

Ontario Bradford County Chicken & Black Bean Burrito Filling, May 2014

Yield: 3800g : Serving Size: 100g Servings:38

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Olive oil	ml	125		
	Onions, diced (3/4 cm)	g	500		
	Red peppers, diced (3/4 cm)	g	500		
	Green peppers, diced (3/4 cm)	g	500		
	Salt	g	8		
	Cumin	g	8		
	Black Beans, drained + rinsed	g	1020		
	Chicken, baked, seasoned, diced	g	1500		
	[Chicken seasonings]				
	Salt	g	8		
	Pepper	g	8		
	Garlic Powder	g	8		
	Roasted garlic and pepper spices	g	10		
	Cajun spices	g	8		

Recipe Cost: \$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

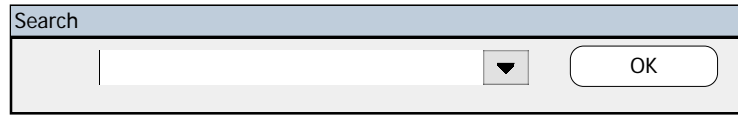
	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

Kitchen:

1. In steam kettle, warm oil. Add onions and peppers. Saute until onions are translucent and peppers are tender. Add salt, cumin, black beans and cooked chicken. Stir occasionally to combine, until heated through to a minimum of 75 C.

Ontario ingredients: Onions, peppers, garlic (in season); chicken

Search Dialogue



A search dialog box with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.

Search		
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Chicken Enchiladas

80 x 300-GM Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
2439784	Salsa	ML	3000	0.0040	\$12.00
2610244	Crushed tomatoes	ML	3000	0.0010	\$3.00
2751071	Chicken faj blk Fixins	GM	9120	0.0130	\$118.56
8854828	Tortilla wraps 12'	EA	80	0.3000	\$24.00
2190148	Shredded monteray/cheddar	GM	3000	0.0020	\$6.00
	Sour cream	ML	2000		
Prodex	Shredded lettuce	GM	3200	0.0020	\$6.40
Recipe	Mexican rice	GM	6400	0.1600	\$1,024.00
Portion Cost:					\$1,193.96

Actual Selling Price	\$7.99	
Actual Food Cost	30.0%	\$19.24/8=\$2.41

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$6.69	\$6.34	\$6.03

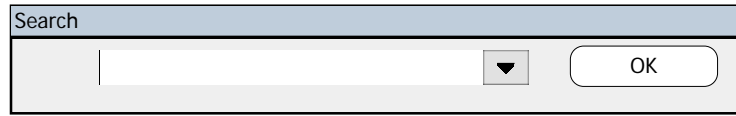
Preparation:

Combine salsa, crushed tomatoes and chicken.
 On wrap, place chicken mix, sour cream and Monterey/Cheddar. Fold wrap.
 Serve with lettuce and Mexican rice.

Ontario ingredients: Monterey/Cheddar, lettuce, chicken

Seasonal alternatives: Replace crushed romates with fresh ON tomatoes (Mar-Nov); replace letuce with spinach.

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Chicken Quesadilla Filling May 2014

Yield: 6200g Servings 62 X 100g

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Onions, sliced	g	1150	0.0000	\$0.00
	Red peppers, sliced	g	1150	0.0000	\$0.00
	Green peppers, sliced	g	1150		
	Olive oil	ml	250		
	Chicken fajita strips, bl pepper, Maple Leaf	g	2000		
	Cumin	g	2		
	Oregano	g	1		
	Coriander	g	2		
	Garlic powder	g	3		
	Black pepper	g	2		
	Tex mex Seasoning	g	3		
	Thyme	g	1		
	Crushed red pepper	g	2		
	Salt	g	5		
	Chunky salsa, Pace	ml	750		

Recipe Cost: \$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

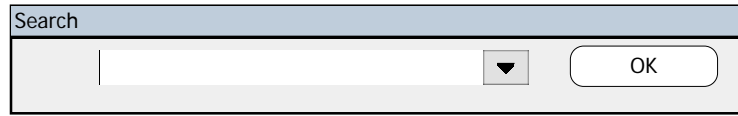
Kitchen:

Warm olive oil in steam kettle. Add onions and peppers, cook, stirring occasionally, until peppers are tenders and onions, translucent. Add chicken strips, stir to combine. Add spices, salt and salsa, and cook until the filling reaches a temperature of 80 C.

