1	kg	\$20.85	100%	\$0.10
Pork trimmings*	all						
TOTAL COST:							\$20.17

Preparation Procedure

- 1 Clean the pork tenderloins: remove the silver skin and trim off the tail of the tenderloin. Reserve trimmings for the mousseline.
- 2 Chiffonade the sage; chop the pecans and figs and reserve them for the mousseline.
- 3 Dice the pork trimmings. Season with salt and pepper. Chill the pork until 40°F.
- 4 When pork is cooled grind the pork pieces in a food processor until it reaches a paste consistency.
- 5 While food processor is on, add the cream in a slow stream just until incorporated. Scrape down the edges of the bowl frequently while incorporating the cream.
- 6 Fold the the prepared figs, sage, pecans, and maple syrup into the mousseline.
- 7 In a small pot of simmering water test a small amount of the mousiline for taste and consistency. Adjust seasoning as needed. Refrigerate until needed.
- 8 Prepare the pork tenderloin for stuffing. Using a cleaned and sanitized steel, make a hole through the center of the tenderloin. Using a boning knife make the hole large enough to pipe in the mousiline.
- 9 Place the prepared mousiline into a piping bag with a round tip. Pipe the mixture into the hole in the pork tenderloin.
- 10 Using your chef knife slice the tenderloin into portions: 140 -150 g (6oz) for lunch 180-200 g (8oz) for dinner.
- 11 Season the tenderloin with salt and pepper.
- 12 In a hot french steel pan add canola oil.
- 13 Sear the pork tenderloin on all sides and place in a pre-heated 350°F oven until the pork reaches an internal temperature of 140°F.
- 14 Let the pork rest for approximately 5 minutes.
- 15 After the meat has rested cut it on a bias into 3 equal pieces for lunch and 5 equal pieces for dinner.

Equipment and Small Wares

Piping bag, steel, boning knife, cutting board, scale, bowls, oven, hotel pan

Notes

* Use all of the trimmings from cleaning the tenderloins to make the mousseline.

Standardized Recipe and Cost Card



Menu item: **Roasted Sweet Potato Mash**

Date: Jan 10/08

Source: Chef Steve

By: Mandy

Yield: 1 l/kg
 Portion Size: 0.1 l/kg
 # of portions: 10 ptn
 Cost per portion: \$0.21

Selling price: \$0.65
 Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Sweet Potatoes	1.000	Kg	1	Kg	\$0.75	95%	\$0.79
Salt	0.010	Kg	1	Kg	\$1.40	100%	\$0.01
White Pepper Corns	0.005	Kg	1	Kg	\$20.85	100%	\$0.10
35% Cream	0.100	L	1	L	\$4.46	100%	\$0.45
Brown Sugar	0.100	Kg	1	Kg	\$4.77	100%	\$0.48
Butter	0.020	kg	1	kg	\$10.30	100%	\$0.21
Cinnamon	0.004	kg	1	kg		100%	\$0.00
Nutmeg	0.004	kg	1	kg	\$29.24	100%	\$0.12
TOTAL COST:							\$2.15

Preparation Procedure

- 1 Peel sweet potatoes.
- 2 Place potatoes in a pot of cold salted water. Bring to a boil, then lower heat to a simmer. Cook until tender.
- 3 to a simmer. Cook until tender.
- 4 Strain water from potatoes. Place potatoes in a mixer.
- 5 Using a paddle on speed 1 of the mixer blend until just "broken".
- 6 Add remaining ingredients and mix just until it is blended.
- 7 Season with salt and pepper.
- 6 Reserve for service.

Equipment and Small Wares

Colander, scale, cutting board, chef knife, mixer, measuring cups, bowls

Notes

1

Standardized Recipe and Cost Card



Menu item: Plantain Chips

Date: Jan 10/08

Source: Chef Steve

By: Mandy

Yield: 0.9 l/kg

Portion Size: 0.09 l/kg

of portions: 10 ptn

Cost per portion: \$0.13

Selling price: \$0.40

Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Plantain	0.400	Kg	1	Kg	\$2.75	100%	\$1.10
Salt	0.010	kg	1	kg	\$1.68	100%	\$0.02
Pepper	0.010	Kg	1	Kg	\$20.85	100%	\$0.21
TOTAL COST:							\$1.33

Preparation Procedure

- 1 Peel plantains and slice lengthwise with mandolin.
- 2 Preheat deep fryer to 300F.
- 3 Deep fry plantain until golden brown.
- 4 Place the deep fried chips on a baking sheet that is lined with paper towels to absorb any excess oil.
- 5 Season with salt and pepper.
- 6 Reserve for service.

