



**Fulford's
Recipe Cost Card Package
March 10 - April 24, 2009
Weeks 9 - 15**

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

Butter	5.000	kg
Cream 35%	8.000	litre
Buttermilk	2.000	litre
Lemon juice/ zest	3.000	each
Canola Oil	16	litre
olive oil	1.000	litre
cheese curds	2.5	kg
eggs	1	case
milk - 2%	6	litre
milk - homo	3	litre
Crème 10%	6	litre
Sour Cream	3	litre
Marscarpone Cheese	3	litre

Shrimp 26 - 30 count	3.000	kg
Lobsters whole	3.000	kg
Double-smoked Bacon	4	kg
Cornish Game Hen	36	each
Beef Marrow Bones	20.00	kg
Pork Chops	10.000	kg

Cloves	0.004	Kg
Paprika	0.004	kg
Tomato paste	0.500	kg
Salt - kosher	2.000	boxes
Salt - reg	1.000	boxes
Peppercorns - black	0.050	kg
Old bay seasoning	0.0050	kg
Tabasco sauce	1.0000	bottle
Worcestershire sauce	1.0000	bottle
Almonds - Sliced	0.200	Kg
Liquid Honey	2.000	kg
Grainy Mustard	1	litre
White Wine Vinegar	2.000	litre
Sugar	10.000	Kg
Brown Sugar	2.000	Kg
Celery Salt	0.025	Kg
Yellow Cornmeal	4.000	kg
Maple Syrup	2	litre
Panko Bread Crumbs	2	kg
nutmeg ground	0.03	kg
all purpose flour	1.00	kg
bread crumbs	2.000	kg
vinegar - Balsamic	1.000	L
Dijon mustard	0.500	L
Flour - whole wheat	10	kg
Flour - all purpose	10	kg
Peppercorns - white	0.025	kg

Bread	4.000	loaf
Dried Banana Chips	1.000	kg
Vanilla extract	0.750	L
Cinnamon, ground	0.020	kg
Pineapple Juice	0.000	L
Simple Syrup	0.000	L
Cream of Coconut	0.000	L
Toasted Coconut	0.000	kg
White Chocolate	3.000	kg
Milk Chocolate	3.000	kg
Semisweet Chocolate	3.000	kg
White Chocolate - Coating	3.000	kg
Dark Chocolate - Coating	3.000	kg
Vanilla Beans	6.000	each
Powdered Gelatin	0.1	Kg
Instant Coffee Mix	0.007	Kg
Bread - Ace Bakery - white buns	1	case
Bread - Ace Bakery - multi Grain	1	case
Bread - Ace Bakery - Baguettes	1	case
Puree - Boiron - Raspberry	1	each
Puree - Boiron - Mango	1	each

Onions, spanish	1.000	kg
Shallots - peeled	1	jug
Garlic - peeled	3	bags
Oranges - blood	15.000	each
Grapefruit - pink	15.000	each
Oranges	30.000	each
Lemon	25.000	each
Lime	20.000	each
Mixed Greens	1.000	box
Corn (IQF)	2.000	kg
Jalapeno	4.000	each
Cilantro	4.000	bunch
Zucchini - green	3.000	kg
Zucchini - yellow	3.000	kg
Japanese Eggplant	3.000	kg
Peppers - Orange	3.000	kg
Peppers - Red	3.000	kg
Onions - Red	3.000	kg
thyme	4.000	bunch
rosemary	4.000	bunch
Roma tomato	2	kg
russet potatoes	1	case
beets - baby - candy cane	2.00	cases
Baby bok choy	5.000	Kg
Pineapple golden	9.000	each

Brandy	1.000	L
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Dry sherry	1.000	L
Port	1	litre
Beer - Stout	2.000	L
Meyers' Dark Rum	1.000	L
Bourbon	0.083	L
Banana Liqueur	1.000	L

Mushrooms Strudels	8	each
Vegetable Stock	5.000	litre
Coconut Sorbet	3	litre

Standardized Recipe and Cost Card



Menu item: Citrus Crème Fraiche

Date: January 14, 2009

New Yield: 1.700 L
Yield: 1.800 L
Portion Size: 0.015 L
of portions 10.0 ptn

Source: Chef Steve
Page #: N/A
Name: Katrina Atkinson
 Tara Hutchins

Cost per portion: \$0.54

Selling price: \$1.46

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	1.500	Each	3	each	\$0.99	100%	\$ 0.50
TOTAL COST:							\$5.41

Preparation Proce

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

Equipment and Small Wares

Measure Cup, Measuring spoons, large pail, whisk, China Cap, zester, filter

Notes

Standardized Recipe and Cost Card



Menu item: Shrimp & Lobster Bisque

Date: 01/13/2009

Source: Prof Chef 8

Yield: 0.960 L
 Portion Size: 0.354 L
 # of portions 10 ptn

Name: Tara Hutchins
 Katrina Atkinson

Cost per portion: \$ 3.51

Selling price: \$ 9.48

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Shrimp shells	0.170	L	1.816	kg	\$ 57.15	100%	\$ 5.35
Lobster shells	0.170	L	6.81	kg	\$ 276.93	100%	\$ 6.91
Butter	0.021	kg	18.16	kg	\$ 156.93	100%	\$ 0.18
Onions, minced	0.114	kg	11.350	kg	\$ 26.40	100%	\$ 0.26
Cloves, minced	0.001	Kg	0.38	kg	\$ 19.01	100%	\$ 0.04
Paprika, or as needed	0.002	kg	0.54	kg	\$ 6.44	100%	\$ 0.02
Tomato paste	0.014	L	17.040	L	\$ 32.89	100%	\$ 0.03
Brandy	0.023	L	1	L	\$ 12.15	100%	\$ 0.27
Fish or Shrimp Veloute	0.720	L	1	L	\$ 2.50	100%	\$ 1.80
Salt as needed	0.001	kg	24	kg	\$ 27.58	100%	\$ 0.00
Ground black pepper, as needed	0.003	kg	2.70	kg	\$ 44.90	100%	\$ 0.04
Heavy cream, hot	0.2400	L	16	L	\$ 21.79	100%	\$ 0.33
Shrimp,peeled and deveined	0.1843	kg	1.816	kg	\$ 57.15	100%	\$ 5.80
Old bay seasoning	0.0003	kg	1	kg	\$ 6.44	100%	\$ 0.00
Tabasco sauce as needed	0.6250	L	3.78	L	\$ 77.08	100%	\$ 12.74
Worcestershire sauce, or as needed	0.6250	L	8	L	\$ 14.82	100%	\$ 1.16
Dry sherry	0.0300	L	15.12	L	\$ 60.21	100%	\$ 0.12
TOTAL COST:							\$ 35.06