Ontario ingredients: Peppers, onions (in season); chicken

Note: For spices: 1 tsp each; for salt: 2 tsp

Search Dialogue



A graphical user interface window titled "Search". The window has a light blue header bar with the text "Search" on the left. Below the header is a white text input field. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button with the text "OK".

Chicken Quesadillas May 2014

Servings: 62

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	8" flat-pressed flour tortillas, Casasol brand	ea.	124	0.0000	\$0.00
	Chicken quesadilla filling	g	6200	0.0000	\$0.00
	Cheddar, shredded, Casa Solana	g	1550		
	Chunky Salsa, Pace	g	2170		
	Guacamole, Calavo Western Style	g	2170		
	Fat-free sour cream, Seal Test	g	1550		
Recipe Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

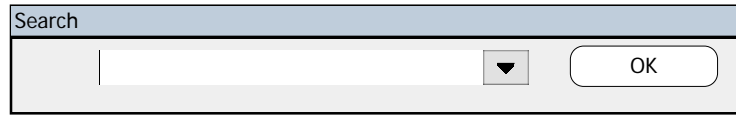
	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

Counter:

On 1 wrap, evenly distribute 100g chicken quesadilla filling and 25g cheese. In a pan, cook on both sides, until wrap is golden and cheese is melted. Cut into quarters and serve with two of the following three choices on the side: 35g guacamole, 25 g sour cream, 35 g salsa.

Ontario ingredients: Peppers, onions (in season); chicken, sour cream

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Chicken Rotis Mar. 2014

Yield: 7 X 200g portions:

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Chicken thigh, remove fat and skin	GM	1,829	0.0080	\$14.63
	Curry powder	ML	750	0.0010	\$0.75
	Scotch bonnet pepper, finely chopped	ML	200	0.0120	\$2.40
	Chopped garlic	ML	625	0.0020	\$1.25
	Fresh ginger, peeled & finely chopped	ML	750	0.0400	\$30.00
	Fresh thyme, tied in bunch	EA.	2	0.0200	\$0.04
	Onion, chopped	GM	200	0.0020	\$0.40
	Salt	ML	250	0.0003	\$0.08
	Tomato paste	ML	185	0.0020	\$0.37
	Vegetable oil	ML	1,400	0.0020	\$2.80
	Chicken stock	ML	7,000		
	Yukon potatoes	GM	1200	0.0040	\$4.80
	Fresh cilantro, chopped	GM	35		
	Rotis	EA.	7	1.0000	\$7.00
	Apple chutney or kutchular	ML	35		
	Caribbean pepper paw sauce	ML	35		
	Charred archar	ML	35		
Portion Cost:					\$64.52

Actual Selling Price	\$7.99	\$17.94/7=\$2.56
Actual Food Cost	32.0%	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$7.11	\$6.73	\$6.40

Preparation:

[Kitchen]

- 1) In tilt fryer, heat oil and add curry powder, garlic, ginger, pepper and tomato paste; stir until translucent.

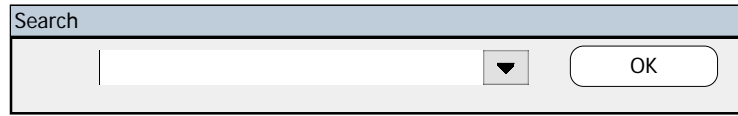
- 2) In saucepan, warm oil and add onions, spice mix and thyme. Stir until translucent. Add chicken stock and potatoes; cc 15 minutes, till potatoes are parboiled.