Equipment and Small Wares
 Cutting board, chef knife, deep fryer, bowls, paper towel, portion cups, tongs, sheet pans, paper towels, mandolin.

Notes
 1

Standardized Recipe and Cost Card



Menu item: Baby Bok Choy

Date: Jan 10/08
Source: Chef Steve
By: Mandy

Yield: 1 l/kg
Portion Size: 0.06 l/kg
of portions: 10 ptn
Cost per portion: \$0.31

Selling price: \$0.93
Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Baby bok choy	0.600	Kg	1	Kg	\$3.15	95%	\$1.99
honey	0.005	Kg	1	Kg	\$4.18	97%	\$0.02
Butter	0.100	Kg	1	Kg	\$10.09	100%	\$1.01
Salt	0.005	Kg	1	Kg	\$1.40	100%	\$0.01
Black pepper corns	0.002	Kg	1	Kg	\$17.17	100%	\$0.03
TOTAL COST:							\$3.06

Preparation Procedure

- 1 Wash the bok choy and trim off any of the outside leaves that are not usable.
- 2 If the bok choy is too large for one serving, cut it in half length wise.
- 3 Take a paring knife and score the bottom of the bok choy for even cooking.
- 4 Blanch the bok choy in a pot of boiling salted water.
- 5 In a heated saute pan, melt butter.
- 6 Add the hot, blanched bok choy to the saute pan, season with salt, pepper, and honey. Toss until it's coated in the butter and garlic. Serve.

Equipment and Small Wares

colander, cutting board, chef knife, pot, saute pan, tongs, portion cups, bowls

Notes

1

Standardized Recipe and Cost Card



Menu item: Sauce Robert

Date: Jan 10/08

Source: Professional Cooking

By: Mandy

Yield: 0.6 l/kg

Portion Size: 0.04 l/kg

of portions: 10 ptn

Cost per portion: \$0.26

Selling price: \$0.77

Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Glace	0.400	L	1	L	\$4.00	100%	\$1.60
White Wine	0.200	L	1	L	\$2.07	100%	\$0.41
Onion, brunoise	0.100	Kg	1	Kg	\$2.34	97%	\$0.24
Canola oil	0.025	Kg	1	Kg	\$10.09	100%	\$0.25
Dry Mustard	0.003	Kg	1	Kg	\$8.91	100%	\$0.03
Sugar	0.005	Kg	1	Kg	\$1.60	100%	\$0.01
Lemon, juice	0.5	ea	115	ea	26.11	100.00%	\$0.01
TOTAL COST:							\$2.55

Preparation Procedure

- 1 In heated saute pan, sweat onions.
- 2 Degalze the saute pan with the white wine and reduce until au sec.
- 3 After reduced and the veal glace and bring to a simmer.
- 4 Mix the lemon juice, sugar and dry mustard together.
- 5 When the sauce comes to a simmer add the sugar mixture to it, until dissolved.
- 6 Strain the sauce and store in the steam table for service. If not using right away vent the sauce and store in the refrigerator until later use.

Equipment and Small Wares

cutting board, chef knife, saute pan, wooden spoon, measurig cups, bowls, scale, pot

Notes

1

Standardized Recipe and Cost Card



Menu item: Flourless Chocolate Torte

Date: 08-Jan-04

Yield: 1 cake

Source: Inn on the Twenty

Portion Size: 0.1 kg

Micheal Olsen

of portions: 14 ptn

By: Isaac

Cost per portion: \$0.73

Selling price: \$2.22

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
eggs	6	ea	180	ea	\$26.45	100%	\$0.88
butter	0.135	kg	1	kg	\$10.07	100%	\$1.36
granulated sugar	0.228	kg	1	kg	\$1.40	100%	\$0.32
bittersweet chocolate	0.5	kg	1	kg	\$9.54	100%	\$4.77
heavy cream, chilled	0.33	l	1	l	\$4.46	100%	\$1.47
coffee liquer	0.045	l	0.75	l	\$24.55	100%	\$1.47
TOTAL COST:							\$10.28