Preparation Procedure

- 1 Rinse shrimp shells thoroughly & drain them. Saute shrimp shells & lobster in a medium stockpot of butter over medium high heat for 1 - 2 minutes, until shells turn bright pink.
- 2 Reduce heat to medium & add onions. Saute onions until they are translucent about 2 mins.
- 3 Add garlic, paprika, & tomato paste & cook for 2 minutes until there is a sweet, cooked tomato aroma & shells soften slightly.
- 4 Deglaze mixture with brandy & reduce for 2 - 3 minutes until nearly dry. Add cooked shrimp shells.
- 5 Add veloute & simmer for 45 minutes on med-low, until the bisque is intensely rust colored & has thickened slightly. Season with salt & pepper as the bisque simmers. Strain bisque through a fine-mesh strainer or using the wringing method. Return bisque to a simmer & add cream.
- 6 Cut shrimp into small & saute in remaining butter for 1 - 2 mins. over med to high heat, until cooked thoroughly & pink. Add shrimp to bisque & simmer for 5 mins.
- 7 Add Old bay, tabasco, & worcestershire sauce & adjust seasoning with salt & pepper. The soup is ready to finish now, or it may be rapidly cooked & refrigerated for later service.
- 8 To finish soup for service, return it to a boil. Add sherry & serve in heated bowls or cups.

Equipment and Small Wares

stock pot, wooden spoon, china cap, knife, cutting board, measuring cup, wisk

Standardized Recipe and Cost Card



Menu item: Forest Mushroom Strudel

12-Jan-09

Source: Pro Chef Pg. 1014

Yield: 5.68
 Portion Size: 0.568 Kg
 # of portions 10 ptn
 Cost per portion: \$4.23

David Khuth
 Selling price: \$ 11.44
 Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Olive Oil	0.120	L	4.500	L	\$ 40.17	100%	\$ 1.07
Button Mushrooms	1.210	Kg	2.270	Kg	\$ 9.42	93.80%	\$ 5.35
Shiitake Mushrooms	1.210	Kg	1.362	Kg	\$ 21.51	96.15%	\$ 19.87
Cremini Mushrooms	1.210	Kg	2.270	Kg	\$ 9.42	74.31%	\$ 6.76
Finely Chopped Shallots	0.035	Kg	4.54	Kg	\$ 12.78	90.6%	\$ 0.11
Dry Sherry	0.240	L	15.12	Kg	\$ 60.21	100%	\$ 0.96
Goat Cheese, Room Temp	0.340	Kg	3	Kg	\$ 28.69	75%	\$ 4.34
Chopped Chives	0.014	Kg	3.000		\$ 6.52	95%	\$ 0.03
Chopped Thyme	0.006	Kg	3.000	Kg	\$ 6.52	65%	\$ 0.02
Salt	0.010	Kg	24.000	Kg	\$ 27.58	100%	\$ 0.01
Ground Black Pepper	0.002	Kg	2.700	Kg	\$ 44.90	100%	\$ 0.03
Butter, Melted	0.227	Kg	25.000	Kg	\$ 197.08	100%	\$ 1.79
Sour Cream	0.060	L	4.000	L	\$ 14.56	100%	\$ 0.22
Puff Pastry	1.000	Sheet	20.000	Sheet	\$ 35.20	100%	\$ 1.76
TOTAL COST:							\$42.32

Preparation Procedure

- 1 Heat 15ml of the oil over 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 5mins. Add the sauteed mushrooms back to the pan.
- 3 Reduce the heat to medium-low and deglaze the pan with the sherry. Cook until the liquid reduces and becomes slightly syrup. Remove the pan from the heat and allow it to cool at room temp.
- 4 Stir in the goat cheese, chives, and thyme. Season with salt and pepper.
- 5 For each strudel, brush 1 sheet of puff pastry with butter. Repeat the process to create a total of 5 layers
- 6 Spread 1/4 of the mushroom-cheese filling over the top of the sheet of puff pastry, leaving a 1in/3cm space around the edges of the dough. Roll tightly, folding in the edges, to for a log. Place a seem side down onto a half sheet pan. Repeat the process to form a total of 4 strudel
- 7 Egg wash top, make diagonal slits on top. Bake at 375°F for 30 to 35 mins, or until golden brown and crisp. Slice into 10 servings

Equipment and Small Wares

Saute pan, Chef Knife, Cutting Board, Pastry Brush, Sheet Pan, Bowls, Wooden Spoon

Standardized Recipe and Cost Card



Menu item: Roasted Garlic, Double-Smoked Bacon, And Beet Greer
Date: 12-Jan-09
Yield: 1.8 kg
Source: Pro Chef Pg. 754
Portion Size: 0.180 kg
Tauney Stinson
of portions: 10 ptn
Selling price: \$ 0.22
Food cost percentage: 37.00%
Cost per portion: \$0.07

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Oil	0.060	L	16	L	\$28.43	100%	\$ 0.11
Double-smoked Bacon	0.060	Kg	4	Kg	\$10.93	60%	\$ 0.16
Cut into Lardons							
Shallots, Minced	0.014	Kg	9.08	Kg	\$15.49	90%	\$ 0.02
Roasted Garlic	0.090	Kg	9.08	Kg	\$42.77	100%	\$ 0.42
Beet Greens	0.800	Kg					
Salt (Kosher)	0.005	Kg	16	Kg	\$42.77	100%	\$ 0.01
Pepper, Ground	0.005	Kg	0.52	Kg	\$10.98	100%	\$ 0.01
TOTAL COST:							\$0.73

Preparation Procedure:

- 1 Rinse and drain greens, removing any tough stems
- 2 Heat Oil in Saute pan and add shallots. Saute until Translucent
- 3 Add Garlic until it release aroma
- 4 Add bacon and greens, filling the pan. It will cook down significantly
- 5 Toss or turn as it cooks
- 6 saute until cooked through, hot, and tender
- 7 Season with salt and pepper. Serve immediately

Equipment and Small Wares

Cutting Board, Knife, Saute Pan, Tongs, Wooden Spoon



Standardized Recipe and Cost Card



Menu item: Mixed Baby Greens Salad

Date: 12/01/2009

Source:

Page:

