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Standardized Recipe and Cost Card

Menu item: Lemon Tart **Date:** January 12th, 2010
Yield: 1 8-inch tart **Source:** The Sweet Life **Page:** 18
Portion Size: one eighth tart **Name:** Culinary Management Students 4th Semester
of portions: 8 ptn **Selling price:** \$2.80
Cost per portion: \$1.04 **Food cost percentage:** 0.37

INGREDIENTS	EP Quantity			AP Quantity			AP Cost			Unit Cost		TOTAL
	Count	Unit	YIELD %	Count	Unit	Price	Count	Unit	price	unit		
Lemon juice	3.000	ea	100.000%	3.000	ea	\$0.30	1.000	ea	\$0.30	ea	\$0.90	
Orange juice	1.000	ea	100.000%	1.000	ea	\$0.35	1.000	ea	\$0.35	ea	\$0.35	
Lemon zest	1.000	ea	100.000%	1.000	ea	\$0.30	1.000	ea	\$0.30	ea	\$0.30	
Butter	0.114	kg	100.000%	0.114	kg	\$378.03	18.16	kg	\$20.82	kg	\$2.37	
Salt	0.005	kg	100.000%	0.005	kg	\$42.37	24.000	kg	\$1.77	kg	\$0.01	
Egg	1.000	ea	100.000%	1.000	ea	\$89.76	180.000	ea	\$0.50	ea	\$0.50	
Egg yolks	6.000	ea	100.000%	6.000	ea	\$89.76	180.000	ea	\$0.50	ea	\$2.99	
Sugar	0.172	kg	100.000%	0.172	kg	\$42.01	20.000	kg	\$2.10	kg	\$0.36	
Candied Zest	0.014	kg	100.000%	0.014	kg	\$0.28	0.420	kg	\$0.67	kg	\$0.01	
Marscapone	0.020	kg	100.000%	0.020	kg	\$7.55	0.454	kg	\$16.63	kg	\$0.33	
Tart Shell	1.000	ea	100.000%	1.000	ea	\$0.16	1.000	ea	\$0.16	ea	\$0.16	
TOTAL COST:											\$8.29	

Preparation Procedure:

- 1 Over bain-marie, whisk together egg yolks, whole egg, and sugar.
- 2 Add the lemon juice, orange juice, lemon zest, and salt
- 3 Whisk briskly until mixture is thickened, doubled in volume, 5-10 minutes
- 4 Remove curd from heat and pass through a fine mesh strainer into a bowl
- 5 Discard zest, place the bowl in an ice bath and let cool until warm to the touch
- 6 Thoroughly whisk in the butter, chill or bake the curd
- 7 Preheat the oven to 325F.
- 8 Pour the lemon curd into the prepared tart shell
- 9 Place the tart on a half sheet pan, and bake until the custard sets, 10-15 minutes
- 10 To test if the custard is set, gently tap the tart ring; if the center does not jiggle it is set
- 11 Shape marscapone into a quenelle, and put on top of tart portion with candied zest

Equipment and Small Wares:

Balloon whisk Sheet pan
 Bowls
 Pot

Notes:

- *if you have made the curd ahead of time and refrigerated it, the tart will need a few extra minutes in the oven to set
- *the curd, well sealed and refrigerated, will keep up to one week
- *the finished tart, if properly covered and refrigerated, will keep up to 3 days
- *serve tart at room temperature

Standardized Recipe and Cost Card

Menu item: Short Dough **Date:** January 11th, 2010
Yield: 1.574 kg **Source:** Gisslen 6th Edition **Page:** 981
Portion Size: 0.02 kg/l **Name:** Culinary Management Students 4th Semester
of portions: 1 shell **Selling price:** \$5.60
Cost per portion: \$2.07 **Food cost percentage:** 0.37

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Pastry Flour	1.000	kg	100.00%	1.000	kg	\$18.51	20	kg	\$0.93	kg	\$0.93
Salt	0.004	kg	100.00%	0.004	kg	\$27.58	24	kg	\$1.15	kg	\$0.00
Shortening	0.500	kg	100.00%	0.500	kg	\$30.57	20	kg	\$1.53	kg	\$0.76
Eggs	7.000	each	100.00%	7.000	each	\$89.76	180	each	\$0.50	each	\$3.49
Sugar	0.180	kg	100.00%	0.180	kg	\$42.01	20	kg	\$2.10	kg	\$0.38
TOTAL COST:											\$2.07

Preparation Procedure:

- 1 Using the paddle attachment, mix the shortening, sugar and salt at low speed until evenly blended
- 2 Add the eggs and mix just until absorbed
- 3 Sift the flour and add it to the mixture, and mix until evenly blended
- 4 Chill several hours before using
- 5 Line with small pieces of parchment and baking beans
- 6 Bake at 400° for 15 minutes or until lightly browned

Equipment and Small Wares:

Rectangular tart pan
 fork
 bowls
 mixer with paddle attachment
 Parchment paper
 Baking beans

Standardized Recipe and Cost Card



Menu item: Candied Lemon Zest

Date: January 11th, 2010

Yield: 0.042 kg

Source: Samantha Shaw **Page:** N/A

Portion Size: 0.014 kg

Name: Culinary Management 4th Semester

of portions: 3 ptn

Selling price: \$0.25

Cost per portion: \$0.09

Food cost percentage: 37%

	EP Quantity			AP Quantity		AP Cost			Unit Cost		
INGREDIENTS	Count	Unit	YIELD %	Count	Unit	Price	Count	Unit	price	unit	TOTAL
lemon zest	0.5	ea	100%	0.5	ea	\$0.30	1	ea	\$0.30	ea	\$0.15
sugar	0.043	kg	100%	0.043	kg	\$ 42.01	20	kg	\$2.10	kg	\$0.09
fine sugar	0.025	kg	100%	0.025	kg	\$ 31.58	20	kg	\$1.58	kg	\$0.04
water	0.043	L	100%	0.043	L	\$0.00	1	L	\$0.00	L	\$0.00
TOTAL COST:										\$0.28	

Preparation Procedure:

- 1 using water and sugar, create a simple syrup
- 2 poach zest in syrup for 5 minutes, or until semi translucent
- 3 strain zest, and let cool on parchment paper
- 4 toss in fine sugar to coat

Equipment and Small Wares

sauce pot
 slotted spoon
 bowl
 parchment paper

Notes:

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Standardized Recipe and Cost Card

Menu item: Raspberry Mousse **Date:** Feb 18th 2010
Yield: 1 cake **Source:** Pro chef pg 1139
Portion Size: 1 10 inch cake **Name:** Culinary Management 4th Semester
of portions: 1 ptn **Selling price:** \$12.13
Cost per portion: \$4.49 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Gelatin Powdered	0.009	kg	100%	0.009	kg	\$3.00	1.000	kg	3.00	kg	\$0.03
Water	0.099	L	100%	0.099	L	\$0.00	0.000	L	0.00	L	\$0.00
Heavy Cream	0.139	L	100%	0.139	L	\$5.65	1.000	L	5.65	L	\$0.79
Raspberry Puree	0.238	L	100%	0.238	L	\$14.14	1.000	L	14.14	L	\$3.37
Egg Whites	1.650	ea	100%	1.650	ea	\$2.25	12.00	ea	0.19	ea	\$0.31
Sugar	0.084	kg	100%	0.084	kg	\$28.05	20.000	kg	1.40	kg	\$0.12
TOTAL COST:											\$4.49