Preparation Procedure

- 1 Preheat oven to 225F.
- 2 Butter a 10 inch springform pan. Line bottom and sides of pan with parchment
- 3 Chop chocolate. Place in a bowl and reserve for later use.
- 4 Place cream and butter together in saucepan. Bring to a simmer on low heat.
- 5 Pour cream mixture over chocolate. Whisk together until smooth.
- 6 Separately, whisk together eggs, sugar, and liquer. Pour this mixture into the chocolate mixture and blend throughly.
- 7 Pour mixture into lined springform pan. Bake in preheated oven for 2 to 2.5 hours.
- 8 Remove cake from oven and cool.
- 9 Once cake is cooled, cut into 14 equal portions.

Equipment and Small Wares

scale, bowls, liquid measure, springform pan, parchment paper, whisk, electric mixer, wooden spoon, spatula

Notes

Standardized Recipe and Cost Card



Menu item: Panna Cotta

Date: 08-Jan-08

Source: allrecipes.com

By: Leanne

Yield: 1.2 l/kg

Portion Size: 0.12 l/kg

of portions 10 ptn

Cost per portion: \$1.02

Selling price: \$2.55

Food cost percentage: 40%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
sour cream	0.400	l	1	l	\$ 2.02	100%	\$ 0.81
Half and half cream	0.400	l	1	l	\$ 2.07	100%	\$ 0.83
gelatin powder	0.017	kg	0.1	kg	\$ 1.99	100%	\$ 0.34
heavy cream	0.400	l	12	l	\$ 53.54	100%	\$ 1.78
sugar	0.133	kg	20	kg	\$ 28.05	100%	\$ 0.19
vanilla bean	1.500	ea	1	l	\$ 4.16	100%	\$ 6.24
TOTAL COST:							\$10.19

Preparation Procedure

- 1 Very lightly butter bottoms of large ramekins. Place a circular piece of parchment paper in bottom of rame
- 2 Soften gelatin in 50ml of cold water and set a side for later use.
- 3 Place the 3 creams into a saucepan with the sugar.
- 4 Slice vanilla bean lengthwise and scrape seeds into the cream. Add the pod for extra flavor.
- 5 Bring the cream mixture to a simmer, whisking occasionally. Remove the vanilla pod.
- 6 Melt gelatin over a double boiler. Stir gelatin into cream mixture.
- 7 Pour the cream mixture into the ramekins and chill for at least 4 hours.
- 8 To serve loosen edges of the mould with a paring knife and flip onto a plate.

Equipment and Small Wares

ramekins, saucepan, wooden spoon

Notes

1

Standardized Recipe and Cost Card



Menu item: Grilled Pineapple

Date: 01/15/08

Source: Chef Steve

By: Leanne

Yield: 0.6 l/kg
Portion Size: 0.06 l/kg
of portions: 10 ptn
Cost per portion: \$0.53

Selling price: \$1.61

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Pineapple	1.000	ea	3	ea	\$ 11.98	85%	\$ 4.70
Cinnamon	0.010	kg	1	kg		100%	\$ -
Nutmeg	0.010	kg	1	kg	\$ 29.24	100%	\$ 0.29
TOTAL COST:							\$4.70

Preparation Procedure

- 1 Peel the pineapple.
- 2 Cut the pineapple into quarters and remove the core.
- 3 When ready to grill brush the pineapple with butter.
- 4 Place the pieces onto the grill and cook until there are grill marks just visable. Reserve for service.
Slice the quarters into .02kg slices and reserve for service.
- 5 At service, sprinkle slices with cinnamon and nutmeg and heat until warm in oven.

Equipment and Small Wares

hotel pan, knife,

Notes

1

Standardized Recipe and Cost Card



Menu item: Mango Sorbet

Date: 10-Jan-08

Source: Baking and Pastry
Caitlin Storey

Yield: 1 kg
Portion Size: 0.1 kg
of portions: 10 ptn
Cost per portion: \$0.32

Selling price: \$0.96
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	\$0.00	100%	0.00
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	\$0.00	100%	0.00
Lemon Juice (10mL)	1	Ea	1	Ea	\$0.30	100%	0.30
TOTAL COST:							\$3.15

Preparation Procedure

- 1 Make syrup by combining sugar, water, glucose and bring to a boil, stirring occasionally.
- 2 Cool syrup completely, and set aside for later use.
- 3 Combine 197g of the syrup with mango puree, water and lemon juice. 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 for several hours, or overnight.