- 3) Add chicken; cook until cooked through and liquid has thickened, 30-45 minutes.

- 4) Season to taste and add cilantro.

- 5) Serve 175g chicken curry on warm roti with 5 mL apple chutney or kutchular, Carribbean pepper paw sauce and/or c archar.

Search Dialogue



A screenshot of a 'Search Dialogue' window. The window has a light blue title bar with the text 'Search'. Below the title bar is a search input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled 'OK'.

Chicken Tacos Mar. 2014

120 tacos (1 taco = 4 oz/113 g; 2 tacos per plate)

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Olive oil	ML	250		
	Spanish onions, diced	GM	1200		
CHIC-0410	Ground chicken	GM	4535	0.0060	\$27.21
6161984	Taco seasoning	GM	255	0.0200	\$5.10
963777	Taco shells	Ea.	120	0.0300	\$3.60
2439784	Salsa	ML	3000	0.0040	\$12.00
2190148	Green onions, diced	GM	1200	0.0600	\$72.00
Prodex	Tomato, diced	GM	2400	0.0030	\$7.20
649-3	Sour cream	ML	3000	0.0030	\$9.00
	Guacamole	GM	2400		
	Cheddar, shredded	GM	1800		
	Lettuce, shredded	GM	2400		
	nachos	GM	3000		

					Portion Cost: \$136.11
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Actual Selling Price	\$3.00	
Actual Food Cost	30.3%	\$109.11/120=\$0.91

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$2.53	\$2.39	\$2.28

Preparation:

[Kitchen]

1) In steam pot, warm olive oil then add ground chicken. Cook through. Drain fat and reserve chicken.

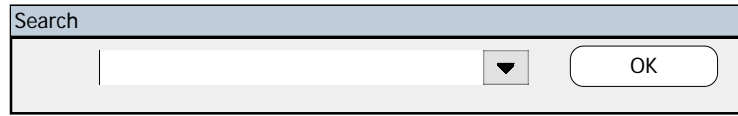
2) Add onion to steam pot, cook until soft, return chicken to pot and add taco seasoning. Stir until combined.

[Counter]

3) Assemble taco by filling shell with chicken filling, salsa, green onions, tomato, sour cream, guacamole and cheddar. Serve on a bed of lettuce with six nachos per plate.

Ontario ingredients: onions, chicken, green onions, tomatoes, sour cream, cheddar, lettuce

Search Dialogue



A screenshot of a 'Search Dialogue' window. The window has a title bar with the text 'Search'. Below the title bar is a search input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled 'OK'.

Chicken Yassa April 2014

TK Portions (1 portion =)

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	[MARINADE]				
	Lemon juice	ML			
	Lemon zest, grated	GM			
	Canola oil	ML			\$0.00
	Chili pepper, minced	GM			\$0.00
	Chicken legs with thighs, separated	GM			\$0.00
	Red onions, thinly sliced	GM	725		\$0.00
	Salt	GM			\$0.00
	Black pepper, ground	GM			\$0.00
	[SAUCE]				\$0.00
	Chicken stock or water	ML			
	Dijon mustard	ML			
	Fresh red chili, chopped and seeded	GM			
	Carrots, julienned	GM	1425		
	Stuffed green olives	GM	1225		
	Canola oil	ML	250		
Portion Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

\$109.11/120=\$0.91

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

[Kitchen]

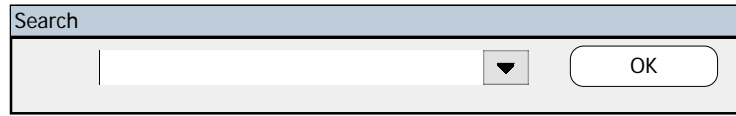
1. Combine lemon juice and rind, canola oil and minced chili. Place chicken pieces and marinade in a bowl and cover with onions. Toss the chicken with the onions. Cover bowl and leave to marinate refrigerated overnight.
2. Remove chicken from marinade and pat dry. Season with salt and pepper. Bake in 254 F oven for 90 minutes.
3. Meanwhile, in tilt fryer, warm canola oil then saute onions until translucent. Add water, Dijon and chili and stir until combined. Stir in carrots and olives. Bring to a boil; boil 1 minute and remove from heat.
4. In metal tray, add sauce to chicken pieces and stir until uniformly coated and saucy.