Preparation Procedure:

1. Assemble and prepare the desired pastries, containers, or molds that are to be used in the application of the mousse before beginning preparation.
2. Bloom the gelatin in the water.
3. Whip the cream to medium peaks. Cover and refrigerate the whipped cream.
4. Warm half of the fruit puree in a saucepan. Remove it from the heat. Melt the gelatin. Add the melted gelatin and stir to incorporate. Blend in the remaining puree.
5. Combine the egg whites and sugar in a mixer bowl over a pot of simmering water and heat, stirring constantly with a wire whip, until the mixture reaches 145F/63C. Transfer the bowl to the mixer and whip at high speed with the whip attachment until stiff peaks form. Continue beating until the meringue has completely cooled.
6. Cool the raspberry mixture to 70F/21C.
7. Gently blend approx. 1/3 of the meringue into the raspberry mixture to lighten it. Fold in the remaining meringue, thoroughly incorporating it. Fold in the reserved whipped cream.
8. Immediately pipe or ladle the mousse into the molds.

Equipment and Small Wares:

Scale, measuring cup, mixing bowl, saucepot, stainless steel bowl, whip, spatula

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes
Yield % are from the Book of Yields

Standardized Recipe and Cost Card

Menu item: Devil's Food Cake **Date:** Feb 18th 2010
Yield: 1 cake **Source:** Chef Dave
Portion Size: 1 10 inch cake **Name:** Culinary Management 4th Semester
of portions 1 ptn **Selling price:** \$13.81
Cost per portion: \$5.11 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Cake flour	0.252	kg	100%	0.252	kg	\$18.51	20.000	kg	0.93	kg	\$0.23
Cocoa Powder	0.121	kg	100%	0.121	kg	\$39.83	3.000	kg	13.28	kg	\$1.61
Salt	0.009	kg	100%	0.009	kg	\$1.76	1.000	kg	1.76	kg	\$0.02
Baking Powder	0.008	kg	100%	0.008	kg	\$12.45	1.000	kg	12.45	kg	\$0.10
Baking Soda	0.005	kg	100%	0.005	kg	\$3.00	1.000	kg	3.00	kg	\$0.02
Sugar, granulated	0.427	kg	100%	0.427	kg	\$28.05	20.000	kg	1.40	kg	\$0.60
High Ratio Shortening	0.186	kg	100%	0.186	kg	\$39.77	15.800	kg	2.52	kg	\$0.47
Milk	0.427	kg	100%	0.427	kg	\$3.04	1.000	kg	3.04	kg	\$1.30
Egg	3.500	ea	100%	3.500	ea	\$2.25	12.000	ea	0.19	ea	\$0.66
Vanilla Extract	0.006	kg	100%	0.006	kg	\$19.86	1.000	kg	19.86	kg	\$0.12
TOTAL COST:										\$5.11	

Preparation Procedure:

1. Sift cake flour, cocoa, salt, baking powder, baking soda, sugar.
2. Add high ratio shortening and blend to a fine crumb stage.
3. Add milk, eggs, and vanilla a third at a time, blending and scraping down the bowl as you go.
4. Bake at 310F until a skewar can be poked into the cake and come out clean.

Equipment and Small Wares:

Scale, measuring cup, mixing bowl, saucepot , stainless steel bowl, whip, spatula

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes
Yield % are from the Book of Yields

Standardized Recipe and Cost Card

Menu item: Mirror Glaze

Date: Feb 18th 2010

Yield: 1 cake

Source: The Advanced Pro Pastry Chef pg 776

Portion Size: 1 10 inch cake

Name: Culinary Management 4th Semester

of portions 1 ptn

Selling price: \$4.89

Cost per portion: \$1.81

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Gelatin Powdered	0.009	kg	100%	0.009	kg	\$3.00	1.000	kg	3.00	kg	\$0.03
Cold Water	0.120	L	100%	0.120	L	\$0.00	0.000	L	0.00	L	\$0.00
Water	0.060	L	100%	0.060	L	\$0.00	0.000	L	0.00	L	\$0.00
Sugar	0.060	kg	100%	0.060	L	\$28.05	20.000	kg	1.40	L	\$0.08
Raspberry Puree	0.120	L	100%	0.120	L	\$14.14	1.000	L	14.14	L	\$1.70
TOTAL COST:											\$1.81

Preparation Procedure:

1. Sprinkle the gelatin over the cold water and set aside until softened. Heat the mixture over a bain marie until dissolved, do not overheat.
2. Make simple syrup using water and sugar. Stir the simple syrup into the gelatin mixture. Stir in raspberry puree.
3. Cool the glaze in a cold water bath until it is cool to the touch.
4. Pour over the mousse cake or dip fresh berries into it.

Equipment and Small Wares

Scale, measuring cup, mixing bowl, saucepot , stainless steel bowl, whip, spatula

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes

Yield % are from the Book of Yields

Standardized Recipe and Cost Card



Menu item: Apple Tart Tatin **ite:** Nov. 11, 2010
Yield: 10 ptn **Source:** The Advanced Pro. Pastry Chef
Portion Size: 1 kg **Name:** Culinary Management Students 4th Semester
of portions: 10 ptn **Selling price:** \$2.42
Cost per portion: \$0.90 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Large Apples	10.000	Ea	100%	10.000	Ea	\$39.00	80.000	Ea	\$ 0.49	Ea	\$ 4.88
Apple CiderCaramel Sauce	0.300	Kg	100%	0.300	Kg	\$ 3.46	0.300	Kg	\$ 11.53	Kg	\$ 3.46
Cinnamon Sugar	0.019	Kg	100%	0.019	Kg	\$25.56	1.100	Kg	\$ 23.24	Kg	\$ 0.44
Puff Pastry	0.284	Kg	100%	0.284	Kg	\$373.41	574.200	Kg	\$ 0.65	Kg	\$ 0.18
TOTAL COST:										\$ 8.96	

Preparation Procedure:

- 1 Cut puff pastry rounds using the 3rd smallest circle cutter.
- 2 Peel apples and slice north to south, core, be sure to hold in water so they don't brown
- 3 Pour 30mL of caramel into the bottom of the ramekins, sprinkle 1tsp of cinnamon sugar over the sauce.
- 4 Place the apple, cut side up, into the ramekin and put the puff pastry round on top.
- 5 Place ramekins on a sheet pan and cover with tin foil.
- 6 Bake at 375F for approximately 30 minutes or until the apples feel soft and the caramel penetrated the bottom of the fruit.