Equipment and Small Wares

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

Standardized Recipe and Cost Card



Menu item: Riesling Sabayon

Date: 10-Jan-08

Source: Professional Chef

By: Caitlin

Yield: 0.96 L

Portion Size: 0.05 L

of portions 10 ptn

Cost per portion: \$0.32

Selling price: \$0.94

Food cost percentage: 34%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Sugar	0.255	Kg	1	Kg	\$1.68	100%	0.43
Rieling	0.180	L	1.5	L	\$13.05	100%	1.57
Egg Yolks	8.000	count	180	count	\$27.25	100%	1.21
TOTAL COST:							\$3.21

Preparation Procedure

- 1 Combine the egg yolks, sugar and riesling in a bowl. Place the bowl over a pot of simmering water and whisk rapidly in a figure 8 motion 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

- 1 Make sabayon to order.

Standardized Recipe and Cost Card



Menu item: Tropical Fruit Cocktail

Date: Jan. 8, 2008

Source: Chef Steve Bennis

By: Emily

Yield: 0.5 kg

Portion Size: 0.05 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 strawberries: 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: 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: \$0.11

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			
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	0.030	L	1	L	\$33.34	100%	\$ 1.00
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:							\$4.48

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: **Lemon Curd Filling**

Date: 08-Jan-08

Source: Anna Olson

By: Jen

Yield: 0.7 tarts

Portion Size: 0.07 kg

of portions 10 ptns

Cost per portion: \$0.27

Selling price: \$0.82

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Sugar	0.230	kg	20.000	kg	\$28.05	100%	\$ 0.32
Eggs	4.000	count	180.00	count	\$26.45	100%	\$ 0.59
Egg Yolk	2.000	count	180.00	count	\$26.45	100%	\$ 0.29
Lemon Juice	0.240	L	7.60	L	\$ 16.83	100%	\$ 0.53
Unsalted Butter	0.090	kg	9.08	kg	\$ 91.60	100%	\$ 0.91
Lemon Zest	0.002	kg	0.01	kg	\$0.30	100%	\$ 0.06
TOTAL COST:							\$2.70

Preparation Procedure

- 1 Place a pot with 2 inches of water to simmer over the stove.
- 2 In a metal bowl, whisk together sugar, eggs, egg yolk and lemon juice.
- 3 Cut butter into small pieces and whisk them in. Place the bowl over a baine marie and whisk until the sauce thickens, 10 to 12 minutes.
- 4 Strain curd and stir in zest. Cool over ice bath.
- 5 Spoon curd into tart shell and chill before serving.

Equipment and Small Wares

Bowls, Whisk, Pot, Measuring Cup

Notes

Standardized Recipe and Cost Card



Menu item: Sugar Pastry

Date: 08-Jan-08

Source: Anna Olson

By: Jen

Yield: 10 tarts

Portion Size: 0.1 kg

of portions: 10 ptns

Cost per portion: \$0.54

Selling price: \$1.62

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
All-Purpose Flour	0.600	kg	1.000	kg	\$ 0.53	100%	\$ 0.32
Sugar	0.152	kg	1.000	kg	\$ 1.40	100%	\$ 0.21
Salt	0.006	kg	1.000	kg	\$ 2.62	100%	\$ 0.02
Unsalted butter, cut in pieces and chilled	0.360	kg	1.000	kg	\$ 10.09	100%	\$ 3.63
Egg Yolks	8.000	kg	1.000	count	\$ 0.15	100%	\$ 1.18
TOTAL COST:							\$5.35

Preparation Procedure

- 1 Combine the flour, sugar and salt in a mixing bowl or an electric mixer fitted with paddle attachment.
- 2 Cut in cool butter until flour takes on a yellow tone.
- 3 Add egg yolks and blend until dough is an even texture.
- 4 Shape into tart and chill for an hour before using.
- 5 Fill tart shells with baking beans. Bake at 350* for 8 to 10 minutes.