Yield: 0.60 Kg

Name: Steven Salemi &

of portions: 10 Ptn

Katherine Molenar

Portion Size: 0.06 Kg

Selling price: \$1.84

Cost per portion: \$0.68

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Mixed Greens	0.400	Kg	0.68	Kg	\$13.61	100.00%	\$0.801
Citrus Vinaigrette	0.200	L	0.5	L	\$2.420	100.00%	\$0.097
Blood Orange (Fillets)	30.000	each	72	each	\$23.270	90.00%	\$1.077
Pink Grapefruit (Fillets)	30.000	each	12	each	\$12.290	90.00%	\$3.414
Orange (Fillets)	30.000	each	72	each	\$23.270	90.00%	\$1.077
Toasted Almonds	0.200	Kg	0.15	Kg	\$2.660	100.00%	\$0.355
TOTAL COST:							\$6.821

Preparation Procedure

- 1) Toss mixed greens in citrus vinaigrette.
- 2) Garnish with citrus fillets & toasted almonds.

Equipment and Small Wares

Cutting Board, Chef Knife, Scale, Measuring Cup, Stainless Steel Bowl, Tongs

Notes

- 1) All price from Esysco.
- 2) Citrus Fillets or Segments

Standardized Recipe and Cost Card



Menu item: Citrus Vinaigrette

Date: 12/01/2009

Source: Olaf's Kitchen

Page:

Name: Steven Salemi &
Katherine Molenaar

Yield: 0.50 L
of portions: 10 Ptn
Portion Size: 0.050 L

Selling price: \$0.65

Cost per portion: \$0.242

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Liquid Honey	0.014	L	4.2	L	\$30.30	100.00%	\$0.103
Grainy Mustard	0.02	Kg	5	Kg	19.37	100.00%	\$0.077
Vegetable Stock/Water	0.114	L	1	L	\$2.00	100.00%	\$0.227
Orange Juice	0.114	L	0.473	L	\$1.20	100.00%	\$0.288
Lemon Juice	0.043	L	0.675	L	\$11.63	100.00%	\$0.736
Lime Juice	0.007	L	0.44	L	\$19.09	100.00%	\$0.296
White Wine Vinegar	0.114	L	5	L	\$23.19	100.00%	\$0.527
Canola Oil	0.114	L	16	L	\$22.62	100.00%	\$0.161
Salt	0.000	Kg	8	Kg	\$35.75	100.00%	\$0.001
Pepper	0.000	Kg	0.5	Kg	\$9.69	100.00%	\$0.004
TOTAL COST:							\$2.421

Preparation Procedure

- 1) Combine honey, mustard & stock & process in a robo. Mix for 2 minutes.
- 2) Alternating acid & oil, slowly add acid & oil one at a time, 5 times for each.
- 3) Season with salt & pepper.

Equipment and Small Wares

Cutting Board, Chef Knife, Scale, Measuring Cup, Juicer, Robo, Whisk

Notes

- 1) All price from Esysco.
- 2) Lemons & Limes produce more juice at room temperature.
Microwave a few sec. then roll on counter with palm of your hand before juicing.
- 3) Salt & Pepper To Taste. Weighed at 0.001 for costing purposes only.
- 4) 4 Lemons = about 188mL, 3 Limes = about 30mL

Standardized Recipe and Cost Card



Menu item: Toasted Almonds

Date: 12/01/2009

Source:

Page:

Yield: 0.150 Kg

Name: Steven Salemi &

of portions: 10 Ptn

Katherine Molenaar

Portion Size: 0.015 Kg

Selling price: \$0.72

Cost per portion: \$0.27

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Almonds (Skinless)	0.150	Kg	11.34	Kg	\$179.040	100.00%	\$2.368
Butter (Melted)	0.020	Kg	25	Kg	\$196.850	100.00%	\$0.157
Sugar	0.020	Kg	20	Kg	\$23.320	100.00%	\$0.023
Brown Sugar	0.020	Kg	20	Kg	\$28.150	100.00%	\$0.028
Salt	0.003	Kg	8	Kg	\$35.75	100.00%	\$0.013
Pepper	0.003	Kg	0.5	Kg	\$9.69	100.00%	\$0.058
Celery Salt	0.003	Kg	0.9	Kg	\$4.320	100.00%	\$0.014
TOTAL COST:							\$2.663

Preparation Procedure

- 1) Toss almonds in butter, sugar, brown sugar, salt, pepper, celery salt.
- 2) Spread almonds on parchment lined sheet pan.
Bake in oven at 400F until golden brown.

Equipment and Small Wares

Cutting Board, Chef Knife, Scale, Measuring Cup, Parchment Paper, Sheet Pan, Oven

Notes

- 1) All price from Esysco.

Standardized Recipe and Cost Card



Menu item: **Charred Corn and Cilantro Polenta**

Date:

Source: **Pro Chef**

Yield: **3.406** kg

Justin Kapoor

Portion Size: **0.341** kg

Selling price: **3.88**

of portions **10** ptn

Food cost percentage: **37.00%**

Cost per portion: **1.44**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Water	12.960	L		L		100%	
Salt	0.004	kg	24.000	kg	\$ 27.58	100%	0.00
Yellow Cornmeal	1.634	kg	10	kg	\$ 10.14	100%	1.66
olive oil	0.090	L	12.000	L	\$ 65.10	100%	0.49
black pepper	0.004	kg	0.540	kg	\$ 10.40	100%	0.07
Corn(IQF)	0.720	kg	2	kg	\$ 25.07	100%	9.03
Jalapeno	0.054		0.454		\$ 3.00	90%	0.40
Cilantro(56g/bunch @6bunches)	0.900	bunch	6	bunch	\$ 18.15	100%	2.72
TOTAL COST:							\$14.36

Preparation Procedure:

- 1 Bring the water to a boil and season with salt.
- 2 Char your corn, trim your cilantro, and dice your jalapeno.
- 3 Pour the cornmeal into the water, in a stream stirring constantly until it all has been added. Simmer stirring often, until the polenta pulls away from the side of the pot.About 45 minutes
- 4 Remove the pot from the heat and blend in the oil, corn,cilantro and jalapeno. Season with salt and pepper.
- 5 Cool the Polenta down in the fridge, take it out and shape it for service and then fry it.