Equipment and Small Wares

Bowls Plates Piping squeeze Bottle
 Knife Ramekins 2"+ deep
 Baking Sheets



Standardized Recipe and Cost Card

Menu item: Apple Cider Caramel Sauce **Date:** January 12th 2010

Yield: 300 mL **Source:** The Advanced Pro. Pastry Chef Page: 419

Portion Size: 30 mL **Name:** Culinary Management Students 4th Semester

of portions 10 ptn **Selling price:** \$1.28

Cost per portion: \$0.48 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
White sugar	0.295	Kg	100%	0.295	Kg	\$126.32	80.000	Kg	\$1.58	Kg	\$0.47
Vanilla Bean	1.000	ea	100%	1.000	ea	\$2.00	1	ea	\$2.00	ea	\$2.00
Water	0.064	L	100%	0.064	L	\$0.00	0.000	Kg	\$0.00	L	\$0.00
Lemon Juice	0.002	L	100%	0.002	L	\$0.40	0.020	L	\$20.00	L	\$0.04
Light Cornsyrup	0.029	L	100%	0.029	L	\$72.00	33.060	L	\$2.18	L	\$0.06
Unsalted Butter	0.061	Kg	100%	0.061	Kg	\$378.03	36.320	Kg	\$10.41	Kg	\$0.63
Apple Cider*	0.129	L	100%	0.129	L	\$4.00	1.000	L	\$4.00	L	\$0.52
Calvados	0.016	L	100%	0.016	L	\$48.45	0.750	L	\$64.60	L	\$1.03
TOTAL COST:											\$4.75

Preparation Procedure:

- 1
- 2
- 3

Equipment and Small Wares

- Knife Saucepots
- Bowls
- Rubber Spatula

Notes:

*Heated to Scalding



Standardized Recipe and Cost Card

Menu item: **Cinnamon Ice Cream**

Date: Jan. 11, 2010

Yield: 1.440 L

Source: Professional Chef 8 Pg. 1136

Portion Size: 0.033 L

Name: Culinary Management Students 4th Semester

of portions 43.636 ptn

Selling price: \$0.56

Cost per portion: \$0.21

Food cost percentage: 37%

INGREDIENTS	EP Quantity			YIELD %		AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit			
Milk	0.480	L	100%	0.480	L	\$2.02	1.000	L	\$2.02	L	\$0.97		
Heavy Cream	0.480	L	100%	0.480	L	\$5.65	1.000	L	\$5.65	L	\$2.71		
Vanilla Bean *	1.000	ea	100%	1.000	ea	\$2.00	1.000	ea	\$2.00	ea	\$2.00		
Sugar	0.198	kg	100%	0.198	kg	\$31.58	20.000	kg	\$1.58	kg	\$0.31		
Glucose Syrup	0.028	kg	100%	0.028	kg	\$5.00	1.000	kg	\$5.00	kg	\$0.14		
Salt	0.050	kg	100%	0.050	kg	\$1.76	1.000	kg	\$1.76	kg	\$0.09		
Egg yolks	15.000	ea	100%	15.000	ea	\$2.25	12.000	ea	\$0.19	ea	\$2.81		
Cinnamon	0.010	kg	100%	0.010	kg	\$1.06	0.550	kg	\$1.93	kg	\$0.02		
TOTAL COST:											\$9.05		

Preparation Procedure:

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

Equipment:

Sauce pan, wooden spoon, whisk, stainless steel bowl, ice cream machine, #30 ice cream scoop

Notes:

1 L approx. 30 portions of ice cream



Standardized Recipe and Cost Card

Menu item: Madarine Sticky Cake with Brown Suga Date: Feb. 2nd 2010

Yield: 1 9X13

Source: Chef Steve

Portion Size:

Name: David Gibson

of portions 50

Selling price: \$2.22

Cost per portion: \$0.82

Food cost percentage: 37%

INGREDIENTS	EP Quantity			AP Quantitiy		AP Cost			Unit Cost		TOTAL
	Count	Unit	YIELD %	Count	Unit	Price	Count	Unit	price	unit	
Madarines (10oz)	9.000	cans	100%	9.000	cans	\$ 29.67	16.320	cans	\$ 1.82	cans	\$5.50
Flour	0.850	kg	100%	0.850	kg	\$ 45.17	60.000	kg	\$ 0.75	kg	\$0.64
Sugar	1.090	kg	100%	1.090	kg	\$ 42.01	20.000	kg	\$ 2.10	kg	\$2.29
Vanilla	0.025	kg	100%	0.025	kg	\$ 18.51	4.800	kg	\$ 3.86	kg	\$0.10
Baing Powder	0.032	kg	100%	0.032	kg	\$ 5.25	1.000	kg	\$ 5.25	kg	\$0.17
Ginger, minced	0.015	kg	100%	0.015	kg	\$ 1.25	0.454	kg	\$ 2.75	kg	\$0.04
Eggs, Large	6.000	each	100%	6.000	each	\$ 89.76	180.000	each	\$ 0.50	each	\$2.99
Salt	0.050	kg	100%	0.050	kg	\$ 27.58	24.000	kg	\$ 1.15	kg	\$0.06
Walnuts, chopped	0.285	kg	100%	0.285	kg	\$ 18.40	1.000	kg	\$ 18.40	kg	\$5.24
Br. Sugar Glaze											
Butter	0.060	kg	100%	0.060	kg	\$ 4.80	0.454	kg	\$ 10.57	kg	\$2.38
Brown Sugar	0.250	kg	100%	0.250	kg	\$ 3.00	1.000	kg	\$ 3.00	kg	\$0.75
Milk	0.121	kg	100%	0.121	kg	\$ 3.04	1.000	L	\$ 3.04	kg	\$0.68
Water	0.550	kg	100%	0.550	kg	\$ -	0.000	kg	\$ -	kg	\$0.00
TOTAL COST:										\$20.84	

Preparation Procedure:

- 1 Preheat the oven to 325F. Set aside one can of orange sections for garnish
- 2 Combine all ingredients until well blended. Pour into parcment lined pan and bake for 30 mins. Let cool in pan
- 3 Glaze: Combine ingrdients and bring to a boil. Simmer for 3 minutes. Pierce the top of the cake with a skewer to allow the glaze to soak in. Pour the glaze over warm cake. Let cool.

Equipment and Small Wares

9x13 hotel pan, skewer, whisk, parcement,

Notes:

Standardized Recipe and Cost Card



Menu item: Honey Pecan Tuile **Date:** January 11th 2010
Yield: 40 tuile **Source:** Chef Steve
Portion Size: 1 tuile **Name:** Culinary Management Students 4th Semester
of portions: 40 ptn **Selling price:** \$0.57
Cost per portion: \$0.21 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Unsalted Butter	0.141	kg	100%	0.141	kg	\$91.64	9.080	kg	\$10.09	kg	\$1.42
Honey	0.290	kg	100%	0.290	kg	\$38.17	6.000	kg	\$6.36	kg	\$1.84
Confectioner's sugar	0.284	kg	100%	0.284	kg	\$58.15	20.000	kg	\$2.91	kg	\$0.83
AP Flour	0.301	kg	100%	0.301	kg	\$13.39	20.000	kg	\$0.67	kg	\$0.20
Egg Whites	0.212	kg	100%	0.212	kg	\$25.04	6.000	kg	\$4.17	kg	\$0.88
Pecans - finely chopped	0.050	kg	100%	0.050	kg	\$65.66	1.000	kg	\$65.66	kg	\$3.28
TOTAL COST:											\$8.46

Preparation Procedure:

1. Preheat oven to 300F, in mixer with paddle attachment, beat butter, honey until smooth.
2. Add the confectioners sugar and flour and mix until smooth. Mix in the pecans.
3. Slowly add the egg whites to the mixture. Mix until smooth. Mix in almonds. Chill.
4. Make a stencil from thin piece of plastic shaped like a tear drop. Place stencil on silicone mat.
5. Spread tuile batter thinly over stencil. Repeat process until sheet pan filled (6 to 8 tuiles)
6. Remove stencil, bake until tuile is light golden brown
7. Remove tuile from oven, while still warm, press over a domed object to create an arch shape.