[Garnish?]

[Counter]

Ontario ingredients: Chicken, red onions, carrots

Search Dialogue



A search dialog box with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.

Chicken Yassa (Quantities need tested)

Yield: 40 servings

Inventory Code	Description	Unit	Amount Used	Cost per	Cost
	Lemon juice	ML	1250		
	Lemon zest, grated	ML	100		
	Canola oil	ML	250		
	Chili pepper, minced	ML	50		
	Chicken legs with thighs, separated	EA	60		
	Red onions, thinly sliced	ML	1500		
	Salt	GM	to taste		
	Black pepper, ground	GM	to taste		
	[Sauce]				
	Chicken stock or water	ML	5000		
	Dijon mustard	ML	250		
	Red chili, chopped + seeded	ML	50		
	Carrots, julienned	ML	3750		
	Stuffed green olives	ML	1250		
	Canola oil	ML	250		

Recipe Cost \$0.00

Actual Selling Price	\$8.25	
Actual Food Cost	27.0%	\$90.14/40=\$2.25

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$6.25	\$5.92	\$5.63

Kitchen:

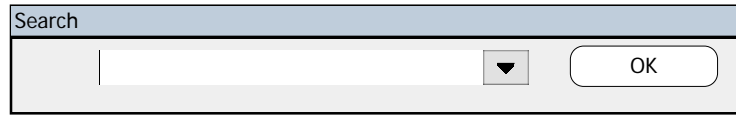
1. Combine lemon juice and rind, canola oil and minced chili. Place chicken pieces and marinade in a bowl and cover. Toss the chicken with the onions. Cover bowl and leave to marinate refrigerated overnight.

2. Remove chicken from marinade and pat dry. Season with salt and pepper. Bake in 254 F oven for 90 minutes.

3. Meanwhile, in tilt fryer, warm canola oil then saute onions until translucent. Add water, Dijon and chili and stir until in carrots and olives. Bring to a boil; boil 1 minute and remove from heat.

4. In a metal tray, add sauce to chicken pieces and stir until uniformly coated and saucy.

Search Dialogue



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Chili and Pomegranate Marinated Steak

Yield: 56 X 6-oz portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Steaks (6-oz)	ea	56		\$0.00
	POM pomegranate juice	ml	1431		\$0.00
	Red wine vinegar	ml	300		\$0.00
	Canola oil	ml	300		\$0.00
	Honey	ml	30		\$0.00
	Crushed red peppers	ml	20		\$0.00
	Salt	g	160		\$0.00
	Pepper	g	20		\$0.00

Recipe Cost: \$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

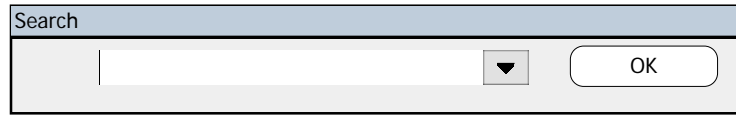
Kitchen:

1. Put steak in bowl. Combine pomegranate juice, red wine vinegar, canola, honey and crushed red peppers and use to marinate steak, minimum one hour.
2. Grill steaks, sprinkling on 1/2 tsp salt and 1/8 tsp pepper each.

Ontario ingredients:

Steak, red wine vinegar, honey

Search Dialogue



A search dialog box with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.