Equipment and Small Wares

pot,scales,measuring cup, measuring spoons, wooden spoon, tongs

Notes:

Standardized Recipe and Cost Card



Menu item: **Grilled Vegetable Tower**

Date: **13-Jan-08**

Source: www.diabetes.bb/Recipes/VegetableTower.htm

Yield: **0.930** kg

Justin Kapoor

Portion Size: **0.093** kg

Selling price: **\$ 1.25**

of portions **10** ptn

Food cost percentage: **37.00%**

Cost per portion: **\$ 0.46**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Zucchini	0.140	kg	11.200	kg	\$ 33.27	80%	\$ 0.52
Yellow Squash	0.140	kg	11.200	kg	\$ 5.10	80%	\$ 0.08
Japanese Eggplant	0.140	kg	22.400	kg	\$ 20.50	80%	\$ 0.16
Orange Bell pepper	0.140	kg	5.000	kg	\$ 25.27	80%	\$ 0.88
Red Bell Pepper	0.140	kg	11.200	kg	\$ 15.62	80%	\$ 0.24
Red Onions	0.140	kg	22.400	kg	\$ 8.82	80%	\$ 0.00
thyme - fresh	0.010	kg	0.200	kg	\$ 6.52	80%	\$ 0.41
rosemary - fresh	0.010	kg	0.180	kg	\$ 6.52	80%	\$ 2.26
extra.V. olive oil	0.050	L	12.000	L	\$ 65.10	100%	\$ 0.05
salt - T T	0.010	kg	24.000	kg	\$ 27.58	100%	\$ 0.01
pepper - T T	0.010	kg	0.540	kg	\$ 10.40	100%	\$ -
TOTAL COST:							\$ 4.63

Preparation Procedure:

- 1 Gather all of the ingredients, and toss vegetables in the oil with the thyme, rosemary, salt and pepper
- 2 Grill the vegetables on both side creating a criss-cross pattern, and set aside.
- 3 To assemble layer the vegetables by putting the eggplant on the bottom, then the zucchini, then the peppers and onions, then the squash and skewer with the rosmary
- 4 Roast in the oven @ 350F until hot, and finish with tomato sauce, and student made mozzarella cheese.

Equipment and Small Wares

Stainless steel bowl, chef knife, scales, measuring spoons

Notes

Standardized Recipe and Cost Card



Typed by: Rhyan McGee

Date: Jan.14/09

Source: Chef Steve

Menu item: **Mozzarella Cheese**

Yield:	0.907	kg
Portion Size:	0.0907	
Cost per portion:	\$1.02	
Number of ptns	10	

Selling price: \$2.54

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
salt	0.156	kg	24	kg	\$27.50	100%	\$0.18
water	3.84	L					
cheese curds	0.907	kg	4.5	kg	\$49.61	100%	\$10.00
TOTAL COST:							\$10.18

Preparation Procedure:

1. add salt to the water and bring to 150 F
2. place the cheese curd into a calender and lower the colander into the water, make sure curds are completely submerged.
3. work the curd with wooden spoon, stretching it until it is smooth. Maintain water at 150
4. remove cheese from water form into tubes and wrap in saran wrap and tie with string into balls. | cool brine and place wrapped cheese in brine, refridgerate.

Equipment: Pot, colander, wooden spoon, cheese tubes and plastic wrap.

Standardized Recipe and Cost Card



Typed By: Rhyan McGee

Date: Jan-09

Source: Sysco order writer

Menu item: Oven Roasted Tomatoes

Yield: 0.34 kg

Portion Size: 0.50 kg

Cost per portion: \$0.31

Number of ptns 10

Selling price: 0.78

Food cost percentage: 37%

RECIPE QUANTITY A.P. UNIT

INGREDIENTS	COUNT	UNIT SIZE	COUNT	UNIT SIZE	A.P. COST	YIELD %	TOTAL
Roma tomato	0.5	kg	1	kg	\$5.55	90%	\$3.08
Canola oil	0.05	L	16088	ml	\$4.75	100%	\$0.01
salt	0.002	kg	24	kg	\$27.50	100%	\$0.00
pepper	0.002	kg	0.5	kg	\$9.69	100%	\$0.04
Rosemary	0.15	bunch	6	ct	\$6.52	100%	\$0.14
Thyme	0.15	bunch	6	ct	\$6.52	100%	\$0.14
TOTAL COST:							\$3.14

Preparation Procedure:

1. Slice tomatoes really fine, like a tomatoe chip.
2. Using the vegetable oil brush the tomatoes and place on parchment paper.
3. Season with salt and pepper.
4. bake at 350F for 20minutes and let sit over night to dry out.

equipment: French/ Chef knife, parchment paper, baking sheet.

Standardized Recipe and Cost Card



Menu item: Cornish Hen	Date: 12-Jan-09
Yield:	Source: * Notes
Portion Size: 1/2 hen each	Name: Corey Ralph
# of portions: 10 ptn	Selling price: \$7.74
Cost per portion: \$2.86	Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Cornish Game Hen	5	each	12	each	\$67.66	100%	\$ 28.19
Canola Oil	0.05	L	4	L	\$30.15	100%	\$ 0.38
Salt	0.003	kg	24	kg	\$27.58	100%	\$ 0.00
Pepper	0.003	kg	0.575	kg	\$11.01	100%	\$ 0.06
TOTAL COST:							\$28.63

Preparation Procedure:

- 1 Cut the bird in half.
- 2 Debone the 1/2 bird, leaving the thigh and breast attached.
- 3 Season with salt and pepper.
- 4 Sear in the oil until golden brown.
- 5 remove from the pan and allow to cool.
- 6 Coat the outside with a layer of maple and mustard crust.
- 7 Refrigerate until service.
- 8 Heat oven to 350, and cook the hen for 15 minutes.

Equipment and Small Wares

Knife Cutting Board
 Saute Pan Mixing Bowl



Notes:

* <http://www.epicurious.com/recipes/food/views/Cornish-Hens-with-Maple-Mustard-Glaze-2581>

Standardized Recipe and Cost Card



Menu item: Maple and Mustard Crust **Date:** 12-Jan-09
Yield: 0.875 kg **Source:** * Notes
Portion Size: 0.0875 kg **Name:** Corey Ralph
of portions: 10 ptn **Selling price:** \$0.88
Cost per portion: \$0.33 **Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Maple Syrup	0.05	L	16	L	\$257.82	100%	\$ 0.81
Butter	0.108	kg	9.08	kg	\$76.75	100%	\$ 0.91
Grainy Mustard	0.075	kg	5	kg	\$19.37	100%	\$ 0.29
Garlic, roasted	0.1	kg	4.54	kg	\$20.07	95%	\$ 0.47
Panco Crumbs	0.04	kg	9.08	kg	\$52.12	100%	\$ 0.23
Fresh Thyme, crumbled	0.5	bunch	6	bunch	\$6.52	100%	\$ 0.54
Salt	0.001	kg	24	kg	\$27.58	100%	\$ 0.01
Pepper	0.001	kg	0.575	kg	\$11.01	100%	\$ 0.01
TOTAL COST:							\$3.27

Preparation Procedure:

- 1 Crush the roasted garlic.
- 2 Add the grainy mustard.
- 3 Cook the rest of the ingrediesnts together until well blended.
- 4 Cool the cooked maple syrup mixture.
- 5 Mix the garlic mixture with the maple syrup mixture.
- 6 Cool and reserve for later use on the 1/2 hen.