Equipment and Small Wares:

scale, measuring cup, mixer with paddle attachment, plastic for stencil, off set spatula, silicon mat, baking sheet, object to form the tuile to desired shape

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes
 Yield % are from the Book of Yields
 Tuile are very fragile, be sure to make more than needed as some will break

Standardized Recipe and Cost Card

Menu item: Maple Crème Brulee **Date:** January 11th 2010
Yield: 10 ramekin **Source:** Chef Steve
Portion Size: 1 ramekin **Name:** Culinary Management Students 4th Semester
of portions: 10 ptn **Selling price:** \$3.20
Cost per portion: \$1.18 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Whipped Cream 35%	1.000	L	100%	1.000	L	\$63.39	12.00	L	\$5.28	L	\$5.28
Egg Yolks	16.000	ea	100%	16.000	ea	\$2.25	12.00	ea	\$0.19	ea	\$3.00
Honey	0.180	kg	100%	0.180	kg	\$38.17	6.00	kg	\$6.36	kg	\$1.15
Maple Syrup	0.090	kg	100%	0.090	kg	\$87.60	3.68	kg	\$23.80	kg	\$2.14
Sugar - Vanilla	0.100	kg	100%	0.100	kg	\$51.60	20.00	kg	\$2.58	kg	\$0.26
TOTAL COST:											\$11.83

Preparation Procedure:

1. Preheat oven to 275F.
2. In a saucepan bring 35% cream, maple syrup, and honey to a simmer.
3. Remove from heat, temper with egg yolks and combine ingredients except for brown and white sugar.
4. Divide mixture evenly into 10 ramekins.
5. Place ramekins in hotel pan, fill hotel pan with hot water, staying 3/4" below the top of the ramekin.
6. Remove from the oven when the custard starts to set. Not quite firm in the middle.
7. Spoon sugar mixture on top of crème brulee and torch.

Equipment and Small Wares:

Scale, measuring cup, saucepan, spatula, ramekins, hotel pan, torch

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes

Yield % are from the Book of Yields

Eggs = .050 kg each



Standardized Recipe and Cost Card

Menu item: Mixed Berry Compote **Date:** January 11th 2010
Yield: 0.200 kg **Source:** Chef Hawey
Portion Size: 0.020 kg **Name:** Culinary Management Students 4th Semester
of portions: 10 ptn **Selling price:** \$0.72
Cost per portion: \$0.27 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Strawberries	0.050	kg	100.00%	0.050	kg	\$21.36	5.000	kg	4.27	kg	\$0.21
Raspeberries	0.050	kg	100.00%	0.050	kg	\$26.38	5.000	kg	5.28	kg	\$0.26
Blackberries	0.050	kg	100.00%	0.050	kg	\$28.33	5.000	kg	5.67	kg	\$0.28
Blueberries	0.050	kg	100.00%	0.050	kg	\$22.05	5.000	kg	4.41	kg	\$0.22
Lemon Juice	0.001	L	100.00%	0.001	L	\$3.78	1.000	L	3.78	L	\$0.00
Fresh Raspberry Coulis	0.120	L	100.00%	0.120	L	\$14.14	1.000	L	14.14	L	\$1.70
TOTAL COST:											\$2.68

Preparation Procedure:

1. Heat all ingredients in a saucepot until reduced. Approximatly 10 minutes.

Equipment and Small Wares:

scale, measuring cup, wooden spoon, saucepot

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes

Yield % are from the Book of Yields



Standardized Recipe and Cost Card

Menu item: Crème Anglaise **Date:** Jan. 11, 2010
Yield: 1 L **Source:** Chef David Hawey
Portion Size: 0.005 kg **Name:** Culinary Management Students 4th Semester
of portions: 20 ptn **Selling price:** \$2.59
Cost per portion: \$0.14 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Table Cream	1.000	L	100%	1.000	L	\$26.25	12.000	L	\$2.19	L	\$2.19
Sugar	0.100	Kg	100%	0.100	Kg	\$ 44.50	44.000	Kg	\$1.01	kg	\$0.10
Vanilla extract	0.006	Kg	100%	0.006	Kg	\$19.86	1.000	kg	\$19.86	Kg	\$0.12
Egg yolks	16.000	each	33%	3.960	Kg	\$0.10	1.000	each	\$0.10	kg	\$0.40
Lemon peel	0.005	kg	90%	0.006	kg	\$0.03	0.003	kg	10.000	kg	\$0.06
TOTAL COST:										\$2.86	

Preparation Procedure:

- 1 In a saucepan heat table cream on medium high heat untill lightly simmers
- 2 Meanwhile separate 12 eggs reserving the yolks.
- 3 In a bowl mix vanilla egg yolks and sugar till creamed.
- 4 Once table cream is scalded take off heat and slowly temper the egg, sugar and vanilla mixture into the saucepot of cream
- 5 Bring mixture to a boil or till it reaches a temp. of 150F. Often stir with wooden spoon.
- 6 Immediately strain mixture through a fine chinois into a bowl that is in a ice bath.
- 7 Cool till resembles custard consistency

Equipment and Small Wares

Saucepan, wooden spoon, knife, chinois, bowls, wisk, measuring cup

Notes: ** If mixture does not resemble custard consistency and is too runny put back into a saucepan with mixture of 1 tbsp of cornstarch to 2 tbsp of water and bring to a boil, strain and cool**



Standardized Recipe and Cost Card

Menu item: Raspberry Coulis **Date:** January 11th 2010
Yield: 0.100 L **Source:** Grand Finales pg 91
Portion Size: 0.001 kg **Name:** Culinary Management Students 4th Semester
of portions: 100 ptn **Selling price:** \$0.04
Cost per portion: \$0.01 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Raspberry Puree	0.100	L	100%	0.100	L	\$14.14	1.00	L	\$14.14	L	\$1.41
Food Thickener	0.002	kg	100%	0.002	kg	\$5.00	1.00	kg	\$5.00	kg	\$0.01
TOTAL COST:										\$1.42	

Preparation Procedure:

1. Whisk together raspberry puree and food thickener.

Equipment and Small Wares:

teaspoons, measuring cup, whisk, stainless steel bowl

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes
 Yield % are from the Book of Yields



Standardized Recipe and Cost Card

Menu item: Mango Coulis **Date:** January 11th 2010
Yield: 0.100 kg **Source:** Grand Finales pg 206
Portion Size: 0.010 kg **Name:** Culinary Management Students 4th Semester
of portions: 10 ptn **Selling price:** \$0.38
Cost per portion: \$0.14 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Mango Puree	0.100	L	100%	0.100	L	\$14.14	1.000	L	\$14.14	L	\$1.41
Food Thickener	0.002	kg	100%	0.002	tsp	\$5.00	1.000	kg	\$5.00	kg	\$0.01
TOTAL COST:										\$1.42	

Preparation Procedure:

1. Whisk together mango puree and food thickener

Equipment and Small Wares:

teaspoons, measuring cup, whisk, stainless steel bowl

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes
 Yield % are from the Book of Yields