Cod Burrito Filling May 2014

Yield: 41 servings Serving Size: 100g (1 piece)

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Cod, defrosted (41 pieces)	g	4540	0.0000	\$0.00
	Garlic powder	g	8	0.0000	\$0.00
	Cajun spices	g	8	0.0000	\$0.00
	Roasted garlic and pepper spices	g	10	0.0000	\$0.00
	Flour	g	250	0.0000	\$0.00
	Margarine, melted	g	460	0.0000	\$0.00

Recipe Cost: \$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

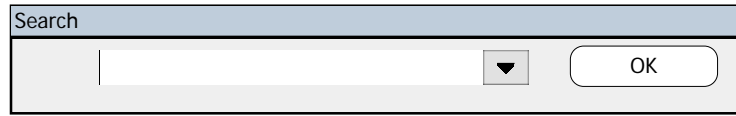
	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

Kitchen:

1. Spread cod on 2 baking trays. Sprinkle with spices on both sides, roll cod pieces in flour, dip in margarine, shake off excess, return to tray. Bake on hot-air setting at 325 F, about 25 minutes until cooked through and coating is pale golden. Transfer to metal container in single layer, covering in oils and juices.

Ontario ingredients: N/A

Search Dialogue



A screenshot of a search dialog box. The title bar is light blue and contains the text "Search". Below the title bar is a white text input field. To the right of the input field is a small square button with a downward-pointing triangle. To the right of that button is a rounded rectangular button with the text "OK".

Easy Coleslaw

Portions

Inventory Code	Description	Unit	Amount Used	Cost per	Cost
	Extra-virgin olive oil	ml	60		
	Mayonnaise	ml	60	0.0010	\$0.06
	White wine vinegar	ml	125	0.0020	\$0.25
	Dijon mustard	ml	5	0.0400	\$0.00
	Honey	ml	10	0.0102	\$0.00
	Kosher salt	g	tk	0.0020	\$0.00
	Black pepper	g	tk	0.0020	\$0.00
	Green cabbage, shredded	ml	750		
	Carrots, shredded				
	White onion, shredded				

Portion Cost: \$0.00

Actual Selling Price	\$0.00	\$12.74/6=\$2.12
Actual Food Cost	0.0%	

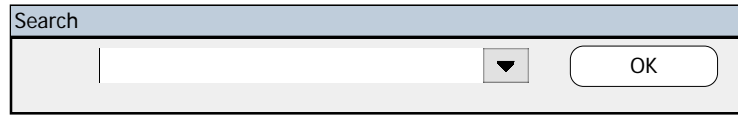
Preparation:

1. Combine olive oil, mayonnaise, vinegar, mustard, honey, salt and pepper in a small bowl. Whisk together.
2. In a large bowl, toss together cabbage, carrots and onion. Pour vinaigrette over cabbage mixture and toss well with your hands to coat the slaw completely with the vinaigrette. Allow to sit for 15 minutes before serving.

Ontario ingredients:

vinegar, mustard, honey, cabbage, carrots, onion
 ASK SEAN THE WEIGHT OF A BAG OF COLESLAW MIX

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Compatibility Report for Potato Rotis.xls
Run on 4/9/2014 9:16

The following features in this workbook are not supported by earlier versions of Excel. These features may be lost or degraded when opening this workbook in an earlier version of Excel or if you save this workbook in an earlier file format.

Minor loss of fidelity

of occurrences

Some formulas in this workbook are linked to other workbooks that are closed. When these formulas are recalculated in earlier versions of Excel without opening the linked workbooks, characters beyond the 255-character limit cannot be returned.