Equipment and Small Wares

Small Saucepan
Wooden Spoon



Notes:

* <http://www.epicurious.com/recipes/food/views/Cornish-Hens-with-Maple-Mustard-Glaze-2581>

Standardized Recipe and Cost Card



Port- Glace
Yield: 0.192 L
Portion Size: 0.03 L
of portions: 10 ptn
Cost per portion: \$0.44

Source: Pro Chef 8th Edition
Page: pg 554

Selling price: \$1.18
Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Demi-Glace	0.48	L	1	L	\$2.50	100%	\$ 1.20
Port	0	L	1	L	\$16.92	100%	\$ 2.54
Salt	0.005	Kg	24	Kg	\$40.04	100%	\$ 0.01
Ground black pepper	0.005	kg	2.7	kg	\$56.29	100%	\$ 0.10
Butter, medium dice	0.050	kg	9.08	kg	\$91.60	100%	\$ 0.50
TOTAL COST:							\$4.35

Preparation Procedure

- 1 Sweat onions
- 2 add port, reduce by half
- 3 add glace, simmer
- 4 Hold for service
- 5 monte au beurre to order, season

Equipment and Small Wares

Sauce pan, wooden spoon, sauce pot.

Notes

Standardized Recipe and Cost Card



Pommes William

Source: Pro Chef 8th Edition
Page pg 749

Yield: 1.8 kg
Portion Size: 0.18
of portions 10 ptn
Cost per portion: \$0.18

Selling price: \$0.49
Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
russet potatoes	1.81	kg	22.7	kg	14.48	90%	\$ 1.28
butter, softened	0.113	kg	9.08	kg	80.9	100%	\$ 1.01
egg yolks	4	count	180	count	26.45	50%	\$ 1.18
nutmeg ground	as needed		0.525	kg	15.35	100%	\$ 0.01
salt	as needed		24	kg	27.58	100%	\$ 0.01
black pepper	as needed		0.575	kg	\$11.01	100%	\$ 0.01
all purpose flour	0.09	kg	20	kg	10.59	100%	\$ 0.01
eggs	2	count	180	count	26.45	90%	\$ 0.33
milk	0.03	l	10	l	17.09	100%	\$ 0.05
bread crumbs	0.142	kg	10	kg	\$13.86	100%	\$ 0.20
veg oil	0.720	l	16	l	\$27.25	100%	\$ 1.23
TOTAL COST:							\$1.82

Preparation Procedure

- 1 scrub, peel and cut potatoes into large pieces. Boil or steam until tender. Drain and dry over low heat about 300 degrees until no steam rises from them, puree
- 2 add the buter and yolks season, mix well
- 3 form into pear shaped pieces
- 4 set up breading station and bread with flour, egg wash and bread crumbs
- 5 fry at 375 degrees until golden brown

Equipment and Small Wares

--

Standardized Recipe and Cost Card



Roasted Baby Beets

Source: Pro Chef 8th Edition
Page pg 749

Yield: 1.13 kg
Portion Size: 0.11 kg
of portions 10 ptn
Cost per portion: \$0.66

Selling price: \$1.78
Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
baby beets	1.13	kg	11.35	kg	\$65.13	100%	\$ 6.48
canola oil	0.057	kg	20	kg	\$32.88	100%	\$ 0.09
salt	0.005	kg				100%	\$ 0.01
pepper	0.005	kg				100%	\$ 0.01
TOTAL COST:							\$6.60

Preparation Procedure

- 1 Preheat a roasting pan in a 350 degree oven. Add the fat and melt it in the pan
- 2 add the beets and season with salt and pepper. Roast beets til tender
 - peel beets
 - reheat in boiling water
 - finish with salt and pepper in pan

Equipment and Small Wares

Baking tray, spatula, wooden spoon

Notes

Standardized Recipe and Cost Card



Menu item: **Baby Bok Choy**

Date: **Jan 12, 2009**

Source: **Allrecipes.com**

Name: **Ashley Marteinson**

Yield: **1.300** kg

Portion Size: **0.130** kg

of portions **10** ptn

Selling price: **\$1.38**

Food cost percentage: **37.00%**

Cost per portion: **\$0.51**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Baby bok choy	1.300	Kg	13.60	Kg	\$42.81	100%	\$4.09
Butter	0.110	Kg	25.00	Kg	\$209.90	100%	\$0.92
Salt	0.005	Kg	20.00	Kg	\$6.21	100%	\$0.00
Pepper	0.005	Kg	0.575	Kg	\$11.01	100%	\$0.10
TOTAL COST:							\$5.11

Preparation Procedure:

- 1 Chop bottom of bok choy with a cross hatch for even cooking. Blanch in boiling water. until tender, about 5 mins.
- 2 Place boy choy in saute pan with butter for 3-4 mins.
- 3 Salt and pepper to taste.
- 4 Serve immediately.

Equipment and Smallware:

Pot, Knife, Cutting board, tongs.