Standardized Recipe and Cost Card

Menu item: Pear Sorbet	Date: Jan 11th, 2010
Yield: 1.512 L	Source: Grand Finales pg. 259
Portion Size: 0.06 L	Name: Culinary Management Students 4th Semester
# of portions: 25 ptn	Selling price: \$0.32
Cost per portion: \$0.12	Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Pear puree	0.680	kg	100%	0.680	L	\$2.06	0.600	L	3.433	L	\$2.33
Water	0.237	L	100%	0.237	kg	\$ -	0.000	kg	0.000	kg	\$0.00
Sugar	0.237	kg	100%	0.237	kg	\$ 42.01	20.000	kg	2.101	kg	\$0.50
Poire Williams liquer	0.003	L	100%	0.003	L	\$16.99	0.375	L	45.307	L	\$0.14
water	0.355	L	100%	0.355	L	\$0.00	0.000	L	0.000	L	\$0.00
TOTAL COST:											\$2.97

Preparation Procedure:

1 Combine pear puree with syrup and water. Freeze in an icecream machine. Add the poire Williams during the last minute of freezing. This will take up to 1 hour.

Equipment and Small Wares

Ice Cream machine	Scales
Bowls	Spatula

Notes:



Standardized Recipe and Cost Card

Menu item: Champagne and Lemon Sorbet **Date:** Jan. 11th, 2010
Yield: 1.805 ptn **Source:** Grand Finales pg. 34
Portion Size: 0.06 kg **Name:** Culinary Management Students 4th Semester
of portions: 30 ptn **Selling price:** \$7.60
Cost per portion: \$2.81 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
water	0.621	L	100%	0.621	L	\$ 69.45	12.00	L	5.788	L	\$3.59
granulated sugar	0.312	kg	100%	0.312	kg	\$ -	0.00	kg	0.000	kg	\$0.00
orange juice	0.089	L	100%	0.089	L	\$ 55.48	12.00	L	4.623	L	\$0.41
lemon juice	0.059	L	100%	0.003	L	\$ 18.78	22.73	L	0.826	L	\$0.01
champagne, chilled	0.750	L	100%	0.750	L	\$ 13.05	1.50	L	8.700	L	\$6.53
egg white	0.030	L	100%	0.030	L	\$ 25.04	6.00	L	4.173	L	\$0.13
TOTAL COST:										\$10.67	

Preparation Procedure:

- 1 In a saucepan combine water, sugar, orange, lemon juice. Bring to a boil, cool and chill.
- 2 Whisk the egg white till light and fluffy. Add champagne and egg whites to mixture and process in the icecream maker for up to 1 hour or longer in required.

Equipment and Small Wares

Ice cream machine, saucepan, whisk, bowl (cleaned and dry)

Notes:



Standardized Recipe and Cost Card

Menu item: Pineapple and Coconut Sorbet

Date: Jan. 11th, 2010

Yield: 1.406 L

Source: Grand Finales pg. 175

Portion Size: 0.06 L

Name: Culinary Management Students 4th Semester

of portions 23 ptn

Selling price: \$0.35

Cost per portion: \$0.13

Food cost percentage: 37%

INGREDIENTS	EP Quantity			AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit	YIELD %	Count	Unit	Price	Count	Unit	price	unit	
Pineapple juice	0.950	L	100%	0.950	L	\$ 29.67	16.32	L	\$ 1.82	L	\$1.73
Water	0.118	L	100%	0.118	L	\$ -	0.00	L	\$ -	L	\$0.00
Sugar	0.118	kg	100%	0.118	kg	\$ 42.01	20.00	kg	\$ 2.10	kg	\$0.25
Cream of coconut	0.133	L	100%	0.133	L	\$ 18.51	4.80	L	\$ 3.86	L	\$0.51
Egg whites	0.030	L	100%	0.030	L	\$ 25.04	6.00	L	\$ 4.17	L	\$0.13
Toasted coconut	0.057	kg	100%	0.057	kg	\$ 17.96	3.00	kg	\$ 5.99	kg	\$0.34
TOTAL COST:										\$2.95	

Preparation Procedure:

- 1 Combine all ingredients except coconut; chill
- 2 Freeze in icecream machine, adding toasted coconut at the end. Mix for up to 1 hour or longer is required.

Equipment and Small Wares

Ice cream machine, saucepan, whisk

Notes:



Standardized Recipe and Cost Card

Menu item: Coconut Sorbet

Date: Jan. 11th, 2010

Yield: 1.3 L

Source: Grand Finales pg. 293

Portion Size: 0.06 L

Name: Culinary Management Students 4th Semester

of portions 21 ptn

Selling price: \$0.53

Cost per portion: \$0.19

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
granulated sugar	0.198	kg	100%	0.198	kg	\$ 42.01	20.00	kg	2.101	kg	\$0.42
water	0.118	kg	100%	0.118	kg	\$ -	0.00	kg	0.000	kg	\$0.00
coconut milk	0.950	L	100%	0.950	L	\$ 18.51	4.80	kg	3.856	L	\$3.66
TOTAL COST:											\$4.08

Preparation Procedure:

- 1 In a saucepan, bring sugar and water to a boil. Cool and chill syrup.
- 2 Combine the coconut milk and simple syrup. Process the mixture in an icecream machine and freeze for up to 1 hour or longer if required.

Equipment and Small Wares

Ice cream machine, saucepan, whisk

Notes:



Standardized Recipe and Cost Card

Menu item: Raspberry Sorbet

Date: Jan. 11th, 2010

Yield: 0.849 L

Source: Grand Finales pg. 167

Portion Size: 0.06 L

Name: Culinary Management Students 4th Semester

of portions 14 ptn

Selling price: \$1.70

Cost per portion: \$0.63

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Water	0.237	L	100%	0.237	L	\$ -	0.00	L	\$ -	L	\$0.00
Granulated sugar	0.198	kg	100%	0.198	kg	\$ 42.01	20.00	kg	\$ 2.10	kg	\$0.42
Raspberry coulis	0.355	L	100%	0.355	L	\$ 6.26	0.27	L	\$ 23.19	L	\$8.23
Lemon juice	0.059	L	100%	0.059	L	\$ 32.59	11.34	L	\$ 2.87	L	\$0.17
TOTAL COST:											\$8.82

Preparation Procedure:

- 1 In a saucepan bring water and sugar to a boil. Remove from heat and stir in raspberry puree and lemon juice. Chill over ice bath.
- 2 Process sorbet in ice cream machine and freeze until serving. This should take up to 1 hour or long if required.