126

[Costing!K1](#)
[Costing!H8:L9](#)
[Costing!H15:L15](#)
[Costing!H18:L18](#)
[Costing!H23:L43](#)

Version

Excel 97-2003

Ginger Turkey Stir-Fry May 2014

Yield: 11,555g Portions: 75 X 155g

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Canola oil	ml	250		
	Carrots, broccoli, celery mix	g	4600	0.0000	\$0.00
	Garlic, minced	g	100	0.0000	\$0.00
	Fresh ginger root, julienned	g	100	0.0000	\$0.00
	Lemon juice	ml	250	0.0000	\$0.00
	Honey	ml	250	0.0000	\$0.00
	Water	ml	750	0.0000	\$0.00
	Chopped cooked turkey thigh	g	3485	0.0000	\$0.00
	Canned water chestnuts, drained	g	1850	0.0000	\$0.00
	Mushrooms, sliced	g	1360	0.0000	\$0.00
	Soy sauce	ml	150	0.0000	\$0.00
	Oyster sauce	ml	125		
	Parsley, dried	g	6		
	Salt	g	9		
	Black pepper	g	2		
	Cornstarch	g	150	0.0000	\$0.00
Recipe Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

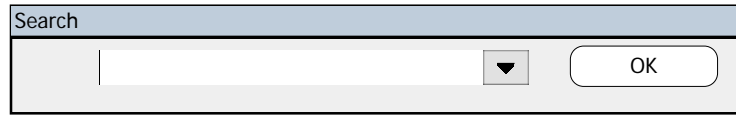
Kitchen: (Make in small batches, as required.)

- In tilt fryer, heat canola oil. Add carrot, broccoli, celery, garlic and ginger, mix with paddle, then add lemon juice, honey and half the water. Stir, then lower tilt fryer lid and steam vegetables, 2-3 minutes, until tender-crisp. Add turkey, water chestnuts and mushrooms, distribute evenly with paddle. Stir in soy sauce, oyster sauce, parsley, salt and black pepper.
- Whisk cornstarch into remaining water until smooth. Stir into ingredients in tilt fryer, to make sauce.

Counter:
Serve with 150 g apricot rice and 100 g steamed carrots.

Ontario ingredients:
Carrots, broccoli, celery, mushrooms (in season); turkey.

Search Dialogue



A search dialogue window with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.

Grainy Mustard-Glazed Ham

Yield: 40 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Cooked bone-in smoked ham	ea.	5		
	Beer	ml	1705		
	Strained mango chutney	ml	750		
	packed brown sugar	ml	400		
	Grainy Dijon mustard	ml	300		
	Dry mustard	ml	75		
	Cider vinegar	ml	75		
	Ground ginger	ml	40		
Portion Cost:					\$0.00

Actual Selling Price		$\$10.04/5 = \2.01
Actual Food Cost		

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$5.58	\$5.28	\$5.03

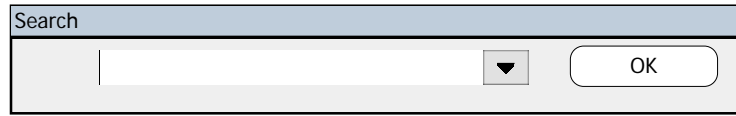
Preparation:

1. Place ham, meaty side up, in roasting pan; pour beer over ham. Cover with foil, tucking around pan to keep in beer aromas. Roast in 325-F oven for 2 hours, basting occasionally with beer.
2. Meanwhile, in bowl, stir together chutney, sugar, Dijon and dry mustards, ginger and vinegar. Set aside.
3. Remove ham from oven. Slide sharp knife under skin and lift off gently. Trim fat layer to 1/4 inch. Diagonally score fat side of ham in diamond pattern.
4. Brush about one-third of the mustard mixture over ham. Roast, brushing twice more with mustard mixture, until crusty and rich caramel brown, and meat thermometer registers 140 F, about 1 hour.
5. Transfer to cutting board and tent with foil; let stand 20-30 minutes before carving.