Equipment and Small Wares

Scale, Measuring Cup, Bowls, Mixer, Spoon, Baking Sheet,
Parchment Paper, Cooling Rack

Notes

Standardized Recipe and Cost Card



Menu item: Candied Lemon Zest

Date: Mar. 13 2008

Source:

Yield: 10 ptns
 Portion Size:
 # of portions 10 ptns
 Cost per portion: \$1.07

Selling price: \$3.23
 Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Lemon Zest	3.000	count	1.000	count	\$1.30	100%	\$ 3.90
Simple Syrup	0.250	L	1.00	L	\$26.45	100%	\$ 6.61
Sugar	0.100	kg	1.00	kg	\$1.40	100%	\$ 0.14
TOTAL COST:							\$10.65

Preparation Procedure

- 1 Zest Lemons
- 2 Bring Simple syrup up to a boil and add lemon zest. Whne blanched drain mixture.
- 3 Toss blanched Lemon Zest into bowl of sugar. If not enough sugar add more. Allow to air dry on

Equipment and Small Wares

Microplaner, cutting board, saucepot, wooden spoon, strainer, stainless steel bowls, baking sheet

Notes

Standardized Recipe and Cost Card



Menu item: Raspberry Coulis

Date: Oct.9,2007

Source: Chef Steve

By: Emily

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
TOTAL COST:							\$1.08

Preparation Procedure

- 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: Raspberry Compote

Date: Jan.15,2008

Source: Chef Steve
By: Caity

Yield: 0.4 L
Portion Size: 0.04 L
of portions: 10 ptn
Cost per portion: \$1.98

Selling price: \$6.01

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Raspberries	2	Pint	1	Pint	\$8.29	100%	\$ 16.58
Raspberry Coulis	0.3	L	0.1	L	\$1.08	100%	\$ 3.24
TOTAL COST:							\$19.82

Preparation Procedure

- 1 Rinse raspberries.
- 3 Add raspberries to coulis.
- 4 Serve.

Equipment and Small Wares

Scale, Bowl, Saucepot, Wooden Spoon

Notes

1

Standardized Recipe and Cost Card



Menu item: Mango Coulis

Date: Oct.9,2007

Yield: 0.1 L
Portion Size: 0.01 L
of portions: 10 ptn
Cost per portion: \$0.16

Source: Advanced Professional
 Pastry Chef Pg. 825
 By: Emily

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 and sugar to a 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: Caramel

Date: Mar. 13 2008

Source: Amanda Weare

Yield: 10 ptns
 Portion Size:
 # of portions 10 ptns
 Cost per portion: \$0.36

Selling price: \$1.10

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
White Sugar	0.200	kg	1.000	kg	\$ 1.40	100%	\$ 0.28
Water	As Needed						\$ -
Butter	0.045	kg	1.000	kg	\$ 10.30	100%	\$ 0.46
TOTAL COST:							\$3.62

Preparation Procedure

- 1 Place Sugar in saucepot and add just enough water to cover it.
 Allow to boil away until it begin to turn golden brown. (It will burn quickly after this state)
- 2 Wipe down sides with pastry brush and water
- 3 Remove from heat and add in butter to finish

Equipment and Small Wares

sauce pot, pastry brush, stainless steel bowl, chef knife, cutting board

Notes

Standardized Recipe and Cost Card



Menu item: Dark Chocolate Truffles

Date: Oct. 15/07

Source: CIA Baking text

By: Jess

Yield: 1 kg

Portion Size: 0.01 kg

of portions: 100 ptn

Cost per portion: \$3.13

Selling price: \$8.23

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	\$24.25	100%	24.25
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	1.000	ea	1	ea	\$0.54	95%	0.57
Orange Triple sec	0.075	L	1	L	\$9.35	100%	0.70
Coating Chocolate	0.150	kg	1	Kg	\$24.25	100%	3.64
White chocolate	0.075	kg	1	Kg	\$30.84	100%	2.31
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 overnight 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.

Notes

- 1 Use melon baller to shape the chocolate into balls.

