



Restaurant Operations - CULN040

Recipe Package

Fall 2008

Chef Steve Bennis & Sylvie Provost

# Standardized Recipe and Cost Card



**Menu item:** Roast Butternut Squash and Pumpkin Soup

**Date:** January 29, 2010

**New Yield:** 2.000 L

**Source:** Pro Chef 8

**Original Yield:** 3.840 L

**Page #:** 415

**Portion Size:** 0.200 L

**Name:** Ian & Zach

**# of portions:** 10.000 ptn

**Conversion Factor:** 0.521

**Cost per portion:** \$ 0.80

**Selling price:** \$2.17

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butternut Squash	0.469	kg	18.16	kg	\$40.94	70%	\$ 1.51
Pumpkin	0.469	kg	3	kg	\$2.91	70%	\$ 0.65
Veg Stock	2.000	L	1	l	\$1.50	100%	\$ 3.00
Veg Oil	0.031	L	16	l	\$22.62	100%	\$ 0.04
Onion	0.118	kg	22.7	kg	\$16.83	85%	\$ 0.10
Celery	0.059	kg	4.54	kg	\$13.50	85%	\$ 0.21
Carrot	0.059	kg	22.7	kg	\$10.57	95%	\$ 0.03
salt	0.005	kg	24	kg	\$27.58	100%	\$ 0.01
pepper	0.005	kg	2.7	kg	\$44.90	100%	\$ 0.09
brown sugar	0.078	kg	2.27	kg	\$23.86	100%	\$ 0.82
cinnamon	0.002	kg	2	kg	\$20.67	100%	\$ 0.02
Pumpkin Seeds	0.130	kg	12.5	kg	\$98.61	100%	\$ 0.01
Veg Oil	0.016	L	16	L	\$22.62	100%	\$ 0.02
Cream 35%	0.150	L	10	L	\$30.21	100%	\$ 0.45
Cream Cheese	0.150	L	15	Kg	\$105.62	100%	\$ 1.06
<b>TOTAL COST:</b>							<b>\$8.02</b>

## Preparation Procedure

1. Cut and scoop out squash and pumpkins, set aside pumpkin seeds
2. Coast squash and pumpkin with oil, place on baking sheet and roast at 375°F for 45-60 mins or until tender
3. Medium dice mirepoix and sauté in a large sauce pot until tender but not browned. Let cool until squash is done
4. Remove squash and pumpkin flesh with a spoon and place in sauce pot with mirepoix
5. Add veg stock and bring to a simmer for approx 25-30 mins
6. Add brown sugar and cinnamon to soup
7. Pureé soup to desired consistency and season with S&P. At this point the soup can be frozen before any cream products are added
8. Toast pumpkin seeds on a baking with oil salt and pepper until crisp.

## Equipment and Small Wares

Baking Sheet, Large Sauce Pot, Immersion blender, Chef's knife, wooden spoon, cutting board, spoon, ladle

## Notes

# Standardized Recipe and Cost Card



**Menu item:** Crème Fraiche

**Date:** January 29, 2010

**New Yield:** 2.000 L  
**Original Yield:** 2.000 L  
**Portion Size:** 0.015 L  
**# of portions:** 133.3 ptn

**Source:** Chef Steve

**Page #:** N/A

**Name:** Katrina Atkinson

**Conversion Factor:** 1.00  
**Cost per portion:** \$0.04

**Selling price:** \$0.11

**Food cost percentage:** 37%

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

## Preparation Procedure

- 1 Combine all ingredients in a bowl.
- 2 Put into a China Cap lined with a filter at room temp
- 3 Cover and let stand in a warm place for 124-48 hours or until thickened

## Equipment and Small Wares

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

## Notes

# Standardized Recipe and Cost Card



**Menu item:** Salad (Tomatoes, Bocchini & Arugula)

**Date:** Oct. 8/08

**Source:** Professional Chef 8

**Name:** Monte Crisco

**Yield:** 1.250 kg

**# of portions:** 10.000 Ptn

**Portion Size:** 0.125 kg

**Cost per portion:** \$0.492

**Selling price:** \$1.329

**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Sliced tomatoes	0.013	kg	2.200	kg	\$1.150	80.00%	\$0.008
Sliced fresh bocchini	0.056	kg	0.060	kg	\$0.760	100.00%	\$0.709
Arugula	0.100	kg	2.200	kg	\$5.330	100.00%	\$0.242
Maple balsamic Vinagrette	0.284	L	0.030	ml	\$0.390	100.00%	\$3.692
Salt	0.004	kg	1.000	kg	\$1.150	100.00%	\$0.005
Basil chiffonade	0.014	kg	1.500	kg	\$12.910	80.00%	\$0.151
Cracked black peppercorns	0.004	kg	0.580	kg	\$15.820	100.00%	\$0.109
<b>TOTAL COST:</b>							<b>\$4.916</b>

**Preparation Procedure**

- 1 Place the tomatoes and mozzarella slices alternately on a plate and drizzle the vinagrette over the top.
- 2 Season with salt. Garnish with the basil and pepper.

**Equipment and Small Wares**

Chef knife, cutting board, paring knife

**Notes**

Recipe found in Professional Chef Edition 8 - page 962  
All price from Esysco.

# Standardized Recipe and Cost Card



**Menu item: Bocchini**

**Date:** Oct. 8/08

**Source:** Chef Steve

**Yield:** 0.907 l/kg  
**Portion Size:** 0.060 l/kg  
**# of portions:** 10.000 ptn  
**Cost per portion:** \$0.76

**Selling price:** \$2.054  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Salt	0.113	Kg	1.000	Kg	\$1.400	100.00%	\$0.158
Cheese Curd	0.605	Kg	1.000	Kg	\$11.700	100.00%	\$7.079
Water	2.560	L	1.000	L	\$0.000	100.00%	\$0.000
Olive Oil	0.030	L	1.000	L	\$6.540	100.00%	\$0.196
Sherry Vinegar	0.010	L	1.000	L	\$9.510	100.00%	\$0.095
Basil, chiffonade	0.010	Kg	1.000	Kg	\$3.630	100.00%	\$0.036
Red Pepper Flakes	0.002	Kg	1.000	Kg	\$17.860	100.00%	\$0.036
<b>TOTAL COST:</b>							<b>\$7.600</b>

## Preparation Procedure

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

## Equipment and Small Wares

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

## Notes

All price from Esysco.

# Standardized Recipe and Cost Card



**Menu item: Basil Oil**

**Date:** Oct. 8/08

**Source:** Professional Chef 8

**Name:** Monte Crisco

**Yield:** 0.480 L

**# of portions:** 10.000 Ptn

**Portion Size:** 0.048 L

**Cost per portion:** \$0.444

**Selling price:** \$1.201

**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Basil leaves	0.008	kg	0.775	kg	\$13.290	100.00%	\$0.137
Parsley leaves	0.002	kg	0.600	kg	\$5.160	100.00%	\$0.017
Olive oil	0.480	L	0.750	kg	\$6.700	100.00%	\$4.288
<b>TOTAL COST:</b>							<b>\$4.442</b>

## Preparation Procedure

- 1 Blanch the basil and parsley in boiling salted water for 20 seconds. Remove from the water, shock in an ice bath, and drain well. Blot the herbs on paper towels.
- 2 Combine the blanched herbs with half of the oil in a blender and puree until smooth. With the blender running, add the remaining oil. If desired, strain the basil oil through cheesecloth or a coffee filter into a bottle or other clean container.
- 3 Close the bottle and refrigerate. Use as needed.

## Equipment and Small Wares

Paring knife, sauce pot, melt bowl, paper towel, 1 or 2 L container, cutting board

## Notes

Recipe found in Professional Chef Edition 8 - page 939  
All price from Sysco.

# Standardized Recipe and Cost Card



**Menu item: Maple Balsamic Vinagrette**

**Date:** Oct. 8/08

**Source:** Professional Chef 8

**Name:** Monte Crisco

**Yield:** 0.300 l/kg

**# of portions:** 0.030 l/kg

**Portion Size:** 10.000 ptn

**Cost per portion:** \$0.390

**Selling price:** \$1.054

**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Orange juice	1.000	L	1.000	L	\$1.210	100.00%	\$1.210
Lemons, juice of	1.000	ea	1.000	ea	\$0.300	50.00%	\$0.600
Limes, juice of	0.750	ea	1.000	ea	\$0.250	50.00%	\$0.375
White wine vinegar	0.030	L	1.000	L	\$4.640	100.00%	\$0.139
Maple Syrup/Honey	0.040	L	1.000	L	\$23.830	100.00%	\$0.953
Grainy Mustard	0.008	L	1.000	L	\$8.810	100.00%	\$0.070
Canola oil	0.375	L	1.000	L	\$1.250	100.00%	\$0.469
Salt	0.002	kg	1.000	kg	\$1.670	100.00%	\$0.003
Ground white pepper	0.002	kg	1.000	kg	\$20.340	100.00%	\$0.041
<b>TOTAL COST:</b>							<b>\$3.861</b>

## Preparation Procedure

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

## Equipment and Small Wares

Bowls, Measuring Cups, Scale, Whisk, Robot Coupe, Cutting Board

## Notes

Recipe found in Professional Chef Edition 8 - page 929  
All price from Esysco.



## Standardized Recipe and Cost Card

Menu item: Chesapeake Style Crab Cakes

Date: 29/01/2010 11:56  
 Source: Pro Chef p.1004  
 Team: 5's Company, Amber  
 Name: Peterson

Yield: 0.900 kg  
 Portion Size: 0.090 kg  
 # of portions 10 ptn  
 Cost per portion: \$ 3.60

Selling price: \$ 9.74  
 Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
shallots, minced	0.200	kg	4.540	kg	\$12.78	90.60%	\$ 0.62
vegetable oil	0.030	L	16.000	L	\$19.93	100.00%	\$ 0.04
mayonnaise	0.390	L	16.000	L	\$49.29	100.00%	\$ 1.20
eggs, beaten	2.000	each	180.000	each	\$27.50	100.00%	\$ 0.31
pommerey mustard	0.150	L	4500.000	L	\$27.96	100.00%	\$ 0.00
chopped parsley	0.009	kg	1.800	kg	\$31.45	100.00%	\$ 0.16
chives, minced	2.000	bunches	12.000	bunches	\$13.04	100.00%	\$ 2.17
Tabasco sauce	0.006	L	3.780	L	\$77.08	100.00%	\$ 0.13
old bay	0.057	kg	0.056	kg	\$0.29	100.00%	\$ 0.29
blue crabmeat, picked	1.130	kg	5.448	kg	\$142.57	100.00%	\$ 29.57
saltine cracker crumbs	1.060	kg	450.000	kg	\$17.97	100.00%	\$ 0.04
salt		as needed	1.200	kg	\$27.58	100.00%	\$ 0.01
ground black pepper	0.000	as needed	0.575	kg	\$11.01	100.00%	\$ 0.01
canola oil	0.000	as needed	16.000	L	\$45.08	100.00%	\$ 0.01
roasted red pepper marmalade	0.480	L	0.300	L	\$0.92	100.00%	\$ 1.47
<b>TOTAL COST:</b>							<b>\$ 36.03</b>

### Preparation Procedure:

- 1 Mayonnaise: Combine yolks, water, vinegar, mustard, and sugar in a bowl. Mix well until slightly foamy. Gradually add in oil, constantly beating, until oil is incorporated and mayonnaise is smooth and thick. Season with salt, pepper, and lemon juice.
- 2 Sweat shallots in vegetable oil until translucent. Cool to room temperature.
- 3 Combine shallots, mayonnaise, eggs, mustard, parsley, chives, Tabasco, and Old Bay. Fold mixture into crabmeat without shredding. Fold in cracker crumbs. Season with salt and pepper.
- 4 Divide into 30g portions and form into cakes, 1.5 in diameter, 3/4 in thick .
- 5 Sauté in oil for 2 minutes on each side, or until golden brown and cooked through.
- 6 Garnish with Roasted Rep Pepper Marmalade and serve immediately.

### Equipment and Small Wares

saute pan, bowls, spice cups, measuring cups, whisk, scale, wooden spoon, 30 portion scoop,

### Notes:

# Standardized Recipe and Cost Card



**Menu item:** Corn, Scallion & Arugula Saute

**Date:** 29/01/2010

**Source:** Fulford's Menu

Team: 5's Company,

**Name:** Victoria Anderson

**Yield:** 0.600 kg

**Portion Size:** 0.060 kg

**# of portions:** 10 ptn

**Cost per portion:** \$0.30

**Selling price:** \$0.80

**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
corn	0.113	kg	12	kg	\$23.230	100%	\$ 0.22
scallion	0.113	kg	4	kg	\$22.920	100%	\$ 0.65
baby arugula	0.113	kg	1.816	kg	\$23.310	100%	\$ 1.45
butter	0.06	kg	1	kg	\$10.090	100%	\$ 0.61
salt	0.002	kg	1	kg	\$1.670	100%	\$ 0.01
pepper	0.002	kg	1	kg	\$20.850	100%	\$ 0.04
<b>TOTAL COST:</b>							\$ 2.97

**Preparation Procedure:**

- 1 Cut scallions on the bias keeping the green and whites separate.
- 2 Sauté corn in butter until golden. Add scallions and saute for 1 minutes. Add arugula, cook just until wilted.
- 3 Season with salt and pepper.

**Equipment and Small Wares**

stainless bowl, saute pan, measuring cup, wooden spoon,

**Notes:**



# Standardized Recipe and Cost Card



**Menu item: Roasted Red Pepper Marmalade**

**Date:** 29/01/2010

**Source:** Pro Chef p.996

Team: 5's Company,

**Name:** Amber Peterson

**Yield:** 0.300 L

**Portion Size:** 0.030 L

**# of portions** 10 ptn

**Cost per portion:** \$ 0.82

**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			
minced red onions	0.071	kg	11.350	kg	\$13.77	91.20%	\$ 0.09
Extra-virgin olive oil	0.009	L	4.500	L	\$40.17	100.00%	\$ 0.08
roasted red pepper, peeled and seeded, cut into brunoise	2.000	each	12.000	each	\$36.95	84.40%	\$ 7.30
finely chopped capers	0.018	kg	0.936	kg	\$14.92	67.14%	\$ 0.42
minced chives	0.004	bunches	12.000	bunches	\$13.04	95.00%	\$ 0.01
salt	0.000	as needed	1.200	kg	\$27.58	100.00%	\$ 0.01
ground black pepper	0.000	as needed	0.575	kg	\$11.01	100.00%	\$ 0.01
sugar	0.250	kg	20.000	kg	\$23.32	100.00%	\$ 0.29
<b>TOTAL COST:</b>							<b>\$ 8.21</b>

**Preparation Procedure:**

- 1 Sweat the onions in the oil until translucent. Cool to room temperature.
- 2 Combine the onions, peppers, capers, and chives and season with salt and pepper.
- 3 The marmalade is ready to serve now, or it may be refrigerated for later use.