Standardized Recipe and Cost Card



Menu item: **Maple Stout Sauce** Date: **12-Jan-09**
 Yield: **1.150** L Source: **Beer Cuisine(Chef Steve)**
 Portion Size: **0.115** L Name: **Ashley Marteinson**
 # of portions: **10** ptn Selling price: **\$1.50**
 Cost per portion: **\$0.56** Food cost percentage: **37.00%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Vegetable oil	0.062	L	16.000	L	\$28.43	100%	\$0.11
Garlic, Sliced	0.007	Kg	0.500	Kg	\$9.69	95%	\$0.14
Shallots, diced	0.105	Kg	4.540	Kg	\$12.78	90%	\$0.33
Stout Beer	0.340	L	8.520	L	\$27.95	100%	\$1.12
Balsamic vinegar	0.250	L	10.000	L	\$26.71	100%	\$0.67
Maple syrup	0.187	L	16.000	L	\$257.82	100%	\$3.01
Rosemary, Chopped	0.005	Kg	0.720	Kg	\$6.52	100%	\$0.05
Thyme, Chopped	0.005	Kg	0.720	Kg	\$6.52	100%	\$0.05
Dijon mustard	0.015	L	4.500	L	\$28.21	100%	\$0.09
Salt	0.005	Kg	1.000	Kg	\$1.15	100%	\$0.01
TOTAL COST:							\$5.57

Preparation Procedure:

- 1 In a medium pot, heat the oil and slow-roast the garlic and shallots until golden brown.
- 2 Add the beer, vinegar, and maple syrup and simmer for 15 to 20 minutes, or until sauce reaches a syrupy consistency.
- 3 Remove from heat and add the herbs. Stir in the mustard and add salt to taste. Set aside in a warm place.

Equipment and Small Wares

Medium pot, Wooden spoon, Knife, Cutting board, Scale, Measuring cup.



Standardized Recipe and Cost Card



Menu item: Pork Chop

Date: 08-Oct-08

Source: Chef Steve
Alicia Ricci

Yield: 1.14 kg
 Portion Size: 0.114 kg
 # of portions: 10 ptn
 Cost per portion: \$ 2.26

Selling price: \$ 6.10
 Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Pork Chop	1.140	kg	5.000	kg	\$ 62.38	70%	\$ 20.32
Oil, as needed	0.075	L	16.000	L	\$ 28.43	100%	\$ 0.13
Salt, as needed	0.030	kg	1.000	kg	\$ 3.49	100%	\$ 0.10
Pepper, as needed	0.010	kg	0.500	kg	\$ 9.69	100%	\$ 0.19
Rosemary, chopped	0.25	bunch	6	bunch	\$ 6.42	40%	\$ 0.67
Thyme, chopped	0.25	bunch	6	bunch	\$ 6.52	40%	\$ 0.68
Garlic, minced	0.025	kg	0.500	kg	\$ 9.69	100%	\$ 0.48
TOTAL COST:							\$ 22.58

Preparation Procedure

- 1 Heat up the grill to the right temp
- 2 Season with salt, pepper, garlic, thyme, and rosemary and oil.
- 3 Place on the grill cook, turn to make a cross mark for looks
- 4 flip over and do the same to the other side take off when it is at desired temp.
- 5 Plate.

Equipment and Small Wares

Ramkins for seasonings
 tongs
 plate

Standardized Recipe and Cost Card



Menu item: whole wheat Spaetzle **Date:** Nov.5/08
Yield: 0.941 kg **Source:** Olaf's kitchen
Portion Size: 0.094 kg **Alicia Ricci**
of portions: 10 ptn **Selling price:** \$0.40
Cost per portion: \$0.15 **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Whole wheat flour	0.496	kg	20	kg	\$10.50	100%	\$ 0.94
all purpose flour	0.29	kg	20	kg	\$10.59	100%	\$ 0.55
salt	0.002	kg	16.344	kg	\$42.77	100%	\$ 0.00
white pepper	0.002	kg	0.454	kg	\$7.08	100%	\$ 0.00
eggs	0.45	kg	13.5	kg	\$27.25	90%	\$ 0.22
milk	0.334	L	12	L	\$17.15	100%	\$ 0.23
TOTAL COST:							\$1.49

Preparation Procedure:

- 1 Using mixer with the dough padle, combined the flours, salt, and pepper at low speed.
- 2 Add the eggs onr at at time then gradually add the milk to form a wet dough.
- 3 allow the dough to knead in the mixer for about 10 mins. Wrap in in plastic wrap and set in fridge for 30 mins.
- 4 Press the dough through a spaetzle press into a large pot of boiling salted water.
- 5 When the noodles float they are ready, using a slotted spoon remove them from the pot and place in a strainer.
- 6 serve immideatly or refridgerate in a sealed comtainer for later use.

Equipment and Small Wares

Lage pot
 Mxe and padle attachment
 slotted spoon,
 stainer, spaetzle press, plastc wrap

Notes:

recipe from Olof's Kitchen
 prices fom syscowriter

Standardized Recipe and Cost Card



Menu item: Chocolate Banana Rum Bread Pudding

Date: 12-Jan-09

Erin Oudyk & Jasmine Cowley

Source: Grand Finales p173

Yield: 10 ptn
Portion Size: 1/kg
of portions: 10 ptn
Cost per portion: \$1.17

Selling price: \$3.16

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Bread	0.183	kg	10.8	kg	\$21.56	100%	\$ 0.37
Dried Banana Chips	0.081	kg	1	kg	\$3.67	100%	\$ 0.30
Milk	0.717	L	10	L	\$14.84	100%	\$ 1.06
Semisweet chocolate	0.121	kg	5	kg	\$55.46	100%	\$ 1.35
Whole Eggs	0.283	kg	9	kg	\$26.45	100%	\$ 0.83
Granulated Sugar	0.213	kg	20	kg	\$23.32	100%	\$ 0.25
Butter, melted	0.081	kg	9.08	kg	\$76.75	100%	\$ 0.69
Vanilla extract	0.006	L	6	L	\$27.11	100%	\$ 0.03
Cinnamon, ground	0.003	kg	2	kg	\$20.67	100%	\$ 0.03
Salt	0.002	kg	24	kg	\$27.58	100%	\$ 0.00
Heavy Cream	0.330	L	12	L	\$53.54	100%	\$ 1.47
Meyers' Dark Rum	0.084	L	0.75	L	\$23.75	100%	\$ 2.67
Banana Liqueur	0.084	L	0.75	L	\$23.45	100%	\$ 2.64
TOTAL COST:							\$11.68

Preparation Procedure

- 1 Cut bread into 1/4" cubes. Finely chop chocolate. Preheat oven to 325 F (165 C).
- 2 Toss bread cubes with banana chips and divide evenly among 10 buttered 4oz ramekins.
- 3 Scald milk; add chocolate and let stand 30 seconds. Whisk until smooth.
- 4 Whisk in remaining ingredients and pour custard into prepared ramekins.
- 5 Bake in a water bath 45 minutes or until set.