Equipment and Small Wares

Ice cream machine, saucepan, 2 bowls

Notes:

Standardized Recipe and Cost Card

Menu item: White Chocolate Truffle **Date:** January 11th, 2010
Yield: 75 pieces **Source:** The Advanced Pastry Chef **Page:** 190
Portion Size: 0.015 kg/l **Name:** Culinary Management Students 4th Semester
of portions: 75 ptn **Selling price:** \$0.37
Cost per portion: \$0.14 **Food cost percentage:** 0.37

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost		Unit Cost		TOTAL	
	Count	Unit		Count	Unit	Price	Count	Unit	price		unit
Heavy cream	0.240	l	100.000%	0.240	l	\$59.74	12.000	l	\$4.98	l	\$1.19
White Chocolate	0.510	kg	100.000%	0.510	kg	\$7.50	1.000	kg	\$7.50	kg	\$3.83
Praline paste	0.085	kg	100.000%	0.085	kg	\$10.00	0.454	kg	\$22.03	kg	\$1.87
Unsalted butter, at room temperature	0.085	kg	100.000%	0.085	kg	\$378.03	18.160	kg	\$20.82	kg	\$1.77
Cocoa butter, melted	0.085	kg	100.000%	0.085	kg	\$10.00	1.000	kg	\$10.00	kg	\$0.85
Powdered sugar	0.025	kg	100.000%	0.025	kg	\$66.96	20.000	kg	\$3.35	kg	\$0.08
White Chocolate, tempered	0.100	kg	100.000%	0.100	kg	\$7.50	1.000	kg	\$7.50	kg	\$0.75
									TOTAL COST:		\$10.35

Preparation Procedure:

- 1 Heat the cream to the boiling point.
- 2 Remove from the heat and stir in the chopped chocolate. Keep stirring until the chocolate is completely melted. temperat
- 3 Combine the praline paste and butter and beat to a creamy consistency. Stir into the chocolate mixture.
- 4 Mix in the cocoa butter. Wait until the filling starts to thicken, then transfer it to a pastry bag with a No. 6 (12mm) cherries, or a little less than 1/2 ounce (15g) each, on sheet pans lined with parchment paper. Refridgerate for a
- 5 Using powdered sugar to keep them from sticking, roll the mounds into round balls between your hands. Let them firm up again, then roll on a thin coat of tempered white chocolate with your hands.
- 6 When the coating has hardened and the interiors have reached room temperature, use a rounddipping fork to dip them into the tempered white chocolate. As they are dipped, transfer to a fine wire rack and roll to produce the typical uneven surface.

Equipment and Small Wares

Bowls
 Pots
 wire rack
 spatula
 piping bag with tips
 round dipping fork
 sheet pan



Standardized Recipe and Cost Card

Menu item: White Chocolate, Coconut, Pecan and Sundried Cranberry Truffle Date: Jan. 11, 2010

Sundried Cranberry Truffle

Yield: ptn

Source: Chef Steve

Portion Size: kg

Name: Culinary Management Students 4th Semester

of portions ptn

Selling price:

Cost per portion:

Food cost percentage:

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	price	unit	
Coating Chocolate	0.600	Kg	100%	0.600	Kg	\$7.50	1.000	kg	\$7.50	Kg	\$4.50
Pecans	0.200	Kg	100%	0.200	Kg	\$21.88	1.000	Kg	\$21.88	kg	\$4.38
Dried Cranberries	0.200	Kg	100%	0.200	Kg	\$22.36	2.270	kg	\$9.85	Kg	\$1.97
Sweet Coconut	0.200	Kg	100%	0.200	Kg	\$5.98	1.000	kg	\$5.98	kg	\$1.20
TOTAL COST:											\$12.04

Preparation Procedure:

- 1 Melt Chocolate over double broiler
- 2 Add pecans, dried cranberries and Sweet coconut
- 3 Mix well
- 4 Drop on by spoofulls of 15 g onto parchment paper lined sheet pans and refridgerate

Equipment and Small Wares

- Stainless steel bowl
- Spatula
- Two Tea Spoons
- Parchment Paper
- Sheet Pan

Notes:

Standardized Recipe and Cost Card



Menu item: Milk Chocolate Truffles **Date:** January 11 2010
Yield: 65 Candies **Source:** Platted Deserts **Page:** 191
Portion Size: **Name:** Culinary Management Students 4th Semester
of portions: 65 ptn **Selling price:** \$0.27
Cost per portion: \$0.10 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity			AP Quantity			AP Cost			Unit Cost		TOTAL
	Count	Unit	YIELD %	Count	Unit	Price	Count	Unit	Price	Unit		
Whipping Cream 35%	0.240	L	100%	0.240	L	\$4.98	1	L	\$4.98	L	\$ 1.20	
Milk Chocolate (coating)	0.595	Kg	100%	0.595	Kg	\$7.50	1	Kg	\$7.50	Kg	\$ 4.46	
Unsalted Butter	0.085	Kg	100%	0.085	Kg	\$4.75	1	Kg	\$4.75	Kg	\$ 0.40	
Vanilla	0.005	L	100%	0.005	L	\$13.16	1	L	\$13.16	L	\$ 0.07	
Powdered Sugar	0.030	Kg	100%	0.030	Kg	\$1.66	0.500	kg	\$3.32	Kg	\$ 0.10	
Tempered Milk Chocolate (coa	0.050	Kg	100%	0.05	Kg	\$7.50	1	kg	\$7.50	Kg	\$ 0.38	
TOTAL COST:										\$	6.60	

Preparation Procedure:

- 1 Heat the cream to the boiling point. Remove from the heat and add he chopped chocolate and vanilla, stirring until chocolate is melted
- 2 Cool the mixture to body temp, approx 98F (36C) and then stir in the butter
- 3 Wait until the filing starts to thicken, then transfer to a hotel pan.
- 4 Using a melon baller scoop out 15g portions. Place on parchment lined sheet pans. Fridge for a few min to set
- 5 Using powdered sugar to keep them from sticking, roll the mounds into balls between your hands. Let them firm up again
- 6 Roll on a thin coat of tempered chocolate with your hands
- 7 When the coating has hardened and the interiors have reached room temp, use a round dipping fork to dip them into tempered chocolate.
- 8 As they are dipped transfer to a fine wire rack and roll to produce the typical uneven spiked surface

Equipment and Small Wares

scale, stainless steel bowls, cutting board, knives, liquid measures, sauce pot, parchment paper, Sheet pans, Round dipping fork wooden spoon, spatula, melon baller, hotel pan

Notes:

** Prices taken from Sysco Order Writer and Fulfords Costing Information 2010



Standardized Recipe and Cost Card

Menu item: Dark Chocolate Espresso Truffles

Date: Jan 11th 2010

Source: Adv. Pro. Pastry

Page #: 190

Yield: 0.995 kg

Portion Size: 0.017 kg

of portions 60 truffles

Cost per portion: \$0.15

Name: Culinary Management Semester 4

Selling price: \$0.40

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Amount			AP Cost	TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Count	
Heavy cream	0.240	L	100%	0.240	L	\$59.74	12.00	L	\$4.98	\$1.19
Sweet dark chocolate	0.510	kg	100%	0.510	kg	\$10.60	1.00	kg	\$10.60	\$5.41
Vanilla extract	0.005	L	100%	0.005	L	\$100.00	3.80	L	\$26.32	\$0.13
Butter, melted	0.085	kg	100%	0.085	kg	\$95.04	9.08	kg	\$10.47	\$0.89
Mocha paste	0.005	L	100%	0.005	L	\$10.00	1.00	L	\$10.00	\$0.05
Sugar, powdered	0.050	kg	100%	0.050	kg	\$66.96	20.00	kg	\$3.35	\$0.17
Sweet dark chocolate	0.100	kg	100%	0.100	kg	\$10.60	1.00	kg	\$10.60	\$1.06
TOTAL COST:										\$8.90

Preparation Procedure

1. Heat the cream to the boiling point. Remove from the heat and add the chopped chocolate, stirring until in is completely melted. Cool the mixture to body temperature, approximately 98F (36C), then stir in the vanilla, butter, and mocha paste.
2. Wait until the filling starts to thicken, then transfer it to a pastry bag with No. 6(12-mm) plain tip. Pipe out in small mounds the size of cherries, or a little less than 1/2 ounce (15g) each, on sheet pans lined with baking paper. Refrigerate for a few minutes to set.
3. Using powdered sugar to keep them from sticking, roll the mounds into round balls between your hands. Let them firm up again, then roll on a thin coat of tempered chocolate with your hands. When the coating has hardened and the interiors have reached room temperature, use a round dipping fork to dip the truffles into tempered chocolate. As they are dipped, transfer to a fine wire rack and roll to produce the typical uneven (spiked) surface.