**Equipment and Small Wares**

sauté pan, wooden spoon, stainless steel bowl,

**Notes:**

# Standardized Recipe and Cost Card



Menu item: Caesar Salad - Assembly

Date: 14-Oct-08

Source: Pro Chef 8, Page 940

Yield: 0.645 kg  
 Portion Size: 0.085 Kg Lettuce  
 0.056 L Dressing  
 # of portions 10 each  
 Cost per portion: \$0.91

Selling price: \$2.46  
 Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Caesar Dressing	0.56	L	0.56	L	\$1.77	100%	\$1.77
Herbed Croutons	0.28	Kg	0.28	Kg	\$1.15	100%	\$1.15
Parm Crisps	0.25	Kg	0.25	Kg	\$3.16	100%	\$3.16
Romaine Hearts	0.851	Kg	7.264	Kg	\$24.53	95%	\$3.03
<b>TOTAL COST:</b>							<b>\$9.11</b>

**Preparation Procedure:**

- 1 Clean lettuce.
- 2 Tear into stainless steel bowl.
- 3 Add caesar dressing, croutons, mix.
- 4 Place on plate.
- 5 Garnish with parm crisps.

**Equipment and Small Wares**

Stainless steel bowl, tongs

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Caesar Salad Dressing

**Date:** 14-Oct-08

**Yield:** 0.56 L

**Source:** Pro Chef 8, page 940  
Jasmine Cowley  
Team Brulee

**Portion Size:** 0.056 L  
**# of portions:** 10 each

**Selling price:** \$0.48  
**Food cost percentage:** 37.00%

**Cost per portion:** \$0.18

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Capers**	0.030	L	1.000	L	\$14.92	100%	\$0.01
Garlic Cloves	0.006	Kg	0.908	Kg	\$5.92	88%	\$0.04
Anchovy Fillets	0.005	Kg	4.800	Kg	\$132.47	100%	\$0.14
Salt	0.004	Kg	20.000	Kg	\$6.21	100%	\$0.01
Gr. Black Pepper	0.004	Kg	0.575	Kg	\$11.01	100%	\$0.08
Whole Eggs	1.000	each	180.000	each	\$26.45	100%	\$0.15
Egg Yolks	1.000	each	180.000	each	\$26.45	33%	\$0.45
Lemon Juice	0.060	L	7.600	L	\$16.83	100%	\$0.13
Olive Oil	0.075	L	11.370	L	\$74.31	100%	\$0.49
Canola Oil	0.225	L	16.000	L	\$19.93	100%	\$0.28
<b>TOTAL COST:</b>							<b>\$1.77</b>

**Preparation Procedure:**

- 1 In food processor combine capers, anchovy fillets, and garlic cloves. Blend.
- 2 Add lemon juice and eggs. Blend until incorporated.
- 3 Stream oil into food processor in a steady stream until an emulsification forms.
- 4 Season with salt and ground black pepper.
- 5 Taste; adjust seasoning.
- 6 Reserve for service.

**Equipment and Small Wares**

Scale, food processor, rubber spatula, spoon, holding container

**Notes:**

Capers \*\* - 0.005kg.

# Standardized Recipe and Cost Card



**Menu item:** Herbed Croutons

**Date:** 14-Oct-08

**Source:** Jasmine Cowley  
Team Brulee

**Yield:** 0.28 kg  
**Portion Size:** 0.028  
**# of portions:** 10 each  
**Cost per portion:** \$0.11

**Selling price:** \$0.31  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Canola Oil	0.045	L	16	L	19.93	100%	\$0.06
Garlic Cloves,minced	0.012	Kg	0.908	Kg	\$5.92	88%	\$0.09
Fresh Thyme,chop	0.01	Kg	0.72	kg	\$6.52	80%	\$0.11
FreshRosemary,chop	0.005	Kg	0.72	Kg	\$6.52	80%	\$0.06
Bread	0.283	Kg	0.283	Kg	\$0.80	100%	\$0.80
Salt	0.001	Kg	20	Kg	\$6.21	100%	\$0.01
Gr. Black Pepper	0.001	Kg	0.575	Kg	\$11.01	100%	\$0.02
<b>TOTAL COST:</b>							<b>\$1.15</b>

**Preparation Procedure:**

- 1 Cut bread into 3/4 inch cubes.
- 2 Mix the oil, minced garlic, chopped herbs and salt together. Coat bread with oil mixture. Bake in the oven at 400°C for approx 10 minutes, turning twice.
- 3 Remove from oven and cool, reserve for service.

**Equipment and Small Wares**

Scale, cutting board, knife, stainless steel bowl, whisk, parchment paper, sheetpan container for holding product.

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Parm Crisps

**Date:** 14-Oct-08

**Source:** Amanda Weare  
Jasmine Cowley  
Team Brulee

**Yield:** 0.25 Kg  
**Portion Size:** 0.025 Kg  
**# of portions:** 10 each  
**Cost per portion:** \$0.32

**Selling price:**  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Parm Cheese,grated	0.25	Kg	2	Kg	\$24.47	100%	\$ 3.06
Parsley, chopped	0.01	Kg	0.72	Kg	\$5.77	80%	\$ 0.10
<b>TOTAL COST:</b>							<b>\$3.16</b>

**Preparation Procedure:**

- 1 Grate parm, mix with chopped parsely. Separate into 25g piles,
- 2 Place on Silpat lined cookie sheet.Bake at 400°C till cheese melts.
- 3 Remove the tray from the oven and remove parm crisps
- 4 Place over copper pipe to shape/cool.
- 5 Remove from pipe, store for service.

**Equipment and Small Wares**

Scale, cutting board, knife, grater, baking sheet, silpat, copper pipe

**Notes:**

# Standardized Recipe and Cost Card



Menu item: Mushroom Ragout  
 orig qty  
 Yield: 10.000 kg  
 # of portions 10 ptn  
 Cost per portion: \$ 0.90

Date: 15-Oct-08  
 Source: Rotary Gala Function  
 Student Name: Jericho Windover

Selling price: \$2.44

Food cost percentage: 37%

Conv Fact.

1.000

A.P. UNIT

INGREDIENTS	Orig Qty	UNIT SIZE	COUNT	UNIT SIZE	A.P. COST	YIELD %	TOTAL
Canola Oil	0.060	l	16.000	l	\$ 19.93	100%	\$ 0.07
Mushroom-Cremeni	0.375	kg	2.270	kg	\$ 11.25	95%	\$ 1.96
Mushroom-Button	0.375	kg	2.270	kg	\$ 9.42	95%	\$ 1.64
Mushroom-Portobello	0.375	kg	2.270	kg	\$ 14.25	95%	\$ 2.48
Onion-spanish	0.113	kg	4.540	kg	\$ 6.64	97%	\$ 0.17
Garlic-Roasted	0.050	kg	4.54	kg	\$ 20.07	97%	\$ 0.23
Vegetable stock	0.125	l	5	l	\$ 22.22	100%	\$ 0.56
Sherry	0.125	l	15.12	l	\$ 60.21	100%	\$ 0.50
Sour Cream	0.200	l	4	l	\$ 14.56	100%	\$ 0.73
Lemon (zest & juice)	0.500	ea	12	ea	\$ 6.09	100%	\$ 0.25
Thyme, chopped	0.125	bunch	6	bunch	\$ 6.52	95%	\$ 0.14
Rosemary, chopped	0.125	bunch	6	bunch	\$ 6.52	95%	\$ 0.14
Chives	0.125	bunch	6	bunch	\$ 6.52	95%	\$ 0.14
Salt	0.002	kg	20	kg	\$ 23.32	100%	\$ 0.01
Pepper	0.002	kg	10	kg	\$ 15.84	100%	\$ 0.01
<b>TOTAL COST:</b>							<b>\$9.03</b>

## Preparation Procedure

- 1 Clean and cut mushrooms; Cremini cut into 1/4's. Portabello sliced 1/4" wide, button cut into 1/4's.
- 2 Caramelize onions until a very light brown. Reserve
- 3 Saute all of the mushrooms in batches. Cook the mushrooms seperately as each kind has a different cooking time.
- 4 Remove mushrooms from the pans & add the garlic and herbs.
- 5 Sweat for 15 to 20 seconds.
- 6 Deglaze with the sherry and then add the vegetable stock. Simmer for 5 min.
- 7 Add in the hot mushrooms and mix in the sour cream, lemon juice and zest.
- 8 Season with salt in pepper.

## Equipment and Small Wares

knife, saute pan

## Notes

all prices taken from Sysco Order-writer

# Standardized Recipe and Cost Card



Menu item: Cumin Scented Spaghetti Squash

Date: 15-Oct-08

Rotary Gala Function

Source: Handbook

Student Name: Jericho Windover

Yield: **10.000** kg  
 # of portions **10** ptn  
 Cost per portion: \$ **0.27**

Selling price: \$0.73

Food cost percentage: 37%

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INGREDIENTS	Orig Qty	UNIT SIZE	A.P. UNIT		A.P COST	YIELD %	TOTAL
			COUNT	UNIT SIZE			
Canola Oil	0.060	l	16.000	l	\$ 19.93	100%	\$ 0.07
Spaghetti Squash	0.500	kg	18.000	kg	\$ 18.52	95%	\$ 0.54
Cumin	0.015	kg	0.454	kg	\$ 7.05	100%	\$ 0.23
Salt	0.005	kg	20	kg	\$ 23.32	100%	\$ 0.01
Pepper	0.003	kg	10	kg	\$ 15.84	100%	\$ 0.00
Shallots-brunoise	0.075	kg	4.54	kg	\$ 12.78	95%	\$ 0.22
Red Pepper-brunoise	0.125	kg	0.908	kg	\$ 8.48	95%	\$ 1.23
Butter	0.050	kg	25	kg	\$ 196.85	100%	\$ 0.39
<b>TOTAL COST:</b>							<b>\$2.70</b>

## Preparation Procedure

- 1 Cut spaghetti squash in half from north to south and clean out all the seeds.
- 2 Rub the squash with canola oil and season with cumin, salt and pepper.
- 3 Roast in 350F oven until the squash starts to peel away from the skin.
- 4 Remove squash from skins while still warm, being careful not to break the strands of squash.
- 5 Sweat the shallots and red peppers in butter in a large saute pan for 1 min.
- 6 Add the hot spaghetti squash and cook until all ingredients are combined.
- 7 Season to taste with salt and pepper.

## Equipment and Small Wares

knife, roasting pan, saute pan

## Notes

all prices taken from Sysco Order-writer

# Standardized Recipe and Cost Card



**Menu item:** Sauteed arugula and carmelised onions

**Date:** Oct/15/08

**Source:** Pro Chef 8

**Name:** Thomas P

**Yield:** 10 ptn

**Portion Size:** 0.100 kg

**# of portions:** 10 ptn

**Cost per portion:** \$0.93

**Selling price:** \$2.52

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %
	COUNT	UNIT SIZE	COUNT	UNIT SIZE		
Butter	0.500	kg	25.000	kg	\$196.85	100%
Arugula	1.000	kg	3.000	kg	\$14.27	90%
Onions	0.500	kg	1.000	kg	\$0.15	95%
Salt	0.001	kg	36.000	kg	\$42.77	100%
Pepper	0.001	kg	0.540	kg	\$10.40	100%

**TOTAL COST:**

## Preparation Procedure

- 1 Heat half the butter in a saute pan add onions, carmalize.
- 2 Add remainig butter and saute arugula until wilted.
- 3 Heat until hot and serve.

## Equipment and Small Wares

scale, stainless steel bowls, cutting board, knives, saute pan, wooden spoons, tongs

## Notes

All prices taken from Sysco Orderwriter



# Standardized Recipe and Cost Card



Menu item: Beef Striploin

Date: 08-Oct-08

Source: Chef Steve  
Jessica Wuis

Yield: 1.14 kg  
 Portion Size: 0.114 kg  
 # of portions 10 ptn  
 Cost per portion: \$ 3.41

Selling price: \$ 9.20  
 Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Beef Striploin	1.140	kg	5.540	kg	\$ 108.69	70%	\$ 31.95
Oil, as needed	0.150	L	16.000	L	\$ 28.43	100%	\$ 0.27
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	0.010	kg	0.500	kg	\$ 9.69	100%	\$ 0.19
					<b>TOTAL COST:</b>		<b>\$ 34.06</b>

## Preparation Procedure

1. Trim the striploin and portion: Remove excess fat and muscular tissue from the lean side. Remove the front portion of the fat cap from the top of the striploin. Portion into 4 oz.(114 g) steaks.
2. Heat the grill to medium-high heat.
3. Oil the steak and

## Equipment and Small Wares

Grill, oil container, brush

# Standardized Recipe and Cost Card



**Menu item: Crispy Onions**

**Date:** 08-Oct-08

**Source:** Chef Steve  
Jessica Wuis

**Yield:** 0.565 kg  
**Portion Size:** 0.283 kg  
**# of portions** 10 ptn

**Cost per portion: \$ 0.70**

**Selling price: \$ 1.90**

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Peeled onions, sliced	1.420	kg	11.350	kg	\$ 26.40	90.6%	\$ 3.65
Milk	1.000	L	10.000	L	\$ 17.09	100%	\$ 1.71
Salt, as needed	0.075	kg	1.000	kg	\$ 3.49	100%	\$ 0.26
Pepper, as needed	0.050	kg	0.500	kg	\$ 9.69	100%	\$ 0.97
Cornstarch	0.050	kg	6.000	kg	\$ 25.39	100%	\$ 0.21
Flour, all-purpose	0.050	kg	20.000	kg	\$ 10.97	100%	\$ 0.03
Chicken soup base	0.050	kg	5.450	kg	\$ 16.80	100%	\$ 0.15
Paprika	0.005	kg	0.540	kg	\$ 6.44	100%	\$ 0.06
					<b>TOTAL COST:</b>		<b>\$ 7.04</b>

## Preparation Procedure

1. Evenly slice the onions into thin rings (1/8") and separate them.
2. Soak the onion rings in milk overnight.
3. Drain well. Dust the onion rings in cornstarch, all-purpose flour, chix soup base, salt, pepper and paprika.
4. Deep fry the onions at 280F

## Equipment and Small Wares

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# Standardized Recipe and Cost Card



Menu item: Peppercorn Butter

Date: 08-Oct-08

Source: Chef Steve

Alex Colarossi

Yield: 0.150 kg

Portion Size: 0.015 kg

# of portions 10 ptn

Cost per portion: \$ 0.29

Selling price: \$ 0.79

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter	0.150	kg	18.160	kg	\$ 152.44	100%	\$ 1.26
Madagascar Peppercorns	0.020	kg	1.200	kg	\$ 43.18	100%	\$ 0.72
White Peppercorns	0.005	kg	0.454	kg	\$ 7.08	100%	\$ 0.08
Black Peppercorns	0.005	kg	0.500	kg	\$ 9.69	100%	\$ 0.10
Pink Peppercorns	0.008	kg	1.200	kg	\$ 80.37	100%	\$ 0.54
Lemon juice	0.5	of lemon	140	of lemon	\$ 26.99	100%	\$ 0.10
Lemon zest	0.5	of lemon	140	of lemon	\$ 26.99	100%	\$ 0.10
Salt	0.008	kg	1.000	kg	\$ 3.49	100%	\$ 0.03
					<b>TOTAL COST:</b>		<b>\$ 2.91</b>