Standardized Recipe and Cost Card



Menu item: White Chocolate Truffles

Date: 01/15/08

Source: Chef Steve

By: Leanne

Yield: 1.4 l/kg

Portion Size: 0.015 l/kg

of portions 10 ptn

Cost per portion: \$0.35

Selling price: \$1.06

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
white chocolate	0.080	kg	3	kg	\$ 92.52	100%	\$ 2.47
pecans	0.020	kg	3	kg	\$ 68.94	100%	\$ 0.46
dried cranberries	0.020	kg	4.54	kg	\$ 47.36	100%	\$ 0.21
shredded coconut	0.020	kg	3	kg	\$ 13.15	100%	\$ 0.09
TOTAL COST:							\$3.22

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

Standardized Recipe and Cost Card



Menu item: Whole Wheat Soft Rolls

Date: December 13 2007

Source: Baking and Pastry

C.I.A.

Page 132

By: Isaac

Yield: 0.5 kg

Portion Size: 0.05 kg

of portions 10 ptn

Cost per portion: \$0.08

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, except 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

Date: Jan 10 2008
Source: Anna Olson
 By: Robb

Yield: 2 ea
Ptn Size: 0.1 ea
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 Knock dough down on a floured surface, divided 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

Standardized Recipe and Cost Card



Menu item: Sunflower Bread

Date: January 9 2008

Source: Chef Steve

By: Amanda

Yield: 2 loaves

Portion Size: 1/10 loaf

of portions 10 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	0.375	l	0	l	0	100%	\$0.00
Dry Active Yeast	0.007	kg	10.89	kg	47.17	100%	\$0.03
Blackstrap Molasses	0.021	kg	20	kg	35.26	100%	\$0.04
Whole Wheat Flour	0.125	kg	20	kg	12.32	100%	\$0.08
Bread Flour	0.500	kg	20	kg	10.59	100%	\$0.26
Salt	0.014	kg	16.34	kg	42.77	100%	\$0.04
Raw sunflower seeds	0.028	kg	3	kg	9.22	100%	\$0.09
TOTAL COST:							\$0.45

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, until it has doubled in size.
3	Turn dough onto lightly floured surface and knock down. Divide dough into .05 kg 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 attachemnt, 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
 By: Amanda

Yield: 1.5 kg
Portion Size: 0.05 kg
of portions: 10 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	0.023	kg	20	kg	\$11.87	100%	\$0.01
Medium rye Flour	0.007	kg	20	kg	\$21.22	100%	\$0.01
Instant Dry Yeast	0.001	kg	12	kg	\$86.83	100%	\$0.01
Water	0.019	l	0	l	\$0.00	100%	\$0.00
Sugar	0.001	kg	20	kg	\$40.67	100%	\$0.00
Salt	0.001	kg	1	kg	\$3.49	100%	\$0.00
Vegetable Oil	0.001	l	17	l	\$38.35	100%	\$0.00
Molasses	0.0010	kg	20	kg	\$35.36	100%	\$0.00
Caraway seeds	0.0010	kg	0.55	kg	\$7.56	100%	\$0.01
Onions, fine brunoise	0.007	kg	22.7	kg	\$16.83	100%	\$0.01
TOTAL COST:							\$0.06

Preparation Procedure

- 1 Dissolve the yeast in warm water and sugar.
- 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 Wa 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

By: Jess

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 Percentage: 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 until the dough has doubled in size.
 - 7 Punch down. And ferment until it has doubled in size again.
 - 8 Scale the dough at .35kg for french loaves.
 - 9 Bake at 400 F until done. Steam for the first 10 minutes.

Equipment and Small Wares

Mixer, Dough Attachment, Scale, Measuring Cup, Damp Cloth

Notes

Standardized Recipe and Cost Card



Menu item: Maitre d'Hotel Butter

Date: January 10/2008

Source: The professional chef

Yield: 0.454 kg
Portion Size: 0.001 kg
of portions: 10 ptn
Cost per portion: \$0.07

Done by: Isaac

Selling price: \$0.23

Food cost percentage: 33%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter	0.061	kg	1	kg	\$10.09	100%	\$0.62
Parsley, minced	0.003	ct	1	ct	\$0.96	100%	\$0.00
Lemon juice, zest	1	ea	1	ea	\$0.13	100%	\$0.13
TOTAL COST:							\$0.75

Preparation Procedure

- 1 Soften butter to room temperature
- 2 Mix in minced parsley and lemon juice and zest
- 3 Mix thoroughly
- 4 Pipe into rosettes

Equipment and Small Wares

Bowl, micro plane, piping bag

Notes