Equipment and Small Wares

Mixing bowl	Sauce Pan	No. 6 Piping Tip	Wire Rack	Round tipped fork
Scale	Piping Bag	Sheet Pan	Bowl Scraper	

Notes



Standardized Recipe and Cost Card

Menu item: Hazelnut White Choc. And Grapefruit Tr **Date:** January 11th 2010
Yield: 0.150 kg **Source:** Chef Steve
Portion Size: 0.003 kg **Name:** Culinary Management Students 4th Semester
of portions: 50 ptn **Selling price:** \$0.58
Cost per portion: \$0.22 **Food cost percentage:** 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Cost			Unit Cost		TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Price	Unit	
Heavy Cream	0.070	kg	100.00%	0.070	kg	\$525.92	12.000	kg	\$43.83	kg	\$3.07
Hazelnuts, ground	0.075	kg	100.00%	0.075	kg	\$73.79	3.000	kg	\$24.60	kg	\$1.84
Grapefruit zest	0.015	L	100.00%	0.015	L	\$0.60	1.000	L	\$0.60	L	\$0.01
White Chocolate	0.227	kg	100.00%	0.227	kg	\$26.07	2.500	kg	\$10.43	kg	\$2.37
Butter, room temp	0.024	kg	100.00%	0.024	kg	\$189.01	18160.000	kg	\$0.01	kg	\$0.00
White Chocolate	0.086	kg	100.00%	0.086	kg	\$26.07	2.500	kg	\$10.43	kg	\$0.90
Hazelnuts, ground	0.105	kg	100.00%	0.105	kg	\$73.79	3.000	kg	\$24.60	kg	\$2.58
TOTAL COST:											\$10.77

Preparation Procedure:

1. In a small saucepan, combine the cream and zest and cook over medium heat to almost boiling. Remove from the heat and let steep for 10 mins. Pass the cream through a strainer and discard the zest.
2. Melt the white chocolate in a double boiler, stirring with a rubber spatula as it melts.
3. Remove the melted chocolate from the heat and slowly whisk in the infused cream. Continue to whisk until the mixture is smooth, creamy, and holds the lines of a whisk. Slowly whisk in the butter until incorporated and then add the hazelnuts. Scrape the ganache into a small bowl and refrigerate for 2 hours.
4. Fill a glass with very hot tap water. Dip a small melon baller into the hot water and tap on the counter to remove any excess water. Plunge the melon baller into the chilled ganache far enough down so that it sits completely in the ganache. Rotate the melon baller clockwise 360 degrees and remove from the ganache. Tap the melon baller to release the ball onto a plate or tray. Repeat this process until all the ganache has been scooped into balls. Transfer the plate to the refrigerator and chill.
5. In a double boiler melt the white chocolate, stirring with a rubber spatula as it melts. Remove from the heat and cool for 15 mins. Set up as an assembly line on your counter. From left to right, place the chilled ganache balls, the bowl of melted chocolate, a tray with the ground hazelnuts, and a container to hold your finished truffles. With your left hand, pick up 2 ganache balls and dip them quickly into the melted chocolate and roll them quickly into the melted chocolate and roll them around until coated. Drop the balls with your left hand into the ground hazelnuts. With your right hand roll the balls until completely enrobed. Pick up the finished candies with your right hand and place them in the container.

Equipment and Small Wares:

scale, measuring cup, measuring spoons, microplane, small saucepan, strainer, double boiler, rubber spatula, whip, small bowl, glass, small melon baller, tray or plate

Notes:

Prices are from the Fulford's Costing Information booklet and previous costed recipes
Yield % are from the Book of Yields

Serve these truffles at room temp. on a tray with coffee for dessert.
Truffles will keep in a sealed container and refrigerated, for 2 weeks.



Standardized Recipe and Cost Card

Menu item: Rich Crackers with sesame
and poppy seeds

Date: Jan 11th 2010

Source: Chef Steve

Yield: 1.367 kg

Page #:

Portion Size: 0.025 kg

Name: Culinary Management Students 4th Semester

of portions 55 ptn

Selling price: \$0.34

Cost per portion: \$0.13

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Amount			AP Cost	TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Count	
Dough:										
Bread flour	1.240	kg	100%	1.240	kg	\$17.02	20.00	kg	\$0.85	\$1.06
Salt	0.030	kg	100%	0.030	kg	\$42.37	24.00	kg	\$1.77	\$0.05
Baking Powder	0.010	kg	100%	0.010	kg	\$12.45	1.00	kg	\$12.45	\$0.12
Butter	0.228	kg	100%	0.228	kg	\$95.04	9.08	kg	\$10.47	\$2.39
Milk	0.600	kg	100%	0.600	kg	\$23.54	12.00	kg	\$1.96	\$1.18
Eggs	4.000	ea	100%	4.000	ea	\$29.92	180.00	ea	\$0.17	\$0.66
Topping:										
Olive oil	0.100	L	100%	0.100	L	\$70.23	12.00	L	\$5.85	\$0.59
Coarse Salt	0.050	kg	100%	0.050	kg	\$64.09	16.34	kg	\$3.92	\$0.20
Sesame seeds	0.050	kg	100%	0.050	kg	\$10.12	6.90	kg	\$1.47	\$0.07
Poppy seeds	0.050	kg	100%	0.050	kg	\$12.75	1.00	kg	\$12.75	\$0.64
Peppercorns	0.025	kg	100%	0.025	kg	\$2.70	64.81	kg	\$0.04	\$0.00
									TOTAL COST:	\$6.95

Preparation Procedure

- Mix all ingredients except the flour in a large bowl.
- Gradually add the flour
- Knead for 4 to 5 minutes until dough is formed and gluten developed.
- Roll and shape into a large ball.
- Cut into 100g pieces and roll thin with pasta roller.
- Brush lightly with olive oil and top with coarse salt, cracked peppercorns, sesame and poppy seeds.
- Place on a parchment lined baking sheet and bake at 400F for 10-20 minutes until golden brown.