## Preparation Procedure

1. Grind fresh black peppercorns and mix into softened butter until well combined. Mix in the lemon juice, salt, and lemon zest.
2. Roll butter mixture into a cylinder using parchment and cover tightly with plastic wrap. The diameter of the roll should be

## Equipment and Small Wares

# Standardized Recipe and Cost Card



Menu item: French-Fried Potatoes

Date: 08-Oct-08

Source: Pro Chef Pg. 801  
Alex Colarossi

Yield: 1.81 kg (raw)  
 Portion Size: 0.181 kg (raw)  
 # of portions 10 ptn  
 Cost per portion: \$ 0.15

Selling price: \$ 0.41

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Russet potatoes	1.810	kg	22.700	kg	\$ 14.48	78.1%	\$ 1.48
Kosher salt, as needed	0.015	kg	16.344	kg	\$ 42.77	100%	\$ 0.04
<b>TOTAL COST:</b>							<b>\$ 1.52</b>

## Preparation Procedure

1. Scrub, peel, and cut the potatoes into batonnets. Hold in cold water until ready to use.
2. Rinse, drain and dry thoroughly.
3. Blanch the potatoes in batches at 300°F until just tender but not browned.
4. Drain well and transfer to pans lined with abs

## Equipment and Small Wares

S/S bowls, strainer, paper towel, baking sheet, deep fryer

# Standardized Recipe and Cost Card

## Fresh



Menu item: Pan Seared Chicken Supreme

Date: 15/10/2008

Source: PRO CHEF

Name: Riccardo Moncada

Selling price: \$10.72

Food cost percentage: 37.00%

Yield: 1.5 kg

Portion Size: 0.15 kg

# of portions 10 ptn

Cost per portion: \$3.97

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Chicken Supremes	1.5	KG	8	KG	\$162.97	80%	\$38.20
Thyme	0.25	BUNCH	12	BUNCHES	\$13.04	100%	\$0.27
Rosemary	0.25	BUNCH	12	BUNCHES	\$13.04	95%	\$0.29
Canola Oil	0.15	LT	16	LT	\$19.93	100%	\$0.19
Salt	0.04	KG	27	KG	\$27.58	100%	\$0.04
Pepper	0.03	KG	0.6	KG	\$13.89	100%	\$0.69
<b>TOTAL COST:</b>							<b>\$39.68</b>

### Preparation Procedure:

- 1 Finely chop thyme and rosemary. Set aside.
- 2 Cleanly french wing bone on supremes.
  
- 3 Marinate the supremes in oil, herbs and salt and pepper.  
Sear supremes skin side down. Transfer to a baking sheet and finish cooking in a
- 4 400C oven until juices run clear.

### Equipment and Small Wares

Boning knife, frying pan, roasting pan, knives, cutting board

### Notes:

# Standardized Recipe and Cost Card

## Fresh



Menu item: Roasted Red Pepper Glace

Date: 15/10/2008

Source: PROCHEF

Yield: 0.5 litre

Name: Riccardo Moncada

Portion Size: 0.045 litre

Selling price: \$0.76

# of portions 10 ptn

Food cost percentage: 37.00%

Cost per portion: \$0.28

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Vegetable Oil	0.024	LT	16	LT	\$19.93	100%	\$0.03
Veal Bones	0.73	KG	20	KG	\$31.77	100%	\$1.16
Water	1.45	LT	5.76	LT	\$0.00	100%	\$0.00
Salt	0.005	KG	0.01	KG	\$0.00	100%	\$0.00
Onion	0.0908	KG	11.4	KG	\$13.87	90%	\$0.12
Roasted Red Pepper	0.2	KG	5	KG	\$27.12	90%	\$1.21
Carrot	0.046	KG	11.4	KG	\$9.04	85%	\$0.04
Celery	0.046	KG	11.4	KG	\$17.97	95%	\$0.08
Tomato Paste	0.068	KG	20	KG	\$32.89	100%	\$0.11
Spice Sachet	1	PCS	1	PCS	\$0.00	100%	\$0.00
<b>TOTAL COST:</b>							<b>\$2.75</b>

### Preparation Procedure:

- 1 Coat bones with oil and roast in oven at 425C until deep brown.
- 2 Transfer bones into a stock pot and add all but 1 cup of cold water and the salt. Deglaze the roasting pan with the remaining 1 cup of water and add the released dripping to the stock pot. Bring to a simmer slowly over low heat.
- 3 Adjust the heat if necessary to establish an even, gentle simmer and continue to cook, skimming the surface as necessary .
- 4 While the stock is simmering, heat a medium sized rondeau over medium heat-high heat.
- 5 Add enough oil to film the pan. Add mirepoix and cook, stirring occasionally, until the onions are a deep brown.
- 6 Add the tomato paste and continue to cook, stirring frequently, until it takes on a rusty brown color and gives off sweet aroma.
- 7 Add a few ladles of the stock to the rondeau and stirwell to release the drippings.
- 8 Add this mixture to the stock after it has simmered for about 5 hours. Add the sachet. Simmer the stock and skim. Taste from time to time until it has developed into a thick and rich syrup.
- 9 Strain the glace through a fine mesh strainer into a sauce pot.
- 10 Char red peppers, peel and de-seed. Add to the glace in the pot.
- 11 Puree peppers in the pot with a stick blender.
- 12 Add finished glace to red pepper puree and simmer for 5 minutes.
- 13 Season with salt and pepper.

### Equipment and Small Wares

Roasting pan, knives, rondeau, stick blender, china cap, chinois mesh strainer)

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### Notes:

# Standardized Recipe and Cost Card



**Menu item: Garlic Mashed Potatoes**

**Date:** Oct-10-08

**Source:** Professional Cooking

**Yield:** 1.5 kg

**Team Fresh Justin Koury**

**Portion Size:** 0.15 kg

**Selling price:** \$2.59

**# of portions** 10 ptn

**Food cost percentage:** 37.00%

**Cost per portion:** \$0.96

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Potatoes	1.600	kg	4.54	kg	\$2.60	80%	\$ 0.46
Butter	0.070	kg	25	kg	\$196.85	100%	\$ 0.22
Heavy Cream	0.100	l	20	l	\$42.43	100%	\$ 0.08
Salt	0.001	kg	27	kg	\$27.58	100%	\$ 0.01
White Pepper	0.001	kg	0.6	kg	\$13.89	100%	\$ 0.02
Roasted Garlic	0.100	kg	4.54	kg	\$20.07	100%	\$ 0.18
<b>TOTAL COST:</b>							<b>\$0.97</b>

**Preparation Procedure:**

- 1 Peel and eye potatoes and cut into uniform sizes. Simmer in salted water till tender
- 2 Drain well and let potatoes steam dry for a few minutes
- 3 Pass potatoes through a food mill into the bowl of a mixer
- 4 Puree simmered garlic and potatoes together
- 5 Beat in butter, then cream
- 6 Add enough hot milk to bring potatoes to proper consistency
- 7 Add Salt and white pepper to taste

**Equipment and Small Wares**

mixer, paddle attachment, scale, bowls, chefs knife, peeler, pot

**Notes:**

# Standardized Recipe and Cost Card Fresh



Menu item: Julienne Vegetables

Date: 15/10/2008

Yield: 1.25 kg  
 Portion Size: 0.125 kg  
 # of portions 10 ptn  
 Cost per portion: \$0.90

Source:  
 Name: Riccardo Moncada  
 Selling price: \$2.44  
 Food cost percentage: 37.00%

	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Green Zuchinni	0.25	KG	2.27	KG	\$8.31	90%	\$1.02
Yellow Zuchinni	0.25	KG	2.27	KG	\$10.64	90%	\$1.30
Red Peppers	0.25	KG	5	KG	\$27.12	90%	\$1.51
Orange Peppers	0.25	KG	5	KG	\$25.27	90%	\$1.40
Carrots	0.25	KG	11.4	KG	\$9.04	90%	\$0.22
Onion	0.25	KG	11.4	KG	\$13.87	80%	\$0.38
Leeks	0.25	KG	6	KG	\$9.97	80%	\$0.52
Butter	0.25	KG	20	KG	\$157.00	100%	\$1.96
Salt	0.04	KG	27	KG	\$27.58	100%	\$0.04
Pepper	0.03	KG	0.6	KG	\$13.89	100%	\$0.69
<b>TOTAL COST:</b>							<b>\$9.04</b>

**Preparation Procedure:**

- 1 Julienne zucchini, peppers and leeks.
- 2 Heat butter in a saute pan.
- 3 Saute vegetables until tender. Season with salt and pepper.

**Equipment and Small Wares**

Saute pan, knives, cutting board

**Notes:**

# Standardized Recipe and Cost Card



Menu item: Whole Wheat Fettuccini

Date: Oct 7 2008

Source: Dustin

Yield: 4 kg

Portion Size: 4 kg

# of portions 10 ptn

Cost per portion: \$ 0.11

Selling price: \$ 0.18

Food cost percentage: 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Fettuccini	0.120	kg	9.08	kg	\$ 21.59	100%	\$ 0.29
Tomatos, Concasee	0.090	kg	4.994	kg	\$ 17.46	97%	\$ 0.32
Scallions	0.090	kg	4	kg	\$ 22.95	100%	\$ 0.52
<b>TOTAL COST:</b>							<b>\$1.13</b>

**Preparation Procedure:**

- 1 Put 2 pots of boiling water on for fettuccini and tomatos
- 2 Place fettuccini in to one of pots cook till finished
- 3 Cut a small x into the top of tomato and place in water
- 4 Get cold water bath for tomato, take tomato when finished and put in cold water bath untill cool then peel the skin off
- 6 Cut up tomato
- 7 Place fettuccini and tomato in bowl with scallions
- 8 put sauce on them
- 9
- 10

**Equipment and Small Wares**

Pots, Chef knife, Paring Knife, cutting board, tongs, bowl, fork,

**Notes:**

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# Standardized Recipe and Cost Card



**Menu item:** Sauteed Julienne Vegetables

**Date:** 15-Oct-08

**Source:** Chef Steve

**Name:** Nicole Barnard

**Yield:** 1.25 kg

**Portion Size:** 0.125 kg

**# of portions:** 10 ptn

**Cost per portion:** \$0.61

**Selling price:** \$1.66

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Red Pepper	0.250	kg	0.907	kg	\$8.48	80%	\$2.92
Orange Pepper	0.250	kg	2.27	kg	\$16.23	80%	\$2.23
Carrots	0.250	kg	11.34	kg	\$9.04	81%	\$0.25
Celery	0.250	kg	1	kg	\$3.26	69%	\$1.18
Green Zucchini	0.250	kg	9.08	kg	\$19.89	95%	\$0.58
Yellow Zucchini	0.250	kg	9.08	kg	\$30.67	95%	\$0.89
Leeks	0.500	bunch	12	bunch	\$22.31	55%	\$1.69
Red Onions	0.250	kg	4.54	kg	\$8.82	90%	\$0.54
Butter	0.100	kg	25	kg	\$197.08	100%	\$0.79
Salt	0.005	kg	36	kg	\$42.77	100%	\$0.01
Pepper	0.005	kg	0.54	kg	\$10.40	100%	\$0.10
<b>TOTAL COST:</b>							<b>\$6.13</b>

## Preparation Procedure

- 1 Wash Vegetables.
- 2 Peel carrots, core pepper
- 3 Julienne all vegetables: 1/8" x 1/8" x 2".
- 4 Sautee vegetables in butter and season to taste.

## Equipment and Small Wares

Scales, Peeler, knives, cutting board, saute pan

## Notes

- 1 All prices taken from Sysco Orderwriter

# Standardized Recipe and Cost Card



**Menu item: Herbed Tomato Sauce**

**Date:** 05-Oct-08

**Source:** Professional Chef

**Yield:** 1.200 L

**Portion Size:** 120.000 ml

**Cost per portion:** 0.016

**Selling price:** \$0.05

**Food cost percentage:** 33.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Olive Oil	0.020	L	11.37	L	\$74.31	100.00%	0.13
Onions, small dice	0.070	kg	11350	g	\$26.40	90.00%	0.00
Garlic, minced	0.020	kg	4540	g	\$20.07	95.00%	0.00
Roma Tomatoes, chopped	1.560	kg	11350	g	\$30.23	95.00%	0.00
Basil Leaves, chopped	0.030	kg	2270	g	\$31.65	98.00%	0.00
Salt	as needed					100.00%	0.01
Ground Black Pepper	as needed					100.00%	0.01
Dill, fresh, chopped	0.025	kg	2270	g	\$38.37	95.00%	0.00
Thyme, fresh, chopped	0.025	kg	2270	g	\$40.79	95.00%	0.00
Rosemary, fresh, chopped	0.025	kg	2270	g	\$39.38	95.00%	0.00
Oregano, fresh, chopped	0.025	kg	1816	g	\$35.07	95.00%	0.00
<b>TOTAL COST:</b>							<b>0.16</b>

Cost Card Completed by: Corey Ralph

- 1 Heat the oil in a rondeau over medium-low heat. Cook onions for 12-15 mins.
- 2 Add the garlic and cook for about 1 minute.
- 3 Add the tomatoes. Bring to a simmer and cook over low heat for 45 mins.
- 4 Add the basil, dill, thyme, rosemary, and oregano. Cook for 2-3 mins.
- 5 Taste and season with S&P.
- 6 Sauce can be pureed or left chunky.
- 7 Cool and refrigerate for later use.