Equipment and Small Wares

ramekins, stainless steel bowls, knives, cutting board

Notes

Standardized Recipe and Cost Card



Menu item: Pineapple Coconut Sorbet

Date: 12-Jan-09

Erin Oudyk & Jasmine Cowley

Source: Grand Finales p175

Yield: 10 ptn
Portion Size: l/kg
of portions: 10 ptn
Cost per portion: \$0.39

Selling price: \$1.05
Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Pineapple Juice	1.357	L	16.32	L	\$24.62	100%	\$ 2.05
Simple Syrup	0.339	L	20	kg	\$23.32	100%	\$ 0.39
Cream of Coconut	0.190	L	0.398	L	\$1.99	100%	\$ 0.95
Egg Whites	0.043	kg	9	kg	\$26.45	100%	\$ 0.13
Toasted Coconut	0.081	kg	3	kg	\$12.87	100%	\$ 0.35
TOTAL COST:							\$3.87

Preparation Procedure

- 1 Combine all ingredients except coconut; chill.
- 2 Freeze in ice cream machine, adding toasted coconut at the end.

Equipment and Small Wares

ice cream machine, pot, stainless steel bowl

Notes

Standardized Recipe and Cost Card



Menu item: **Chocolate Cone**

Date: 12-Jan-09

Source: Grand Finales p175

Yield: I/kg
 Portion Size: I/kg
 # of portions: 10 ptn
 Cost per portion: \$0.71

Selling price: \$1.91
 Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
White Chocolate	0.324	kg	5	kg	\$28.99	100%	\$ 1.88
Milk Chocolate	0.324	kg	1	kg	\$8.50	100%	\$ 2.76
Semisweet Chocolate	0.324	kg	5	kg	\$37.50	100%	\$ 2.43
TOTAL COST:							\$7.07

Preparation Procedure

- 1 Melt all three chocolates separately.
- 2 Form 10 parchment cones with a 3" diameter at opening
- 3 Swirl the 3 chocolates into each cone to create a marbled effect.
- 4 Turn cones upside down on baking sheet and chill until completely set.

Equipment and Small Wares

Parchment cones, stainless steel bowls, pots, pastry brushes

Notes

- 1 *Instead of using parchment cones maybe use water cooler cups to ensure consistency and to save time and effort during prep. Could be brushed with melted cocoa butter to help them come out of the cones easier.

Standardized Recipe and Cost Card



Menu item: Pineapple

Date: Jan 12th 2009

Yield: 1.529 l/kg
Portion Size: 0.1529 l/kg
of portions: 10 ptn
Cost per portion: \$1.15

Source: French Laundry Cookbook
Page: 282 & 283

Selling price: \$3.12
Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Ripe Pineapple	1.500	kg	1.000	kg	\$6.000	80%	\$11.250
Vanilla Bean, split	0.001	kg	25.000	kg	\$104.000	100%	\$0.010
Unsalted Butter	0.028	kg	1.000	kg	\$10.300	100%	\$0.288
TOTAL COST:							\$11.548

Preparation Procedure

- 1 Cut two "racks," one from each side of pineapple. Each rack will have 4 "bones." Racks are then cut into 8 individual "chops." Cut off top and bottom of pineapple. Cut 8 small cream tips from top and reserve for garnish. Cut pineapple lengthwise in half and lay halves on cutting board, skin side down.
- 2 Cut V shaped wedge in each pineapple half to remove core by cutting 45 degree angle from outer edge of core on one side and moving downward toward center of pineapple. Leave thin layer of pineapple at bottom; do not cut all the way to skin or you risk splitting skin. Repeat on opposite side to complete the V and discard core. Repeat with remaining pineapple half.
- 3 Trim away pineapple flesh from the right or left (depending on hand coordination) to form "bones". Cut away almost all of fruit from right half of pineapple, leaving only a small layer of fruit on skin. Trim outer edge of skin to make a flap about 4 in. wide, with straight edge.
- 4 Make 8 parallel cuts about 3/4 in apart in trimmed skin, cutting with sharp knife in downward motion from remaining pineapple flesh toward outer edge. Do not use sawing motion, as it might tear flesh. Snap skin downward and break off first "bone"; leave second, break third, and so on. You will be left with 4 "bones."
- 5 To trim the "eye" (the remaining pineapple flesh or "meaty" portion of the rack): Trim away some of the skin still encircling fruit to round pineapple so it resembles the shape of chops. Repeat with second piece of fruit.
- 6 Preheat oven to 400 F.
- 7 Scrape vanilla seeds from pod and reserve seeds for caramel sauce. Melt butter in heavy ovenproof skillet that will hold pineapple pieces in one layer and add pineapple, fruit side down. Cook over medium heat for about 8 minutes, or until browned, rotating racks to brown fruit all around edges. (If butter starts to burn at any point, remove pineapple and replace with new butter).
- 8 Turn pineapple fruit side up, add vanilla pods, and place skillet in oven. Bake, basting occasionally with pan juices, for 10 min. Turn pineapple fruit side down and bake, basting occasionally, for 30 min. Turn pineapple fruit side up and bake, continuing to baste, 10-15 min, or until fruit is soft and a rich brown colour.

Equipment and Small Wares

scale, container, sharp knife, cutting board, ovenproof skillet, towels, tongs,

NOTES

Standardized Recipe and Cost Card



Menu item: Caramel Sauce

Date: Jan 12th 2009

Source: French Laundry Cookbook

Yield: 0.043 l/kg
Portion Size: 0.0043 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			
Unsalted Butter	0.001	kg	1.000	kg	\$10.300	100%	\$0.010
Granulated Sugar	0.074	kg	20.000	kg	\$1.166	100%	\$0.010
Creame Friache, whipped	0.500	L	2.000	L	\$5.250	100%	\$1.313
TOTAL COST:							\$1.33

Preparation Procedure

- 1 Combine reserved vanilla seeds with butter and blend in small bowl.
- 2 Heat sugar in skillet over medium heat until caramelized.
- 3 Stir in vanilla/butter mixture.
Return pineapple to pan, fruit side down, baste with caramel syrup, and return to oven
- 4 5-10 min., to warm through.
- 5
- 6
- 7

Equipment and Small Wares

scale, container, small bowl, skillet, wooden spoon.