Equipment and Small Wares

Mixing bowl	Sheet Pan	Bowl Scraper	Sifter
Scale	Rolling Pin	Pastry Brush	Parchment



Standardized Recipe and Cost Card

Menu item: Sour Dough Starter

Date: Jan 11th 2010

Source: Pro Pastry Chef

Yield: 1.365 kg

Page #: 106

Portion Size: 1.365 kg

Name: Culinary Management Students 4th Semester

of portions 1 ptn

Selling price: \$1.71

Cost per portion: \$0.63

Food cost percentage: 37%

INGREDIENTS	EP Quantity			AP Quantity			AP Amount			AP Cost	TOTAL
	Count	Unit	YIELD %	Count	Unit	Price	Count	Unit	Count		
Fresh yeast	0.040	kg	100.0%	0.040	kg	\$1.86	10.90	kg	\$0.17	\$0.01	
Water, warm	0.720	L	100.0%	0.720	L	\$0.00	0.00	L	\$0.00	\$0.00	
Sugar	0.030	kg	100.0%	0.030	kg	\$31.58	20.00	kg	\$1.58	\$0.05	
Bread flour	0.680	kg	100.0%	0.680	kg	\$17.02	20.00	kg	\$0.85	\$0.58	
TOTAL COST:										\$0.63	

Preparation Procedure

1. In a plastic or crockery container with a large opening and plenty of room for expansion, dissolve the yeast in the water, then add the sugar. Stir in the flour using a wooden spoon; keep stirring until you have a smooth paste.
2. Cover loosely to allow gases to escape and let stand at approximately 80F (26C) for at least 2 to 3 days, preferably a little longer. The mixture should bubble and have a strong sour smell. Stir down the starter once a day during the time it is fermenting, also stirring in any crust that forms on top. After that, the starter should be stored in the refrigerator (see Note). The starter, or part of it, may also be frozen; before using, allow it to slowly thaw and start to bubble again at room temperature.

Equipment and Small Wares

Mixing bowl Wooden Spoon Bowl Scraper
Scale Mixer Proofer

Notes

The starter should always be replenished after each use. Even if not used, it must be fed every 10 days or so. If left alone too long, it will perish in its own residue. To feed the starter, add half as much flour and water as in the original recipe relative to the amount of starter you are feeding. For example, if the full amount of the recipe above was left unused and had to be fed, you would add 12 ounces (340g) unbleached bread flour and 1 1/2 cups (360mL) water stirring until completely smooth again. If you are replenishing the starter after using about half of it for the sougdough bread recipe, you would add 3/4 cup (180 mL) water and 6 ounces (170 g) flour. Let the starter proof, loosely covered, in a warm place for 24 hours before refrigerating again.



Standardized Recipe and Cost Card

Menu item: Sour Dough Bread

Date: Jan 11th 2010

Source: Pro Pastry Chef

Yield: 2.040 kg

Page #: 108

Portion Size: 1.020 kg

Name: Culinary Management Students 4th Semester

of portions 2 loaves

Selling price: \$3.29

Cost per portion: \$1.22

Food cost percentage: 37%

INGREDIENTS	EP Quantity			YIELD %	AP Quantity		AP Amount			AP Cost	TOTAL
	Count	Unit			Count	Unit	Price	Count	Unit	Count	
Fresh yeast	0.030	kg	100%	0.030	kg	\$1.86	10.90	kg	\$0.17	\$0.01	
Water, warm	0.480	L	100%	0.480	L	\$0.00	0.00	L	\$0.00	\$0.00	
Salt	0.030	kg	100%	0.030	kg	\$42.37	24.00	kg	\$1.77	\$0.05	
Honey	0.085	kg	100%	0.085	kg	\$38.17	6.00	kg	\$6.36	\$0.54	
Starter	0.570	kg	100%	0.570	kg	\$0.63	1.37	kg	\$0.46	\$0.26	
Bread flour	1.800	kg	100%	1.800	kg	\$17.02	20.00	kg	\$0.85	\$1.53	
Cornmeal	0.025	kg	100%	0.025	kg	\$1.75	1.00	kg	\$1.75	\$0.04	
TOTAL COST:										\$2.44	

Preparation Procedure

1. In a mixer bowl, dissolve the yeast in the warm water. Add the salt, honey, and the starter. Kneading with the dough hook at low speed, incorporate enough of the bread flour to make a dough that is firm but not sticky. Continue kneading at medium speed for about 8 minutes, until the dough is elastic and pliable.
2. Place in a lightly oiled bowl and turn to coat with oil. Cover and let rise in a warm place for 2 hours.
3. Punch the dough down and scale into 2 equal pieces, approximately 1.25 kg each.
4. Pound and form the pieces into tight round loaves. Let relax for a few minutes, then flatten them to approximately 9 inches (22.5 cm) in diameter.
5. Let rise until slightly less than doubled in volume. Be patient here; the loaves will take quite a bit longer to rise than regular bread. While proofing, spray the loaves with water to prevent a crust from forming on the top. Before baking, spray the loaves again, then dust with cornmeal. Slash the tops of the loaves using a sharp serrated knife or razor blade, cutting a series of parallel lines, then with additional parallel lines at a 45 degree angle to the first set to form a diamond pattern.
6. Bake at 425F (219C) with steam, leaving the damper closed for the first 10 minutes. Open the damper and bake approximately 35 minutes longer or until done. Allow the bread to cool on a rack.

Equipment and Small Wares

Mixing bowl	Sheet Pan	Bowl Scraper
Scale	Mixer	Proofer

Standardized Recipe and Cost Card

Menu item: Soft Rolls

Date: Jan 11th 2010

Source: Gisslen, 6th Ed.

Yield: 2.883 kg

Page #: 916

Portion Size: 10 rolls

Name: Culinary Management Students 4th Semester

of portions 6 ptn

Selling price: \$1.42

Cost per portion: \$0.53

Food cost percentage: 37%

INGREDIENTS	EP Quantity		YIELD %	AP Quantity		AP Amount			AP Cost	TOTAL
	Count	Unit		Count	Unit	Price	Count	Unit	Count	
Water, warm	0.720	kg	100%	0.720	kg	\$0.00	0.00	kg	\$0.00	\$0.00
Yeast, fresh	0.044	kg	100%	0.044	kg	\$1.86	10.90	kg	\$0.17	\$0.01
Bread flour	1.250	kg	100%	1.250	kg	\$17.02	20.00	kg	\$0.85	\$1.06
Salt	0.024	kg	100%	0.024	kg	\$42.37	24.00	kg	\$1.77	\$0.04
Sugar	0.125	kg	100%	0.125	kg	\$31.58	20.00	kg	\$1.58	\$0.20
Milk powder	0.060	kg	100%	0.060	kg	\$17.81	1.00	kg	\$17.81	\$1.07
Shortening	0.060	kg	100%	0.060	kg	\$39.77	15.80	kg	\$2.52	\$0.15
Butter	0.060	kg	100%	0.060	kg	\$95.04	9.08	kg	\$10.47	\$0.63
TOTAL COST:										\$3.16

Preparation Procedure

Mixing:

1. Dissolve yeast in warm water in mixer bowl. Add remaining ingredients.
2. Mix for 10-12 minutes at 2nd speed.

Fermentation:

3. 1 1/2 hours at 80F (27C).

Scaling and Makeup:

4. 50g per roll.
5. With the palm of the hand, roll each unit on the workbench into a strip or rope of dough.
6. Tie rolls.
7. Place 2 inches apart on baking sheets.
8. Egg wash after proofing. Proof approximately 30 minutes.

Baking:

9. 400F (200C). Bake until golden brown.

Equipment and Small Wares

Mixing bowl	Sheet Pan	Bowl Scraper
Scale	Mixer	Proofer