**Equipment and Small Wares**  
 Rondeau Spatula  
 Whisk/Food Mill/Immersion Blender

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Trout with caper and parsley burnt butter      **Date:** oct 6 2008  
**Yield:** 12.62 kg      **Source:** pro chef 8th edition  
**Portion Size:** 2.46 kg      388  
**# of portions:** 10 ptn      **Name:** Katherine Molenaar  
**Cost per portion:** \$0.421      **Selling price:** \$0.156  
    **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Trout	0.317	lb	10	lb	\$4.74	85.00%	\$0.18
lemons	0.5	pc	12	ct	\$6.09	100.00%	\$0.25
Butter	0.063	lb	9.08	lb	\$79.52	100.00%	\$0.55
Parsley	0.5	bunch	6	bunch	\$5.77	100.00%	\$0.48
capers	0.1	l	1	l	\$14.92	100.00%	\$1.49
salt	0.003	kg	20	kg	\$43.03	100.00%	\$0.01
pepper	0.003	kg	0.575	kg	\$11.01	100.00%	\$0.06
flour	0.3	kg	20	kg	\$10.59	100.00%	\$0.16
white wine	0.5	l	20	l	\$41.29	100.000%	\$1.03
<b>TOTAL COST:</b>							<b>\$4.21</b>

**Preparation Procedure:**

- 1 Butterfly Fillets for service
- 2 Dredge fillet in seasoned flour
- 3 pan seare the trout to doneness
- 4 Remove fish and add capers
- 5 Deglaze pan with wine
- 6 Add butter to deglazed pan
- 7 Finish with parsley

**Equipment and Small Wares**

bowl, knife, cutting board, frying pan, spoon

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Julienne Vegetables

**Date:** Oct 6 2008

**Yield:** 10 portions

**Source:** Pro Chef

**Portion Size:** 1 portion

**Name:** Bronson Price

**# of portions:** 10

**Selling price:** \$0.98

**Cost per portion:** \$0.36

**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
peppers red	0.1	kg	0.908	kg	\$8.48	85.00%	\$1.10
peppers orange	0.1	kg	5	kg	\$25.27	85.00%	\$0.59
zucchini yellow	0.1	kg	2.27	kg	\$10.64	95.00%	\$0.49
zucchini green	0.1	kg	2.27	kg	\$8.31	95.00%	\$0.39
red onion	0.1	kg	4.54	kg	\$8.82	90.00%	\$0.22
carrots	0.1	kg	9	kg	\$21.08	93.00%	\$0.25
leeks	0.1	kg	4	bunch	\$9.97	90.00%	\$0.28
celery	0.1	kg	4.54	kg	\$13.50	95.000%	\$0.31
<b>TOTAL COST:</b>							<b>\$3.63</b>

**Preparation Procedure:**

- 1 Julienne all veg
- 2 Saute in butter
- 3 Season with salt and pepper
- 1
- 2
- 3

**Equipment and Small Wares**

Knife, cutting board, bowl, spoon, pan

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Green Beans

**Date:** Oct 6 2008

**Yield:** 10 portions  
**Portion Size:** 1 portion  
**# of portions:** 10  
**Cost per portion:** \$1.28

**Source:** Pro Chef

**Name:** Bronson Price

**Selling price:** \$34.49

**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
French Greens Beans	0.9	kg	2.27	kg	\$29.68	95%	\$12.39
butter	0.02	kg	9.08	kg	\$76.75	100.00%	\$0.17
salt	0.01	kg	24	kg	\$27.58	100.00%	\$0.01
pepper	0.01	kg	0.54	kg	\$10.40	100.000%	\$0.19
<b>TOTAL COST:</b>							<b>\$12.76</b>

**Preparation Procedure:**

- 1 Wash green beans
- 2 Clean ends of green beans
- 3 Saute in butter
- 4 season green beans

**Equipment and Small Wares**

knife, colindar, cutting board, pan, spoon

**Notes:**

# Standardized Recipe and Cost Card



**Menu item: TARRAGON CITRUS BROWN RICE**

**Date:** SEPT 30-08

**Source:** CHEF BENNS

**Yield:** 0.708 kg

**Name:** ROSALIND ROGERS

**Portion Size:** 0.07 kg

**Selling price:** \$1.990

**# of portions** 10 ptn

**Food cost percentage:** 32.00%

**Cost per portion:** \$0.637

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
BROWN RICE	0.397	kg	9.7	kg	\$20.29	100%	\$0.830
BUTTER	0.043	kg	29	kg	\$197.08	15%	\$1.974
WATER	1.44	L	1	L	\$0.00	100%	\$0.000
ONION DICED	0.1	kg	11.35	kg	\$13.87	90%	\$0.136
LIME ZEST	1	each	12	each	\$4.21	100%	\$0.351
ORANGE ZEST	1	each	35	each	\$6.51	100%	\$0.186
LEMON ZEST	1	each	49	each	\$6.09	100%	\$0.124
DRY TARRAGON	1	bunch	1	bunch	\$0.89	100%	\$0.890
BUTTER	0.043	kg	29	kg	\$197.08	15%	\$1.948
SALT	0.003	kg	20	kg	\$43.03	100%	\$0.006
PEPPER	0.003	kg	0.575	kg	\$11.01	100%	\$0.057
<b>TOTAL COST:</b>							<b>\$6.37</b>

**Preparation Procedure:**

- 1 - Rinse rice under cold running water in a strainer until the water runs clear, if desired. Drain rice well before using
- 2 - Heat the butter or oil in heavy gauge pot over medium heat. Add onion, sweat, stirring frequently, 4 - 5 minutes
- 3 - Add rice and sauté , stirring frequently, until coated with butter and heated through, 2 to 3 mins.
- 4-Add the water and salt to the rice and bring to a a simmer stirring to prevent the rice from clumping together or sticking to the bottom.
- 5 - Cover the pot and place in oven. Cook @ 350 F until grains are tender to the bite, 40 to 45 mins.
- 6 - Allow rice to rest 5 mins uncovered and use a fork to separate the grains and release the steam stirring in zests, tarragon and butter. Adjust seasoning. Serve immediately or hold it hot for service.

**Equipment and Small Wares:**

Cutting board, zester, strainer, chef knife, spatula, heavy gauge pot.

**Notes:** Make zest from the citrus fruits while rice is cooking. Make rice pilaf and finish with zest and butter and tarragon



## Standardized Recipe and Cost Card

**Menu item:** Rich Brownies with Cream Cheese  
**Yield:** 0.7164 kg  
**Portion Size:** 0.07164 kg  
**# of portions:** 10 ptn  
**Cost per portion:** \$0.49

**Date:** 06-Oct-08  
**Source:** Chef Hawey  
 Team: 5's Company,  
**Name:** Trevor Groh  
**Selling price:** 1.32  
**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Unsweetened Choc	0.036	kg	1	kg	\$ 11.76	100%	\$ 0.42
Bittersweet Choc	0.087	kg	3	kg	\$ 11.80	100%	\$ 0.34
Butter	0.174	kg	20	kg	\$ 0.01	100%	\$ 1.47
Eggs	0.12	kg	9	kg	\$ 0.15	100%	\$ 0.38
Sugar	0.156	kg	20	kg	\$ 1.17	100%	\$ 0.18
Salt	0.0012	kg	24	kg	\$ 0.01	100%	\$ 0.01
Vanilla Extract	0.0045	L	1	L	\$ 33.34	100%	\$ 0.02
Bread Flour	0.069	kg	20	kg	\$ 0.62	100%	\$ 0.04
Cream Cheese	0.135	kg	1	kg	\$ 14.04	100%	\$ 1.89
Sugar	0.033	kg	20	kg	\$ 1.17	100%	\$ 0.04
Vanilla Extract	0.0012	L	1	L	\$ 33.34	100%	\$ 0.01
Egg Yolks	0.012	kg	9	kg	\$ 0.15	100%	\$ 0.05
<b>TOTAL COST:</b>							<b>\$4.85</b>

### Preparation Procedure:

- 1 Melt chocolate and butter together in a double broiler. Let mixture cool to room temp.
- 2 Mix the eggs, sugar, salt, and vanilla together until blended, but do not whip.
- 3 Blend in the chocolate mixture
- 4 Sift the flour and fold in.
- 5 In a mixer with a paddle attachment, work the cream cheese until smooth and creamy.
- 6 Add sugar and vanilla and mix in at low speed until smooth.
- 7 Add the egg yolks and blend in.
- 8 Pour half the brownie batter into the prepared pan. Spread evenly.
- 9 Deposit half the cream cheese mixture in pools on top the brownie batter.
- 10 Pour in the remaining brownie batter. Spread evenly.
- 11 Drop the remaining cream cheese mixture into pools on top. Swirl in the two batters together slightly, using a palette knife or spoon handle.

### Equipment and Small Wares

Scale, saucepot, stainless steel bowl,  
whisk, strainer, stovetop, sheet pan and cake form,

### Notes:

# Standardized Recipe and Cost Card



**Menu item: French Vanilla Ice Cream**

**Date:** 29/01/2010

**Source:** Pro Chef p. 1136

Team: 5's Company,

**Name:** Amber Peterson

**Yield:** 2.360 L

**Portion Size:** 0.236 L

**# of portions** 10 ptn

**Cost per portion: \$** 1.56

**Selling price:** \$ 4.20

**Food cost percentage:** 37.00%

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

## Preparation Procedure:

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

## Equipment and Small Wares

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

## Notes:



# Standardized Recipe and Cost Card

**Menu item:** Bourbon Caramel sauce  
**Yield:** 1 L

**Date:** 29/01/2010 11:56  
**Source:** Grande finale  
 Team: 5's Company,

**Portion Size:** 0.1 L  
**# of portions:** 10 ptn  
**Cost per portion:** \$0.39

**Name:** Dan Szabo  
**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			
White Sugar	0.454	kg	1.000	kg	\$1.40	100%	\$0.64
Water	0.000	as needed	0.000		\$0.00	100%	-
Butter	0.045	kg	1.000	kg	\$10.30	100%	\$0.46
35% Cream	0.450	L	10.000	L	\$30.21	100%	\$1.36
Jack Daniels	0.030	L	0.750	L	\$35.95	100%	\$1.44
<b>TOTAL COST:</b>							<b>\$3.90</b>

**Preparation Procedure:**

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

**Equipment and Small Wares**

sauce pot, pastry brush, stainless steel bowl

**Notes:**

# Standardized Recipe and Cost Card



Menu item: **White Chocolate Mousse**

Date: 14th-Oct-2008

Source: Prochef -8

Yield: **10**  
 Portion Size: **0.1 Kg**  
 # of portions **10 ptn**

Page **296**  
 Travis

Cost per portion: **1.1**

Selling price: **\$2.87**

Food cost percentage: **37%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
White Chocolate	0.284	kg	2.5	kg	\$26.07	100%	\$2.96
Butter	0.043	kg	0.454	kg	\$8.61	100%	\$0.82
Eggs	5	each	1	each	\$0.18	100%	\$0.90
Water	0.030	L	0.001	L	\$0.00	100%	\$0.03
Sugar	0.057	kg	1	kg	\$1.40	100%	\$0.08
Heavy cream, whipp	0.240	L	1	L	\$2.21	100%	\$0.53
<b>Kischwasser</b>	<b>0.020</b>	<b>L</b>	<b>1</b>	<b>L</b>	<b>\$28.30</b>	<b>100%</b>	<b>\$0.57</b>
<b>Hazelnut</b>	<b>0.25</b>	<b>L</b>	<b>1</b>	<b>L</b>	<b>\$19.01</b>	<b>100%</b>	<b>\$4.75</b>
<b>TOTAL COST:</b>							<b>\$10.64</b>

## Preparation Proced

- 1 Combine the white chocolate and butter and melt over a hot water bath.
- 2 Combine the egg yolks with half of the water and half of the sugar and wisk over a hot water bath to 145oF/63oC for 15 seconds. Remove from the heat and whip until cool.
- 3 Combine the egg whites with the remaining sugar and whisk over a hot water bath to 145°F/63°C. Remove the whites from the heat and beat to full volume. Continue beating until cool.
- 4 Using a large rubber spatula, fold the chocolate mix true into the egg yolks.
- 5 Fold the egg white mixture into the egg yolk-chocolate mixture.
- 6 Fold in the whipped cream and add the kirshwasser and hazelnut.
- 7 Pour in medium size ramikins, set into a hotel pan, add hot water and set it in oven at 350°F. until done.

## Equipment and Sm

Stainless bowl, wooden spoon, sauce pot, ramikins, hotelpan, measuring cup.

# Standardized Recipe and Cost Card



Menu item: **Mixed berry compote**

Date: Oct-14-2008

Source: **All Recipes .com  
Adam**

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

Selling price: **\$3.43**  
 Food cost percentage: **37%**

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

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



# 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	Conv. fact	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	0.8	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Unsalted Butter	0.113	0.141	Kg	448.00	Kg	\$80.90	100%	\$ 0.03
Honey	0.167	0.209	Kg	6.00	Kg	\$30.30	100%	\$ 1.05
Confectioners Sugar	0.227	0.284	Kg	20.00	Kg	\$27.47	100%	\$ 0.39
All-Purpose Flour	0.241	0.301	Kg	20.00	Kg	\$10.59	100%	\$ 0.16
Egg Whites	0.170	0.213	Kg	9.00	Kg	\$27.25	50%	\$ 1.29
<b>TOTAL COST:</b>								<b>\$2.92</b>

## Preparation Procedure:

- Preheat oven to 300F(149C). In a mixer with paddle attachment, beat the butter and honey until smooth. Add the confectioners sugar and flour and mix until smooth. Slowly
- 1 add the egg whites to the mixture. Mix until smooth.
  - 2 Make an 8"(20cm) long and 1"(2.54cm) wide X-shaped stencil from a thin piece of plastic. Place the stencil on a non-stick pan. 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

Oven, Mixer, Paddle Attachment, measuring cup, scales, non-stick pan, X-shaped stencil, baking sheet, parchment paper domed object(bowl)

## Notes:

# Standardized Recipe and Cost Card



Menu item: **Chocolate Caramel Hazelnut Tart**      Date: **15-Sep-08**  
 Yield: **2** tarts      Source: **Grand Finales**  
 Portion Size: **1/5** tart      Erin Oudyk  
 # of portions: **5** ptn      Selling price: **\$7.46**  
 Cost per portion: **\$2.76**      Food cost percentage: **37.00%**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Puff Pastry	2	sheet	20	sheets	\$35.20	100%	\$ 3.52
Granulated Sugar	0.596	kg	40	kg	\$44.50	100%	\$ 0.66
Water	0.164	L	-	-	-	100%	\$ 0.01
Heavy Cream	0.306	L	12	L	\$52.51	100%	\$ 1.34
Egg	2.000	each	180	each	\$26.45	100%	\$ 0.29
Hazelnuts*	0.275	kg	11.35	kg	\$191.38	100%	\$ 4.64
Bittersweet Chocolate	0.226	kg	5	kg	\$58.43	100%	\$ 2.64
Milk	0.031	L	12	L	\$16.86	100%	\$ 0.04
White Chocolate	0.056	kg	5	kg	\$58.79	100%	\$ 0.66
<b>TOTAL COST:</b>							<b>\$13.81</b>

**Preparation Procedure:**

- 1 Grease 34 x 10 cm removeable bottom tart shell and line bottom with parchment paper.
- 2 Roll out puff pastry slightly. Line tart shell, cover bottom of shell with parchment paper.
- 3 Cover parchment paper with baking beans. Bake at 350 for 25-30 minutes, til golden brown
- 4 Combine sugar, water in heavy bottomed saucepan. Dissolve over medium heat.
- 5 Increase heat and continue to cook until sugar caramelizes and is amber-coloured.
- 6 Remove pot from heat, slowly add 266mL of cram to caramel mixture.
- 7 Stir until smooth, cool slightly. Whisk egg lightly in a medium bowl.
- 8 Slowly whisk caramel into beaten egg. Put hazelnuts into shell, pour caramel over.
- 9 Bake tart until set, 20-25 min. Let tart cool to room temperature.
- 10 Split remaining cream in half.
- 11 Melt the milk, bittersweet chocolate and 20mL of cream over simmering water.
- 12 Melt 20 mL of cream and milk chocolate over simmering water.
- 13 Spread dark ganache over tart. Drizzle white ganache on top, swirl. Refrigerate 15 min.