Notes

- 1 Recipe found in French Laundry Cookbook - page 282-283
- 2

Standardized Recipe and Cost Card



Menu item: Fried Pastry Cream

Date: Jan 12th 2009

Source: French Laundry Cookbook

Yield: 0.889 l/kg
Portion Size: 0.0889 l/kg
of portions: 10 ptn
Cost per portion: \$0.65

Selling price: \$1.75
Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Milk	0.250	L	12.000	L	\$17.190	100%	\$0.358
Suger	0.056	kg	20.000	kg	\$1.166	100%	\$0.010
All Purpose Flour	0.103	kg	20.000	Kg	\$10.590	100%	\$0.055
Large egg yokes	0.108	kg	9.000	kg	\$0.150	100%	\$0.010
Salt	0.005	kg	24.000	kg	\$0.011	100%	\$0.010
Vanilla Extract	0.125	L	1.000	L	\$33.340	100%	\$4.168
Panko Bread Crumbs	0.048	kg	0.180	kg	\$6.250	100%	\$1.670
Milk	0.125	L	12.000	L	\$17.190	100%	\$0.179
TOTAL COST:							\$6.459

Preparation Procedure

- 1 Line small loaf pan with plastic wrap.
- 2 Whisk the milk, suger, egg yokes, salt and 83.33 g of the flour in a large saucepan.
- 3 Bring to a boil, whisking constantly until the mixture thickens.
- 4 Continue cooking for another 2- 3 minutes to cook the flour completely.
- 5 Add vanilla extract and remove from heat.
- 6 Pour the pastery cream into the loaf pan.
- 7 Smooth the surface with an offset spatula; the pastry cream should be 3/4 inch thick.
Cover pastry cream with plastic wrap, pressing directly against surface of cream to
- 8 prevent skin from forming, and refrigerate for couple of hours, or until firm
- 9 Cut pastry cream into eight 1 1/4 in. rounds.
- 10 Place remaining 1/2 cup flour, milk, and panko in three small bowls. Heat oil in deep

Equipment and Small Wares

measuring cup, measuring spoons, scale, container, small loaf pan, plastic wrap,

Notes

- 1 Recipe found in French Laundry Cookbook - page 282-283
- 2

Standardized Recipe and Cost Card



Menu item: Crème Fraiche

Date: January 29, 2010

Source: Chef Steve

New Yield: 2.000 L

Page #: N/A

Original Yield: 2.000 L

Name: Mike & Brad

Portion Size: 0.015 L

of portions 10.0 ptn

Conversion Factor: 0.20

Cost per portion: \$0.52

Selling price: \$1.42

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	10.000	L	\$30.210	100%	\$3.021
Buttermilk	1.000	L	12.000	L	\$22.780	100%	\$1.898
Lemon juice/ zest	1.000	Each	3.000	each	\$0.990	100%	\$0.330
TOTAL COST:							\$5.249

Preparation Procedur

- 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

- 1 Recipe found in French Laundry Cookbook - page 282-283

Standardized Recipe and Cost Card



Menu item: **Mocha Panna Cotta** Date: **Jan 12-09**
 Yield: **0.750** kg Source: **Grand Finale**
 Portion Size: **0.075** kg Selling price: **\$1.43**
 # of portions: **10.000** ptn Food cost percentage: **37.00%**
 Cost per portion: **\$0.53**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Powdered Gelatin	0.007	Kg	1.000	kg	\$49.00	100%	\$ 0.34
Cold Water	0.042	L	0.000	L	\$0.00	100%	\$ 0.00
Heavy Cream	0.29	L	12.000	L	\$52.51	100%	\$ 1.27
Granulated Sugar	0.091	Kg	20.000	kg	\$23.32	100%	\$ 0.11
Sour Cream	0.424	Kg	4.000	L	\$14.56	100%	\$ 1.54
Marscarpone Cheese	0.084	Kg	3.000	kg	\$39.31	100%	\$ 1.10
Instant Espresso Powder	0.007	Kg	1.000	kg	\$17.42	100%	\$ 0.12
Melted Bitter Sweet Chocolate	0.079	Kg	2.500	kg	\$23.85	100%	\$ 0.75
TOTAL COST:							\$5.24

Preparation Procedure:

- 1 In small saucepan, soften the gelatin in the water. Set aside
 In a large stainless steel bowl, whisk together the cream, sugar, sour
 2 cream, marscarpone and espresso
 Place the bowl over a pot of simmering water and heat the espresso
 cream mixture until hot. While the cream mixture is heating, dissolve
 the gelatin over low heat. Remove the espresso cream mixture from
 heat, and stir in the gelatin and melted chocolate. Pour the custard
 3 into 10 6oz ramekins. Refrigerate 6 hours or over night

Equipment and Small Wares

saucepan, mixing bowl, whisk, pot, ramekins, wooden spoon

Notes:

Standardized Recipe and Cost Card



Menu item: **Bourbon Caramel Sauce** Date: **Jan 12-09**
 Yield: **0.700** L Source: **Grand Finale**
 Portion Size: **0.070** L Selling price: **\$1.11**
 # of portions: **10.00** ptn Food cost percentage: **37.00%**
 Cost per portion: **\$0.41**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Granulated Sugar	0.417	kg	20.000	kg	\$23.32	100%	\$ 0.49
Water	0.083	L	0.000	L	\$0.00	100%	\$ -
Heavy Cream	0.172	L	12.000	L	\$52.51	100%	\$ 0.75
Bourbon*	0.083	L	0.750	L	\$25.45	100%	\$ 2.82
TOTAL COST:							\$4.06

Preparation Procedure:

- 1 Combine the sugar and water in a heavy bottomed saucepan. Dissolve the sugar over medium heat. Increase to high heat and cook the mixture until it is 2 golden amber in color.
- 3 Remove the saucepan from the heat and slowly stir in the cream. Stir until 4 smooth. Let the sauce cool for 10mins and then stir in the bourbon, then 5 refridgerate until ready to use.
- 6 Assembly: Unmold each panna cotta onto a dessert plate and serve with the 7 caramel bourbon sauce and whipped cream.
- 8 Garnish with Chocolate shavings.

Equipment and Small Wares
 saucepot, wooden spoon,

Notes: Bourbon * Jim Bean Bourbon- LCBO

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

Cost per portion: \$0.04

Team Fresh

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
TOTAL COST:							\$1.62

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
TOTAL COST:							\$1.08

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
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
TOTAL COST:							\$4.32

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
TOTAL COST:							\$2.92

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. Spead 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: 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
TOTAL COST:							\$12.70

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 Small Wares	
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
TOTAL COST:							\$0.70

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
TOTAL COST:							\$0.82

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 innaccurate.

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:

Selling price: **\$7.34**

Food cost percentage: **37.00%**

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

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 into pieces	0.085	kg	9.08	kg	\$79.57	100%	\$ 0.74
TOTAL COST:							\$2.72

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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