**Equipment and Small Wares**

small mixer, scale, mixing bowls, paddle attachment, saucepans, wooden spoon  
 whisk, cutting board, removable bottom tart shell (34x10cm)

**Notes:**

- \*hazelnuts should be toasted and skinned
- \*\*tart pan should measure 34x10cm, and have a removable bottom



# Standardized Recipe and Cost Card

**Menu item:** Cheese and Fruit **Date:** Oct. 8th, 2008  
**Yield:** 0.55 kg **Source:**  
**Portion Size:** 0.055 kg **Name:** Philip Chen  
**# of portions:** 10 ptn **Selling price:** \$ 14.15  
**Cost per portion:** \$5.24 **Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Expire extra old white cheddar	0.350	kg	4.540	kg	\$53.130	100%	\$ 4.096
Strawberry	0.050	kg	5.000	kg	\$21.360	90%	\$ 0.237
Mango	0.050	kg	1.500	kg	\$10.440	60%	\$ 0.580
Blue berry	0.050	kg	5.000	kg	\$20.330	100%	\$ 0.203
Kiwi	0.050	kg	10.000	kg	\$21.660	90%	\$ 0.120
<b>TOTAL COST:</b>							<b>\$ 5.237</b>

**Preparation Procedure:**

- 1 place the cheese in the centre of the plate.
- 2 put the fruit around the cheese randomly.
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**Equipment and Small Wares**  
 chef knife, paring knife

**Notes:**

# Standardized Recipe and Cost Card



Menu item: Kahlua Crème Anglaise

Date: Oct-15-2008

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

Adam

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

Selling price: \$1.17  
 Food cost percentage: 37%

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

### Preparation Procedure

- 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:** Raspberry Coulis

**Date:** 06-Oct-08

**Source:** Chef Steve  
Joe & Adam

**Yield:** 0.1 l  
**Portion Size:** 0.01 l  
**# of portions:** 10 ptn  
**Cost per portion:** \$0.11

**Selling price:** \$0.29  
**Food cost percentage:** 38%

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

## Preparation Procedure

- 1 Combine all ingredients in pot over medium heat.
- 2 Bring to simmer and remove from heat.
- 3 Puree mixture using hand blender and strain through fine 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

# Standardized Recipe and Cost Card



Menu item: chocolate sauce

Date: oct 6 /08

Yield: 0.1 l/kg  
 Portion Size: 0.01 l/kg  
 # of portions 10 ptn  
 Cost per portion: \$0.09

Source: pro chef 8  
 pg 1160  
 James Lesperance  
 Team Fresh

Selling price: \$0.23

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
gran. Sugar	0.030	Kg	40	Kg	\$44.50	100%	\$ 0.03
water	0.050	l/kg	0	L	\$0.00	100%	\$ -
corn syrup	0.013	Kg	17.76	Kg	\$57.11	100%	\$ 0.04
cocoa powder	0.012	Kg	3	Kg	\$23.97	100%	\$ 0.09
bittersweet chocolate	0.047	Kg	2.5	Kg	\$24.40	100%	\$ 0.46
heavy cream	0.050	L	12	L	\$52.51	100%	\$ 0.22
<b>TOTAL COST:</b>							<b>\$0.85</b>

## Preparation Procedure

- 1 combine sugar, water, syrup in heavy saucepot, bring to boil and remove
- 2 add syrup to cocoa, enough to make a paste
- 3 gradually add in rest of syrup until fully mixed
- 4 add chocolate, and heavy cream, blend until fully incorporated
- 5 strain sauce through fine mesh sieve
- 6 serve warm

## Equipment and Small Wares

scale, wooden spoon, saucepot, s.s. bowls  
 Mesh sieve, squirt bottle

## Notes

1

# Standardized Recipe and Cost Card



Menu item: mango coulis

Date: Oct 1 /08

Yield: 0.1 l/kg  
 Portion Size: 0.01 l/kg  
 # of portions: 10 ptn  
 Cost per portion: \$0.04

Source: pro chef 8  
 pg 1161  
 James Lesperance  
 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 Procedure

- 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: Risotto alla Milanese

Date: 07/10/2008

Source: Professional Chef

New Yield

10 servings

Yield: 10 servings

Portion Size: ml

# of portions: 10 ptn

Cost per portion: \$0.84

Selling price: \$1.16

Conversion Factor: 1

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
chicken stock	1.380	L	1	L	\$2.00	100%	\$ 2.76
saffron	0.001	kg	0.012	kg	\$32.46	100%	\$ 1.62
salt	0.001	kg	24	kg	\$27.58	100%	\$ 0.01
ground black pepper	0.001	kg	0.54	kg	\$10.40	100%	\$ 0.02
minced onions	0.085	kg	4.54	kg	\$10.76	90%	\$ 0.22
extra vergin olive oil	0.210	L	4.5	L	\$40.17	100%	\$ 1.87
arborio rice	0.379	kg	1	kg	\$4.79	100%	\$ 1.82
dry white wine	0.060	L	20	L	\$41.29	100%	\$ 0.12
butter	0.142	kg	9.8	kg	\$76.75	100%	\$ 1.11
grated parmesan	0.170	kg	2.27	kg	\$38.88	100%	\$ 2.91
<b>TOTAL COST:</b>							<b>\$8.45</b>

## Preparation Procedure

- 1 heat the stock over low heat. Add the saffron and season with salt and pepper.
- 2 Sweat the onions in 60 ml of the oil until softened and translucent, 6 to 8 minutes.
- 3 Add the rice and mix thoroughly with the oil. Cook, stirring constantly, until the aroma rises, about 1 minute. Add the wine and cook until dry.
- 4 Add one third of the stock to the rice, and cook, stirring constantly, until the rice has absorbed the stock. Repeat, adding the remaining stock in 2 more portions, allowing each to be absorbed before adding the next. Cook the risotto the rice is just ten
- 5 Stir in the butter, cheese, and remaining oil, Adjust seasoning with salt and pepper and serve immediately or hold it warm for service

## Equipment and Small Wares

saute pan    sauce pot  
ladle  
bowls

## Notes

- 1 dish should be creamy
- 2

# Standardized Recipe and Cost Card



Menu item: Lamb Chops

Date: 09/18/07

Source: Professional Cooking 6th edition

New Yield: 1 l/kg  
 Original Yield: 1 l/kg  
 Portion Size: 1 l/kg  
 # of portions 10 ptn  
 Conversion Factor: 1  
 Cost per portion: \$2.73

Selling price: \$7.37

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Lamb Chop	2.260	kg	9.08	kg	\$28.42	95%	\$ 7.45
lemons juiced	3.000	ea	115	ea	\$26.11	50%	\$ 1.36
Baby Artichokes	30.000	ea	60	ea	\$23.03	100%	\$ 11.52
Extra virgin olive oil	0.180	l	3.79	l	\$75.07	100%	\$ 3.57
Salt	0.015	kg	20	kg	\$43.03	100%	\$ 0.03
Black ground pepper	0.003	kg	0.575	kg	\$11.01	100%	\$ 0.06
Cipolini onions	0.125	ea	12	kg	\$35.44	100%	\$ 0.37
Garlic sliced	0.057	kg	4.54	kg	\$20.07	95%	\$ 0.27
chopped oregano	0.006	kg	1.816	kg	\$35.07	100%	\$ 0.12
chopped parsley	0.009	kg	1.816	kg	\$24.58	100%	\$ 0.12
Chichen Stock	0.720	l	1	l	\$1.50	100%	\$ 1.08
Butter cubed	0.170	kg	25	kg	\$196.85	100%	\$ 1.34
<b>TOTAL COST:</b>							<b>\$27.27</b>

## Preparation Procedur

- 1 combine 3.84 l of water with lemon jucie. Remove the stems and strough outer leves of the artichokes. Cut into quarters and store in the lemon water to prevent browning. Heat 90 ml or more as needed of the extra virgin olive oil in large saute pan over me
- 2 cook oniopn in large pot of bouiling water for 8 to 10 mins, shock ing cold water, peel and cut in half heat a large saute pan with 60 ml of olive oil over medium heat. Cook onions until they are caramelized. Remove from pan let cool
- 3 saute the garlic slices in 30 ml of olive oil until the edges begin to brown. And add the onions, ardichokes, oregano and parsley adjust the seasoning with salt and pepper. Add the stock and reduce by 3/4. Stir in the butter and cook till veg is glazed r
- 4 pre heat grill to 400 F drain off any excess marinade and season the lamb chops with salt and pepper. Wrap bones in tin foil.
- 5 place lamb prez side down on the grill or broiler rods grill undisturbed for about 2 min turn the lamb chops over and complete cooking to disiered temp
- 6 serve the ragout of vegetables in the middle of the plate with 2 chops on top.

## Equipment and Small Wares

2 large fry pans, wood spoon, tongs

# Standardized Recipe and Cost Card



Menu item: Lamb Chop Marinade

Date: 15/10/2008

Source: Professional Chef pg 530

Name: Joe Colacci

Team Name: Nano

New Yield: 0.876 l/kg

Final Yield: 0.876 l/kg

Portion Size: 0.1 l/kg

Number of portions: 8.76 ptn

Conversion Factor: 1

Price per portion: \$0.29

Selling price: \$0.78

Food cost percentage: 37.00%

INGRED	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Black Pepp	0.006	kg	0.575	kg	\$11.01	100%	\$ 0.11
Bay leaf	0.001	kg	0.454	kg	\$26.90	100%	\$ 0.06
Parsley fre	0.057	ea	6	ea	\$19.28	100%	\$ 0.18
Thyme fres	0.014	ea	6	ea	\$56.16	100%	\$ 0.13
Rosemary	0.050	ea	6	ea	\$21.56	100%	\$ 0.18
Garlic	0.028	kg	4.54	kg	\$9.27	86%	\$ 0.07
canola oil	0.540		16	l	\$18.22	100%	\$ 0.61
olive oil	0.180	l	11.37	l	\$74.31	100%	\$ 1.18
<b>TOTAL COST:</b>							<b>\$2.53</b>

## Preparation

1 place peppercorns, bay leaf, parsley, thyme, rosemary and garlic in robo coupe. Add 60 ml of olive oil mix and blend until mixture is smooth gradually add the remaining oil. Pour the marinade over the lamb chops and refrigerate for a minimum of 45 min.

## Equipment and Small

robo coupe, measuring cup, and scale

## Notes

# Standardized Recipe and Cost Card



**Menu item:** Caramel Litchies **Date:** Oct. 07, 2008  
**Yield:** kg **Source:** Grand Finales  
**Portion Size:** kg **Name:**  
**# of portions:** 10 ptn **Selling price:** \$1.34  
**Cost per portion:** \$0.98 **Food cost percentage:**

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Passion Fruits	3	ct	18	ct	\$33.29	90%	\$6.16
Granulated Sugar	0.34	kg	20	kg	\$23.32	100%	\$0.40
Mekong Whiskey	0.089	L	/	/	/	/	/
Litchies, peeled and cored	30	ct	720	ct	\$77.12	100%	\$3.21
<b>TOTAL COST:</b>							<b>\$9.77</b>

**Preparation Procedure:**

- 1 Cut passion fruit in half, scoop out flesh and set aside.  
In saucepan, heat sugar to caramel stage. Off heat, gently whisk in whiskey and 2 passion fruit flesh. Stir in litchies and allow to simmer 5 minutes.

**Equipment and Small Wares**

Knife kit, bowls, saucepan, stovetop, pot, whisk, spoons

**Notes:**

# Standardized Recipe and Cost Card



**Menu item: Poached Pears**

**Date:** 08-Oct-08

**Source:** Grand Finales

**Yield:** I/kg  
**Portion Size:** 1 pear  
**# of portions:** 10 ptn  
**Cost per portion:** \$1.154

**Amanda Martin**  
**Selling price:** \$3.61  
**Food cost percentage:** 32%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Water	1.400	L	1.400	L	\$0.00	100%	0.000
Granulated Sugar	0.600	kg	20.000	kg	\$23.32	100%	0.700
Ginger, Chopped	0.198	kg	2.270	kg	\$7.95	99%	0.700
Chinese Pears , SN	10.000	each	40.000	each	\$38.55	95%	10.145
<b>TOTAL COST:</b>							<b>\$11.54</b>

**Preparation Procedure**

- 1 In a large saucepan, combine water, sugar and ginger.
- 2 Peel and core pears.
- 3 Bring to a boil and add pears.
- 4 Cook pears in simmering syrup until tender.
- 5 Cool pears in syrup.
- 6 Serve.

**Equipment and Small Wares**

Measuring cup(liquid), scale, knives, cutting board, peeler, corer  
 Large saucepan, wooden spoon, slotted spoon, serving equipment

**Notes**

- 1 **The Chinese Pears must be peeled and cored.**
- 2 If you don't have a corer or prefer to use a knife you may do so.

# Standardized Recipe and Cost Card



Menu item:	Pear Bavarian		Date:	Oct. 5 2008
Yield:	0.860	kg	Source:	Grand finales
Portion Size:	0.086	kg	Ashley Marteinson	
# of portions	10.000	ptn	Selling price:	\$1.61
Cost per portion:	\$0.60		Food cost percentage:	37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Granulated sugar, divided	0.068	Kg	20.000	Kg	\$23.32	100%	\$0.08
Egg yolks	0.051	Kg	27.000	Kg	\$26.45	40%	\$0.12
Powdered gelatin	0.008	Kg	1.050	Kg	\$31.09	100%	\$0.24
Milk, divided	0.189	L	10.000	L	\$17.09	100%	\$0.32
Heavy cream	0.189	L	12.000	L	\$52.51	100%	\$0.83
Pear puree (from ripe pear)	0.182	Kg	1.000	Kg	\$14.14	100%	\$2.57
pear concentrate	0.091	Kg	9.500	L	\$117.10	100%	\$1.12
Poire Williams liqueur	0.028	L	0.750	L	\$34.95	100%	\$1.30
Pasteurized egg whites	0.034	Kg	12.000	Kg	\$25.11	100%	\$0.07
Citric Acid (to taste)	0.020	L	17.774	L	\$46.52	100%	\$0.05
<b>TOTAL COST:</b>							5.95

## Preparation Procedure:

- 1 In a bowl, whisk together half of the sugar and egg yolks.
- 2 Soften the gelatin in 1/4 of the milk.
- 3 Whip the cream to soft peaks and reserve.
- 4 Bring the remaining milk to a boil. Temper the yolks with some of the hot milk and add this mixture to the milk. Cool as an anglaise until thickened. Pour the hot anglaise over the bloomed gelatin to melt it. Stir the anglaise over ice until cool but not to the point of setting.
- 5 Add the pear puree, concentrate and liqueur.
- 6 In a mixer with whisk attachment, whip the whites and remaining sugar. To soft peaks and fold into the anglaise. Fold in the whipped creams. Add citric acid to taste.
- 7 Pipe the mixture in the 2" ring molds until 3/4 full.
- 8 Pipe the sauce directly into the center of each Bavarian. Fill with sauce until cream comes up to the top of the mold. Seal off the hole with a bit of Bavarian. Chill.

## Equipment and Small

### Wares:

10 2" (5 cm) ring molds, 2" (5 cm) in height.  
 Whisk, spatula, wooden spoon  
 Bowl  
 Measuring cups  
 Electric mixer and whisk attachment  
 Pot

### Notes:

Poire Williams liqueur costed at the LCBO website.

# Standardized Recipe and Cost Card



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

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

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

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

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

# Standardized Recipe and Cost Card



**Menu item:** Pear Sorbet **Date:** Oct.9/08  
**Source:** Grand Finales  
**Yield:** 0.797 kg Alicia Ricci  
**Portion Size:** 0.080 kg **Selling price:** \$1.16  
**# of portions:** 10 ptn **Food cost percentage:** 37.00%  
**Cost per portion:** \$0.43

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Bartlett pear puree	0.272	kg	1	kg	\$14.14	100%	\$ 3.85
sugar	0.189	kg	20	kg	\$23.32	100%	\$ 0.22
water	0.331	L			\$0.00	100%	\$ -
poire willams liqueur	0.005	L	0.75	L	\$34.95	100%	\$ 0.23
<b>TOTAL COST:</b>							\$4.30

**Preparation Procedure:**

- 1 Make simple syrup : Combine the sugar and water and simmer until the sugar is dissolved and thickened slightly. (Do not caramelize)
- 2 combined the pear puree with the simple syrup and remaining water.
- 3 Freeze in an ice cream machine.
- 4 Add the liqueur during the last mintue of freezing.

**Equipment and Small Wares**

- Ice cream machine.
- Small pot
- scale
- whisk, bowls, measuring cups, spatula.

**Notes:**

The liqueur is to taste I just put an estamated quantity so that I could get a price.  
 The price for the liqueur come from the LCBO website.

# Standardized Recipe and Cost Card



**Menu item: Coating Chocolate**

**Date:** Oct.9/08

**Source:** Grand Finales  
Alicia Ricci

**Yield:** 0.200 kg  
**Portion Size:** 0.020 kg  
**# of portions:** 10 ptn  
**Cost per portion:** \$0.22

**Selling price:** \$0.60  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Coating Chocolate	0.2	kg	2.5	kg	\$27.59	100%	\$ 2.21
<b>TOTAL COST:</b>							<b>\$2.21</b>

**Preparation Procedure:**

- 1 Melt chocolate over double boiler
- 2 add the piping bag and pipe out into a daisy pattern
- 3 let cool and harden and use on plate.

**Equipment and Small Wares**

small pot, bowl, spoon(wooden), spatula, piping bag, sheet pan, parchment paper.

**Notes:**

To assemble the dessert:  
Sprinkle the top of the bavarian with almonds leave it in the mold.  
place it on the plate with a spatula.lift the ring off.  
  
garnish the plate with a quenelle of pear sorbet place the chocolate on the top.

# Standardized Recipe and Cost Card



Menu item: Mushroom Duxelle

Date: 06/10/2008

Source:

Yield: 0.534 kg  
 Portion Size: 0.089 L  
 # of portions 6 ptn  
 Cost per portion: \$0.39

Selling price: \$1.06  
 Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
dice mushrooms	0.454	kg	2.6	kg	\$9.42	100%	\$1.64
Shallots	0.085	kg	5.2	kg	\$12.78	90%	\$0.23
fresh bread crumbs	0.113	kg	12	kg	\$30.01	100%	\$0.28
Chopped parsley	0.005	kg	0.265	kg	\$9.01	100%	\$0.17
salt	0.007	kg	20	kg	\$43.03	100%	\$0.00
ground black pepper	0.001	kg	0.575	kg	\$11.01	100%	\$0.00
melted butter	0.030	L	9.1	kg	\$79.50	100%	\$0.26
butter	0.029	kg	9.1	kg	\$79.50	100%	\$0.03
<b>TOTAL COST:</b>							<b>\$2.33</b>

**Preparation Procedure:**

- 1 Sweat the shallots in butter over medium heat until translucent, 2-3mins
- 2 Add the mushrooms and saute until dry to create a duxelles, season the duxelle with salt and pepper.
- 3 Add the bread crumbs parsley and mix well.
- 4 The duxelles is now ready to be used on the beef wellington or store in the fridge for later use.
- 5 To make the wellington stack as follows; puff, crepe, duxelle, striploin, then fold flip over the pastry and trim, wellington is now ready to be cooked off.

**Equipment and Small Wares**

Scale, knife, cutting board, saucepot, wooden spoon

**Notes:**

# Standardized Recipe and Cost Card



**Menu item: Madeira Sauce**

**Date:** Oct 6, 08

**Source:** Pro Chef 8th Edition

**Page** pg 554

**Adam**

**Yield:** 0.192 L

**Portion Size:** 0.03 L

**# of portions** 10 ptn

**Cost per portion:** \$0.21

**Selling price:** \$0.56

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Demi-Glace	0.24	L	1	L	\$2.50	100%	\$ 0.60
Madeira	0	L	1	L	\$16.92	100%	\$ 1.22
Salt	0.001	Kg	24	Kg	\$40.04	100%	\$ 0.00
Ground black pepper	0.001	kg	2.7	kg	\$56.29	100%	\$ 0.02
Butter, medium dice	0.023	kg	9.08	kg	\$91.60	100%	\$ 0.23
<b>TOTAL COST:</b>							<b>\$2.07</b>

## Preparation Procedure

- 1 Bring the lie or demi-glace to a simmer and reduce by half over medium heat.
- 2 Add the Madeira and simmer for 2 or 3 minutes more, or until the sauce has a good flavor and consistency. Season with salt and pepper.
- 3 Whisk in the butter over low heat just before serving.

## Equipment and Small Wares

Sauce pan, wooden spoon, sauce pot.

# Standardized Recipe and Cost Card



**Menu item: Snapper en Papillote**

**Date:** 10/08/2008

**Source:** Prof Chef 8, pg 618

**Name:** Connie Gushue, Topaz

Yield                    2.5 kg  
 Portion Size:        0.25 kg  
 # of portions        10 ptn  
 Conversion Factor:    1  
 Cost per portion:    \$1.64

**Selling price:**        \$4.43  
**Food cost percentage:**    37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL	
	COUNT	UNIT SIZE	COUNT	UNIT SIZE				
Butter	0.170	kg	79.200	kg	\$56.66	100%	\$ 0.12	
Red Snapper Fillet	1.700	kg	20.455	kg	\$166.10	100%	\$ 13.80	
salt	0.005	kg	16.364	kg	\$42.77	100%	\$ 0.01	
Ground Black Pepper	0.005	kg	2.727	kg	\$46.88	100%	\$ 0.09	
Fish Veloute	0.150	L	3.840	l	\$7.38	100%	\$ 0.29	
Minced Shallots	0.071	kg	7.273	kg	\$48.14	95%	\$ 0.49	
Sliced White Mushrooms	0.142	kg	2.273	kg	\$5.97	100%	\$ 0.37	
Dry White Wine	0.150	L	20.000	l	\$41.29	100%	\$ 0.31	
Green Onion	0.142	kg	3.636	kg	\$22.92	99%	\$ 0.90	
2.535						<b>TOTAL COST:</b>		\$16.40

**Preparation Procedure**

- 1 Cut heart shaped parchment paper, large enough to enclose the fillet.
- 2 Heat the butter over med-low heat . Season fillet with S&P and sear both sides.
- 3 Place 1/2 fl oz of the veloute on 1 side of each parchment heart.
- 4 Sprinkle 6 g of shallots and place the fillet skin down and sprinkle green onions, mushrooms on top.
- 5 Fold the top of the heart over the fish. Crimp the edge of the paper.
- 6 For each serving, place 1 parchment paper on a preheated sizzler pan or sheet pan and bake at 425 F oven for 7 minutes.
- 7 serve immediately.

**Equipment and Small Wares**

**Parchment**

medium saute pan, measuring cup, 1/2 sheet pan

**Notes**

# Standardized Recipe and Cost Card



Menu item: Fish Stock

Date: 29/01/2010

Yield: 5 L

Source: Pro Chef, pg 352

Portion Size: 0.5 L

Name: cat bobee, Topaz

# of portions 10 ptn

Selling price: \$ 2.98

Cost per portion: \$ 1.10

Food cost percentage: 37%

**RECIPE QUANTITY                      A.P. UNIT**

INGREDIENTS	COUNT	UNIT SIZE	COUNT	UNIT SIZE	A.P. COST	YIELD %	TOTAL
Fish Bones	4.990	kg	0.454	kg	\$1.000	100.0%	\$ 10.991
Cold water	4.800	L	0.000		\$0.000	100.0%	\$ -
<b>White mirepoix</b>							
leeks	0.227	kg	22.700	kg	\$16.830	85.0%	\$ 0.198
parsnips	0.114	kg	5.448	kg	\$17.420	75.0%	\$ 0.484
celery	0.114	kg	4.540	kg	\$13.500	80.0%	\$ 0.422
salt	0.000	kg	0.500	kg	\$3.840	100.0%	\$ 0.001
<b>Sachet d' Espices</b>							
Parsley stems	4.000	ct	12.000	ct	\$7.900	100.0%	\$ 2.633
dried thyme	0.002	kg	0.175	kg	\$5.560	100.0%	\$ 0.064
bay leaf	0.000	kg	0.454	kg	\$26.900	100.0%	\$ 0.006
peppercorns	0.002	kg	0.520	kg	\$10.980	100.0%	\$ 0.042
	14.248						

**Preparation Procedure:**

**Total Cost: \$ 11.033**

- 1 Add bones and water with aromatics and simmer for 45 minutes.
- 2 This is called the swimming method to distinguish it from fumet made by the sweating method

**Equipment and Small Wares**

large stock pot, measuring cup, scale, cutting board

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Vegetable Julienne **Date:** 04-Oct-08  
**Yield:** 0.5 kg **Source:** Pro Chef 8, pg 758  
**Portion Size:** 0.05 kg **Name:** Mike Scaife, Topaz  
**# of portions:** 10 ptn **Selling price:** \$0.61  
**Cost per portion:** \$0.22 **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Carrot, julienne	0.113	kg	22.7	kg	\$14.97	80%	\$ 0.09
Zuchini, julienne	0.113	kg	9.08	kg	\$19.89	85%	\$ 0.29
Leek, julienne	0.113	kg	1	kg	\$9.97	90%	\$ 1.25
Butter	0.057	kg	9.08	kg	\$80.90	100%	\$ 0.51
salt	0.005	kg	16.364	kg	\$42.77	100%	\$ 0.01
ground black pepper	0.005	kg	2.727	kg	\$46.88	100%	\$ 0.09
<b>TOTAL COST:</b>							<b>\$2.24</b>

**Preparation Procedure:**

- 1 Blanch the vegetables separately in boiling salted water; drain, shock in an ice bath, and drain again.
- 2 Heat the butter in a saute pan over medium heat. Add the vegetables (by individual servings or batches) and season with salt, pepper. Toss or stir until the vegetables are evenly coated with the butter and very hot.

**Equipment and Small Wares**

medium saute pan, measuring cup, half sheet pan, scale,

**Notes:**

# Standardized Recipe and Cost Card



Menu item: Butternut Squash Tortellini

Date: 08/10/2008

Source: Pro Cooking

Name: cat bobee

Yield:  kg

Portion Size:  g

# of portions  ptn

Cost per portion: \$

Selling price: \$

Food cost percentage:

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butternut squash	0.905	kg	18.144	kg	\$19.840	95.0%	\$ 1.042
egg white	2	each	180.000	count	\$27.250	100.0%	\$ 0.303
35% Cream	0.5	l	12.000	lt	\$52.51	100.0%	\$ 2.188
minced tarragon	0.001	kg	0.600	kg	\$6.450	100.0%	\$ 0.011

**Preparation Procedure:**

**Total Cost:**

3.54

- 1 Puree the butternut squash in a processeor until it is almost a smooth paste
- 2 Add egg whites and mix well
- 3 Add the cream 30 to 60 ml at a time, until it reaches the desired consistency
- 4 (run the food processor until the cream is just incorporated and scrape
- 5 down the sides of the bowl to blend evenly)
- 6 or gradually add the cream by hand over an ice bath
- 7 Push the forcement through a drum sieve

**Equipment and Small Wares**

large stock pot, measuring cup, scale, skimmer

**Notes:**

# Standardized Recipe and Cost Card



Menu item: Fresh Egg Pasta

Date: 29/01/2010

Source: Pro Chef 8, pg 855

Name: cat bobee, Topaz

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

Selling price:   
 Food cost percentage:

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
all purpose flour	0.454	kg	20.000	kg	\$10.590	100.0%	\$ 0.240
pinch of salt	0.001	kg	5000.000	kg	\$3.840	100.0%	\$ 0.000
eggs	0.2	kg	9.000	kg	\$27.25	100.0%	\$ 0.606
water	0.025	L	0.000	-	\$0.000	100.0%	\$ -
olive oil	0.03	L	4.500	L	\$40.170	100.0%	\$ 0.268
<b>Preparation Procedure:</b>						<b>Total Cost:</b>	1.11

- 1 Combine the flour and salt in a large bowl, making a well in the centre. Place eggs, water, and oil in the centre of the well. With a fork, gradually pull the dry ingredients into the egg mixture. Stir until loose mass forms. As the dough is mixed, adjust the consistency with additional flour or water
- 2 Turn the dough out onto a floured work surface and knead until the texture has become smooth and elastic, 4 to 5 mins. Gather and smooth the dough into a ball, cover and let the dough relax at room temp for at least a hour
- 3 Roll the pasta dough into thin sheets and cut into desired shapes by hand or by using a pasta machine. The pasta is ready to cook now, or it may be covered and refrigerated for up to 2 days.

### Equipment and Small Wares

large bowl, pasta machine, pasta roller, measuring cup, rolling pin

### Notes:

# Standardized Recipe and Cost Card



**Menu item: Beurre Blanc**

**Date:** 10/08/2008

**Source:** Pro Chef 8, pg 378

**Name:** Connie Gushue, Topaz

Yield: 1.2 L  
 Portion Size: 0.12 L  
 # of portions: 10 ptn  
 Conversion Factor: 1  
 Cost per portion: \$0.82

Selling price: \$2.21  
 Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Butter	0.680	kg	9.08	kg	\$76.75	100%	\$ 5.75
Dry White Wine	0.240	L	20	l	\$41.29	100%	\$ 0.50
Vinegar	0.090	L	20	l	\$11.16	78%	\$ 0.06
Shallots	0.090	kg	4.54	l	\$12.78	100%	\$ 0.25
peppercorns	0.090	kg	2.7	kg	\$44.90	100%	\$ 1.50
Salt	0.005	kg	24	kg	\$27.58	86%	\$ 0.01
Lemon Juice, fresh	0.005	L	7.6	L	\$16.83	100%	\$ 0.01
Ground White pepper	0.005	kg	2.5	kg	\$50.85	100%	\$ 0.10
<b>TOTAL COST:</b>							<b>\$8.18</b>

## Preparation Procedure

- 1 Prepare initial reduction of acids (lemon juice, white wine, vinegar), shallots, and peppercorns which gives the sauce much of its flavour.
- 2 Combine the reduction ingredients and reduce over fairly brisk heat to a syrupy consistency (au sec).
- 3 Reduce the heat to a low. Gradually incorporate butter into reduction. Blending in with a whisk or by keeping the pan in constant motion. Immediately pull pan off heat, and set on cool surface, continue to add the butter a little at a time until the mixt
- 4 Make the final adjustments to flavour and texture by checking the seasoning and straining (if desired).

## Equipment and Small Wares

Whisk, strainer, bowl, med saucepan, measuring cup, wooden spoon, juicer

## Notes



# Standardized Recipe and Cost Card

**Menu item:** Chocolate Sponge Layer      **Date:** 15-Oct-08  
**Yield:** 0.3 kg      **Source:** Grande Finale, pg 282  
**Portion Size:** 0.03 kg      **Name:** Mike Scaife, Topaz  
**# of portions:** 10 ptn      **Selling price:** \$0.22  
**Cost per portion:** \$0.08      **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Chocolate Sponge Layer</b>							
Sifted cake flour	0.042	kg	20	kg	\$12.32	100%	\$ 0.03
Dark cocoa powder	0.020	kg	3	kg	\$23.97	100%	\$ 0.16
Eggs	0.124	kg	9	kg	\$27.25	100%	\$ 0.38
Granulated sugar	0.094	kg	20	kg	\$23.32	100%	\$ 0.11
unsalted butter, melted	0.008	kg	9.08	kg	\$80.90	100%	\$ 0.07
Bourbon vanilla extract	0.003	l	1	L	\$19.86	100%	\$ 0.07
<b>TOTAL COST:</b>							<b>\$0.81</b>

**Preparation Procedure:**

- 1 Preheat oven to 350 F. Line a half sheet pan with parchment.
- 2 Sift together cake flour and cocoa powder; set aside.
- 3 In a mixer with whip attachment, beat eggs and sugar on meduim-high speed until light and fluffy
- 4 Gently fold flour mixture into egg mixture. Fold in the melted butter and vanilla.
- 5 Spread batter into prepared pan and bake 10 minutes or until set. Cool.

**Equipment and Small Wares**

half sheet pan, sieve, mixer, whip attachment, wooden spoon, spatula, bowls, measuring cup, scale

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Ladyfinger Sponge Layer **Date:** 15-Oct-08  
**Yield:** 0 kg **Source:** Grande Finale, pg 282  
**Portion Size:** kg **Name:** Mike Scaife, Topaz  
**# of portions:** 10 ptn **Selling price:** \$0.13  
**Cost per portion:** \$0.05 **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Ladyfinger Sponge Layer</b>							
egg yolks	0.046	kg	9	kg	\$27.25	100%	\$ 0.14
Granulated sugar, divid	0.071	kg	20	kg	\$23.32	100%	\$ 0.08
egg whites	0.074	kg	9	kg	\$27.25	100%	\$ 0.22
sifted cake flour	0.076	kg	20	kg	\$12.32	100%	\$ 0.05
<b>TOTAL COST:</b>							<b>\$0.49</b>

**Preparation Procedure:**

- 1 Preheat oven to 375 F. Line a half sheet pan with parchment.
- 2 In a mixer with whip attachment, beat yolks with 28 g of the sugar at meduim-high speed until light and fluffy. Transfer to a large bowl.
- 3 In a mixer with clean bowl and whisk attachment, beat egg whites at meduim speed, gradually adding the remaining 57 g of sugar. Beat until stiff.
- 4 Gently fold egg whites into yolk mixture.

**Equipment and Small Wares**

half sheet pan, mixer, ship attachment, 2 large bowls, spatula, wooden spoon, scale, measuring cup

**Notes:**



## Standardized Recipe and Cost Card

**Menu item:** Chocolate Filling **Date:** 15-Oct-08  
**Yield:** 0.4 kg **Source:** Grande Finale, pg 282  
**Portion Size:** 0.04 kg **Name:** Mike Scaife, Topaz  
**# of portions:** 10 ptn **Selling price:** \$0.91  
**Cost per portion:** \$0.34 **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Chocolate Filling</b>							
Semisweet chocolate	0.235	kg	5	kg	\$53.00	100%	\$ 2.49
heavy cream	0.197	L	12	L	\$52.51	100%	\$ 0.86
	0.432					<b>TOTAL COST:</b>	\$3.35

### Preparation Procedure:

- 1 Melt Chocolate over baine-marie.
- 2 In a saucepan, bring cream to a gentle boil and slowly whisk into melted

### Equipment and Small Wares

baine-marie, small saucepan, whisk, measuring cup, scale

### Notes:



## Standardized Recipe and Cost Card

**Menu item:** Espresso Soaking Syrup **Date:** 15-Oct-08  
**Yield:** 0.4 kg **Source:** Grande Finale, pg 282  
**Portion Size:** 0.04 kg **Name:** Mike Scaife, Topaz  
**# of portions:** 10 ptn **Selling price:** \$0.09  
**Cost per portion:** \$0.03 **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Espresso Soaking Syrup</b>							
granulated sugar	0.188	kg	20	kg	\$23.32	100%	\$ 0.22
water	0.197	L				100%	\$ -
instant espresso powder	0.013	kg	2	kg	\$17.42	100%	\$ 0.12
	0.398					<b>TOTAL COST:</b>	<b>\$0.34</b>

### Preparation Procedure:

- 1 In a saucepan, combine sugar and water and bring to boil.
- 2 Remove from heat and whisk in espresso powder until completely dissolved.

### Equipment and Small Wares

small saucepan, whisk, bowl, scale, measuring cup

### Notes:

# Standardized Recipe and Cost Card



**Menu item:** Marble Sweet Biscuit Triangles      **Date:** 15-Oct-08  
**Yield:** 0.6 kg      **Source:** Grande Finale, pg. 282  
**Portion Size:** 0.06 kg      **Name:** Danielle Ward, Topaz  
**# of portions:** 10 ptn      **Selling price:** \$0.64  
**Cost per portion:** \$0.24      **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Marble Sweet Biscuit Triangles</b>							
Unsalted butter	0.188	kg	9.08	kg	\$80.90	100%	\$ 1.68
Granulated sugar	0.094	kg	20	kg	\$23.32	100%	\$ 0.11
Whole Eggs	0.042	kg	9	kg	\$27.25	100%	\$ 0.13
Vanilla extract	0.012	l	1	l	\$19.86	100%	\$ 0.25
Bread flour	0.141	kg	20	kg	\$10.59	100%	\$ 0.07
Pastry flour	0.141	kg	20	kg	\$12.32	100%	\$ 0.09
Dark Cocoa Powder	0.006	kg	3	kg	\$23.97	100%	\$ 0.05
<b>TOTAL COST:</b>							<b>\$2.37</b>

## Preparation Procedure

1	Mix with paddle attachment, cream butter & sugar until smooth beat in eggs & vanilla
2	In bowl, Mix/sift bread & pastry flour together. Slowly add to butter mix
3	Form dough into disk, wrap in plastic & chill 30 minutes
4	Place dough on lightly floured surface & sift cocoa powder onto it.
5	Lightly fold dough to incorporate cocoa, don't overknead. There should be streaks.
6	Roll dough out to 1/8" (.32 cm) thick. Using stencil as guide, cut out 12 triangles measuring 8" (19.6 cm) on two sides and 1 3/4 (4.45 cm) at base. Transfer to sheet pan
	Bake at 350 F (175 C) 15 minutes or until golden. Cool

## Equipment and Small Wares

mixer, paddle attachment, sift, stainless steel bowl, stencil, sheet pan

Notes:



# Standardized Recipe and Cost Card

**Menu item:** Marscapone Filling **Date:** 15-Oct-08  
**Yield:** 1.8 kg **Source:** Grande Finale, pg 282  
**Portion Size:** 0.18 kg **Name:** Danielle Ward, pg 282  
**# of portions:** 10 ptn **Selling price:** \$ 3.88  
**Cost per portion:** \$1.43 **Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL	
	COUNT	UNIT SIZE	COUNT	UNIT SIZE				
<b>Marscapone Filling</b>								
Powdered gelatin	0.012	kg	1	kg	\$44.26	100%	\$ 0.51	
dark Rum	0.098	L	1.14	L	\$20.00	100%	\$ 1.72	
Whole Eggs	0.371	kg	9	kg	\$27.25	100%	\$ 1.12	
Granulated sugar.divided	0.377	kg	20	kg	\$23.32	100%	\$ 0.44	
Light Corn syrup	0.012	L	12	L	\$57.11	100%	\$ 0.06	
Water	0.147	L	0	0	\$0.00	100%	\$ -	
Marscapone Cheese	0.800	kg	3	kg	\$39.31	100%	\$ 10.48	
1.817						<b>TOTAL COST:</b>		\$14.34

## Preparation Procedure

- 1 In Small bowl,sprinkle gelatin over rum;set aside
- 2 In a mixer with whisk attachment, beat eggs with 57g of sugar on med. until light and fluffy reduce speed slightly & continue to mix while preparing syrup
- 3 In a small saucepan,combine remaining sugar with corn syrup & water & cook to light amber colour.
- 4 Place bowl of gelatin in water bath over heat and stir until dissolved
- 5 In a medium bowl, Stir cheese to soften. Slowly add cooled egg mixture to cheese, stirring until no lumps
- 6 Temper gelatin with about 237 ml of cheese mixture, fold gelatin mixture into cheese mixture

## Assembly:

- 1 Cut the Chocolate sponge layer and lady finger layer to fit into half hotel pan. Carefully peel off the fine "skin" Layer of the sponge cake.
- 2 Place chocolate sponge layer in bottom of half hotel pan & soak with 1/2 of espresso syrup.Scrape chocolate filling over cake &spread evenly.Top with lady finger layer,pressing down firmly.
- 5 Soak the lady finger layer with the remaining espresso syrup
- 6 Top with Marscapone filling. Chill uncovered for 8 hours. Dust with cocoa powder before serving. Cut tiramisu into squares & garnish plate with creme anglaise, raspberry coulis, marbled sweet buscuit triangles, Chocolate Sprials and pulled sugar spirals

## Equipment and Small Wares



# Standardized Recipe and Cost Card

**Menu item:** Tiramisu Grande, pg 282 **Date:** 08-Oct-08  
**Yield:** 0 kg **Source:** Grande Finale  
**Portion Size:** kg **Name:** Mike Scaife  
**# of portions:** 10 ptn **Danielle Ward**  
**Cost per portion:** \$2.17 **Selling price:** \$5.87  
**Total Recipe Cost:** \$21.71 **Food cost percentage:** 37.00%

0.8333

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Chocolate Sponge Layer</b>							
Sifted cake flour	0.05	0.042 kg	20	kg	\$12.32	100%	\$ 0.03
Dark cocoa powder	0.024	0.020 kg	3	kg	\$23.97	100%	\$ 0.16
Eggs	0.149	0.124 kg	9	kg	\$27.25	100%	\$ 0.38
Granulated sugar	0.113	0.094 kg	20	kg	\$23.32	100%	\$ 0.11
unsalted butter, melted	0.01	0.008 kg	9.08	kg	\$80.90	100%	\$ 0.07
Bourbon vanilla extract	0.004	0.003 l	1	L	\$19.86	100%	\$ 0.07
<b>TOTAL COST:</b>							<b>\$0.81</b>

**Preparation Procedure:**

- 1 Preheat oven to 350 F. Line a half sheet pan with parchment.
- 2 Sift together cake flour and cocoa powder; set aside.
- 3 In a mixer with whip attachment, beat eggs and sugar on meduim-high speed until light and fluffy
- 4 Gently fold flour mixture into egg mixture. Fold in the melted butter and vanilla.
- 5 Spread batter into prepared pan and bake 10 minutes or until set. Cool.

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Ladyfinger Sponge Layer</b>							
egg yolks	0.055	0.046 kg	9	kg	\$27.25	100%	\$ 0.14
Granulated sugar, divided	0.085	0.071 kg	20	kg	\$23.32	100%	\$ 0.08
egg whites	0.089	0.074 kg	9	kg	\$27.25	100%	\$ 0.22
sifted cake flour	0.092	0.077 kg	20	kg	\$12.32	100%	\$ 0.05
<b>TOTAL COST:</b>							<b>\$0.49</b>

**Preparation Procedure:**

- 1 Preheat oven to 375 F. Line a half sheet pan with parchment.
- 2 In a mixer with whip attachment, beat yolks with 28 g of the sugar at meduim-high speed until light and fluffy. Transfer to a large bowl.
- 3 In a mixer with clean bowl and whisk attachment, beat egg whites at meduim speed, gradually adding the remaining 57 g of sugar. Beat until stiff.
- 4 Gently fold egg whites into yolk mixture.

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Chocolate Filling</b>							
Semisweet chocolate, finely	0.283	0.236 kg	5	kg	\$53.00	100%	\$ 2.50
heavy cream	0.237	0.197 L	12	L	\$52.51	100%	\$ 0.86
<b>TOTAL COST:</b>							<b>\$3.36</b>

**Preparation Procedure:**

- 1 Melt Chocolate over bain-marie.
- 2 In a saucepan, bring cream to a gentle boil and slowly whisk into melted chocolate. Set mixture aside

0.83

INGREDIENTS		RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
		COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Espresso Soaking Syrup</b>								
granulated sugar	0.227	0.18841	kg	20	kg	\$23.32	100%	\$ 0.22
water	0.237	0.19671	L				100%	\$ -
instant espresso powder	0.016	0.01328	kg	2	kg	\$17.42	100%	\$ 0.12
<b>TOTAL COST:</b>								<b>\$0.34</b>

**Preparation Procedure:**

- 1 In a saucepan, combine sugar and water and bring to boil.
- 2 Remove from heat and whisk in espresso powder until completely dissolved.

0.83

INGREDIENTS	Orig Qty	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
		COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Marble Sweet Biscuit Triangles</b>								
Unsalted butter	0.227	0.188	kg	9.08	kg	\$80.90	100%	\$ 1.68
Granulated sugar	0.113	0.094	kg	20	kg	\$23.32	100%	\$ 0.11
Whole Eggs	0.05	0.042	kg	9	kg	\$27.25	100%	\$ 0.13
Vanilla extract	0.015	0.012	l	1	l	\$19.86	100%	\$ 0.25
Bread flour	0.17	0.141	kg	20	kg	\$10.59	100%	\$ 0.07
Pastry flour	0.17	0.141	kg	20	kg	\$12.32	100%	\$ 0.09
Dark Cocoa Powder	0.007	0.006	kg	3	kg	\$23.97	100%	\$ 0.05
<b>TOTAL COST:</b>								<b>\$2.37</b>

**Preparation Procedure**

- 1 mix w/ paddle attachment, cream butter & sug. till smooth beat in eggs & vanilla
- 2 In bowl, Mix bread & Pastry flour. Slowly add to butter mix  
Form dough into disk, wrap in plastic & chill 30 minutes  
Place dough on lightly floured surface & sift cocoa powder onto it.  
Lightly fold dough to incorporate cocoa, don't over knead. should be streaks  
Roll dough out to 1/8" (.32 cm) thick. Using stencil as guide, cut out 12 triangles measuring 8" (19.6 cm) on two sides and 1 3/4 (4.45 cm) at base. Transfer to sheet pan  
Bake at 350 F (175 C) 15 minutes or until golden. Cool

0.83

INGREDIENTS	Orig Qty	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
		COUNT	UNIT SIZE	COUNT	UNIT SIZE			
<b>Marscapone Filling</b>								
Powdered gelatin	0.014	0.012	kg	1	kg	\$44.26	100%	\$ 0.51
dark Rum	0.118	0.098	L	1.14	L	\$20.00	100%	\$ 1.72
Whole Eggs	0.447	0.371	kg	9	kg	\$27.25	100%	\$ 1.12
Granulated sugar, divided	0.454	0.377	kg	20	kg	\$23.32	100%	\$ 0.44
Light Corn syrup	0.015	0.012	L	12	L	\$57.11	100%	\$ 0.06
Water	0.177	0.147	L	0	0	\$0.00	100%	\$ -
Marscapone Cheese	0.964	0.800	kg	3	kg	\$39.31	100%	\$ 10.48
<b>TOTAL COST:</b>								<b>\$14.34</b>

**Preparation Procedure**

- 1 In Small bowl, sprinkle gelatin over rum; set aside
- 2 in a mixer with whisk attachment, beat eggs with 57g of sugar on med. until light and fluffy .reduce speed slightly & continue to mix while preparing syrup
- 3 in a small saucepan, combine remaining sugar with corn syrup & water & cook to light amber colour
- 4 Place bowl of gelatin in water bath over heat and stir until dissolved
- 5 In a medium bowl, stir cheese to soften. slowly add cooled egg mixture to cheese, stirring until no lumps
- 6 Temper gelatin with about 237 ml of cheese mixture, fold gelatin mixture into cheese mixture

**Assembly:**

- 1 Cut the Chocolate sponge layer and lady finger layer to fit into half hotel pan  
Carefully peel off the fine "skin" Layer of the sponge cake.
- 2 Place chocolate sponge layer in bottom of half hotel pan & soak with 1/2 of espresso syrup.  
Scrape chocolate filling over cake & spread evenly. Top with lady finger layer, pressing down firmly
- 5 Soak the lady finger layer with the remaining espresso syrup
- 6 Top with Marscapone filling. Chill, uncovered, 8 hours. dust with cocoa powder before serving.  
Cut tiramisu into squares & garnish plate with hcrème anglaise, raspberry coulis, marbled sweet biscuit triangles, Chocolate Spirals and pulled sugar spirals

# Standardized Recipe and Cost Card



Menu item: focaccia

Date: Oct 1/08

Yield: 2 loaves  
 Portion Size: 0.091 kg  
 # of portions 10 ptn  
 Cost per portion: \$0.04

Source: pro chef 8  
 pg 1070  
 James Lesperance  
 Team Fresh

Selling price: \$0.10

Food cost percentage: 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
bread flour	0.568	Kg	20	Kg	\$10.31	100%	\$ 0.29
yeast, fresh	0.014	Kg	10.896	Kg	\$47.17	100%	\$ 0.06
water	0.403	l/kg	-	-	-	100%	\$ -
salt	0.013	Kg	24	Kg	\$27.58	100%	\$ 0.01
olive oil	0.001	L	11.37	L	\$74.31	100%	\$ 0.01
<b>TOTAL COST:</b>							<b>\$0.38</b>

## Preparation Procedure

- 1 combine flour mix on low: 2 mins, mix medium: 3 mins
- 2 bulk ferment dough 30 mins 75°F/24°C
- 3 fold, ferment 30 mins longer,
- 4 fold again let rest 15 mins
- 5 scale into 454 g loaves
- 6 shape into round loaves, rest 15-20 mins
- 7 stretch into disk or rectangle shape loaves
- 8 proof and bake 30-40 mins 450°F/232°C

## Equipment and Small Wares

scale, mixer, proofer, dough cutter, knife, measuring cup  
 baking sheet, bowls

## Notes

- 1 if desired mixed chopped herbs, sauteed onions,
- 2 tomatoes, or coarse salt may be used on the loaf

# Standardized Recipe and Cost Card



**Menu item: Semolina Pizza Crust**

**Date:** Oct-10-08

**Source:** Prof cook 8

**Team Fresh Justin Koury**

**Yield:** 2.27 kg

**Portion Size:** 0.227 kg

**# of portions** 10 ptn

**Cost per portion:** \$0.07

**Selling price:** \$0.19

**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Durum Flour	0.562	l	20	kg	\$10.61	100%	\$ 0.30
Instant Dry Yeast	0.009	kg	9	kg	\$59.30	100%	\$ 0.06
Olive oil	0.047	l	12	kg	\$65.10	100%	\$ 0.25
Bread Flour	0.105	kg	20	kg	\$13.76	100%	\$ 0.07
Salt	0.035	kg	20	kg	\$6.21	100%	\$ 0.01
Water							\$ 0.01
<b>TOTAL COST:</b>							<b>\$0.70</b>

**Preparation Procedure:**

- 1 Combine the flours and yeast, add the water, oil and salt, mix on low for 2 mins
- 2 Mix on medium for 4 minutes, dough should be sticky
- 3 Bulk ferment the dough until nearly doubled about 50 minutes, fold gently
- 4 Allow the dough to ferment for 15 minutes before dividing, Refrigerate overnight
- 5 Divide dough in 227g pieces, preshape into rounds, let
- 6 Using a rolling pin, roll each piece of dough into a 9in/23 cm round
- 7 Transfer dough to parchment lined sheet pan dusted with semolina flour
- 8 Top the dough as desired
- 9 Bake pizza in 500F oven until golden brown around edges 3 to 4 minutes

**Equipment and Small Wares**

Mixer, rolling pin, knife, scale, bowls

**Notes:**

# Standardized Recipe and Cost Card



**Menu item: Soft Dinner Rolls**

**Date:** Oct-10-08

**Source:** Prof cook 8

**Team Fresh Justin Koury**

**Yield:** 0.28 kg  
**Portion Size:** 0.045 kg  
**# of portions** 10 ptn  
**Cost per portion:** \$0.04

**Selling price:** \$0.11  
**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Milk	0.06	l	16	l	\$19.88	100%	\$ 0.07
Compressed Yeast	0.01	kg	24	kg	\$47.17	100%	\$ 0.02
Eggs	0.014	kg	30	kg	\$38.15	100%	\$ 0.02
Bread Flour	0.14	kg	20	kg	\$13.76	100%	\$ 0.10
Salt	0.004	kg	20	kg	\$6.21	100%	\$ 0.01
Sugar	0.014	kg	20	kg	\$27.47	100%	\$ 0.02
Butter	0.014	kg	20	kg	\$196.85	100%	\$ 0.14
Egg wash	as needed						
<b>TOTAL COST:</b>							<b>\$0.38</b>

**Preparation Procedure:**

- 1 Combine the milk and yeast in the bowl of a mixer and blend until yeast dissolves
- 2 Add the eggs, flour, salt, sugar and butter and, using the dough hook mix on low
- 3 Increase the speed to medium and mix until the dough is smooth and elastic
- 4 Place the dough in a lightly oiled container, cover and let rise until double in size about 1 hour 15 minutes
- 5 Turn the dough out onto a lightly floured work surface. Fold dough over
- 6 Scale into 45g pieces and round off, cover and let rest 10 minutes
- 7 Shape the dough into rolls and place them on sheet pans lined with parchment
- 8 Brush evenly with egg wash, cover and proof until nearly doubled, 25 to 30 mins
- 9 Bake 375F about 20 minutes

**Equipment and Small Wares**

Mixer, roller, knife, scale

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Hard Rolls

**Date:** Oct-08-08

**Source:** Prof Chef 8

**Team Fresh Justin Koury**

**Yield:** 1.36 kg

**Portion Size:** 0.045 kg

**# of portions** 10 ptn

**Cost per portion:** \$0.06

**Selling price:** 0.16

**Food cost percentage:** 37.00%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Bread Flour	0.79	kg	20	kg	\$13.76	100%	\$ 0.54
Dry Yeast	0.007	kg	12	kg	\$86.33	100%	\$ 0.05
Water	0.56	l				100%	\$ 0.01
Salt	0.018	kg	20	kg	\$6.21	100%	\$ 0.01
<b>TOTAL COST:</b>							<b>\$0.61</b>

**Preparation Procedure:**

- 1 Combine the flour and yeast.
- 2 Add water and salt and mix on low speed for 2 minutes.
- 3 Mix on meduim speed for about 3 minutes
- 4 The dough should be smooth and elastic
- 5 Bulk ferment the dough until nearly doubled, about 30 minutes. Fold gently
- 6 Ferment for another 30 minutes, and fold again. Allow to ferment for another 15
- 7 Scale dough to about 45g each, preshape into rounds and let relax 15 to 20 min
- 8 Flatten dough, and fold top edge down to center.
- 9 Proof,covered until dough springs back to the the touch, score with a straight cu
- 10 Bake in oven at 450F oven until rolls have golden brown touch, about 15 minute

**Equipment and Small Wares**

Baking sheet, mixer, bowls, knife

**Notes:**

# Standardized Recipe and Cost Card



**Menu item:** Tart Shell

**Date:** January 29, 2010

**New Yield:** 0.200 Kg  
**Original Yield:** 2.020 Kg  
**Portion Size:** 0.020 Kg  
**# of portions:** 10.000 shells

**Source:** Prof. Cooking 5

**Page #:** 980

**Name:** Zach Hughes

**Conversion Factor:** 0.099  
**Cost per portion:** \$ 0.02

**Selling price:** \$0.05

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
All Purpose flour	0.099	KG	20	KG	\$10.59	100%	\$ 0.05
Salt	0.002	KG	24	KG	\$27.58	100%	\$ 0.00
Shortening	0.069	KG	20	KG	\$30.57	100%	\$ 0.11
water, cold	0.030	L	1	L	\$0.01	100%	\$ 0.01
<b>TOTAL COST:</b>							<b>\$0.17</b>

## Preparation Procedure

- 1 Measure salt & flour into a bowl. Cut in shortening thoroughly.
- 2 Sprinkle in ice water 1 tablespoon at a time, mixing until all the flour is moistened and dough almost cleans the sides of the bowl. 1 or 2 tablespoons of ice water can be added, if necessary.
- 3 Roll out dough and fit in Tart pan.
- 4 For a Baked shell, either prick the bottom and sides with a fork, or use pie weights so the shell doesn't puff up
- 5 Bake at 425° for 8-10 minutes or until lightly browned.

## Equipment and Small Wares

Scale, Measuring spoon/cup, large bowl, rolling pin, pie/tart tins, pie weights (optional), pastry cutter.

## Notes

# Standardized Recipe and Cost Card



**Menu item: Glazed Coconut Custard**

**Date:** Oct. 5, 08

**Source:** Pro. Chef

**Page** 990

**Name:** Ian

**New Yield:** 0.600 kg

**Original Yield:** 3.600 kg

**Portion Size:** 0.060 kg

**# of portions** 10 ptn

**Conversion Factor:** 0.167

**Cost per portion:** \$0.16

**Selling price:** \$0.43

**Food cost percentage:** 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Coconut, (unsweetened, Flaked)	0.046	kg	3	kg	\$13.50	100%	\$ 0.21
Eggs	0.150	kg	0.056	kg	\$0.18	95%	\$ 0.51
Sugar	0.075	kg	20	kg	\$28.05	100%	\$ 0.11
Salt	0.001	L	24	L	\$27.58	100%	\$ 0.01
Vanilla	0.005	L	0.948	L	\$33.34	100%	\$ 0.18
Milk	0.417	L	12	L	\$16.86	100%	\$ 0.59
<b>TOTAL COST:</b>							<b>\$1.59</b>

## Preparation Procedure

1. Beat the eggs lightly. Add sugar, salt and vanilla. Blend until smooth. Do not whip air into the mixture.
2. Stir in the milk. Skim off any foam.
3. Pour into the unbaked pie shells.
5. Bake at 450°F (230°C) for 15 minutes. Reduce heat to 325°F (165°C) and bake until set, about 20-30 minutes more.

### Coconut Custard Pie Filling

Use 10 oz (275 g) unsweetened, flaked coconut. Sprinkle coconut into pie shells before adding custard mixture.

Coconut may be toasted lightly in oven before adding to pies, if desired.

## Equipment and Small Wares

Mixing bowls, spatula, wire whisk, Mixer

## Notes

# Standardized Recipe and Cost Card



Menu item: Coconut Sorbet

Date: January 29, 2010

New Yield: 0.450 Kg

Source: Grand Finales

Original Yield: 1.250 Kg

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Portion Size: 0.045 Kg

Name: Dave

# of portions 10.0 ptn

Conversion Factor: 0.36

Cost per portion: \$0.20

Selling price: \$0.53

Food cost percentage: 37%

INGREDIENTS	RECIPE QUANTITY		A.P. UNIT		A.P. COST	YIELD %	TOTAL
	COUNT	UNIT SIZE	COUNT	UNIT SIZE			
Granulated sugar	0.071	kg	20	kg	\$ 23.32	100%	\$ 0.08
Water	0.042	L	1.0	L	\$ 0.00	100%	\$ 0.00
Coconut Milk	0.342	L	4.7	L	\$ 25.99	100%	\$ 1.89
<b>TOTAL COST:</b>							<b>\$1.97</b>

### Preparation Procedure

- 1 In a saucepan, bring sugar and water to boil, Cool and chill syrup.
- 2 Combine the coconut milk and simple syrup. Process mixture in an icecream

### Equipment and Small Wares

Stainless steel bowl, saucepot, ice cream machine, wooden spoon,

### Notes