Counter:

Ontario ingredients: Ham, beer, Dijon mustard, dry mustard, cider vinegar

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Green Salsa May 2014

Yield: 30 servings 1 Serving:

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Tomatillos, husked	15		0.0000	\$0.00
	shallots	5.5		0.0000	\$0.00
	Garlic			0.0000	\$0.00
	Chopped green chili peppers			0.0000	\$0.00
	Fresh cilantro, chopped			0.0000	\$0.00
	Fresh jalapeno peppers, seeded			0.0000	\$0.00
	Salt			0.0000	\$0.00
Recipe Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

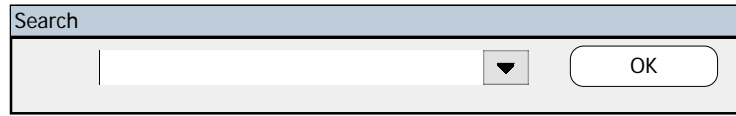
Kitchen:

1. In a food processor, place tomatillos, shallots, garlic, green chile peppers, cilantro, jalapeno peppers and salt. Using the pulse setting, coarsely chop.

Counter:

Ontario ingredients: Tomatillos, shallots, garlic, cilantro, jalapeno peppers (in season)

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Grilled Snapper with Mango and Red Onion Salsa

Yield: 35 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Mango, finely diced	ea.	5		
	Red pepper, finely diced	ea.	5		
	Red onion, finely diced	ea.	5		
	Cilantro, chopped	ml	300		
	Garlic, minced	g	tk		
	Pineapple juice	ml	300		
	Fresh lime juice	ml	400		
	Jalapeno pepper, finely diced	ml	75		
	Salt	g	tk		
	Pepper	g	tk		
	Snapper fillets	g	4535		
	Dried basil	ml	75		
	Dried thyme	ml	75		
	Salt	ml	75		
	Black pepper	ml	75		
Portion Cost:					\$0.00

Actual Selling Price		$\$10.04/5 = \2.01
Actual Food Cost		

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$5.58	\$5.28	\$5.03

Preparation:

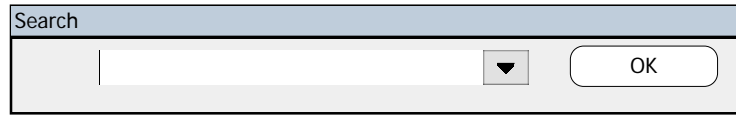
1. To make salsa: in large bowl mix mango, red pepper, red onion, cilantro, garlic, pineapple juice, fresh lime juice, jalapeno pepper, salt, pepper and red bell pepper. Refrigerate.

2. To make snapper: In bowl mix basil, thyme, salt and black pepper. Brush the fish fillets with olive oil and rub 1 tbsp of the spice rub into each. Grill fish on medium heat, 4 minutes per side.

Counter:

Ontario ingredients: red pepper, red onion, cilantro, garlic, jalapeno peppers, bell pepper

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Ham with Apple, Maple and Mustard Sauce

Yield: 42 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Ham	g	12700		
	Apple cider	ml	3500		
	Dijon mustard	ml	140		
	Rosemary, chopped	ml	105		
	Cornstarch	ml	105		
	Water	ml	210		

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

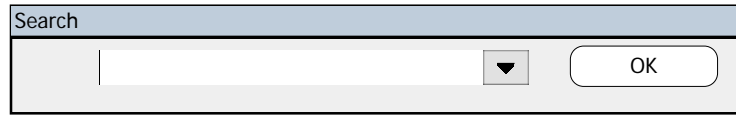
Preparation:

1. In large pot with tight-fitting lid, place ham. Add apple cider and mustard. Cover with lid and bring to simmer. Let simmer 1.5 hours. Add broth.
2. Remove ham and place in roasting pan, reserving broth in pot. Ladle 7 cups (1750 ml) broth from the ham pot into a small saucepan and reduce to consistency of syrup. Brush glaze all over ham, and then place it in the 375-F oven.
3. Meanwhile, stir cornstarch into water until it dissolves. Heat the remain... tk

Ontario ingredients:

Ham, apple cider, mustard, rosemary

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Leek, Chicken and Feta-Stuffed Pitas

Yield: 40 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	extra-virgin olive oil	ml	450		
	Green onions, sliced	ea	40		
	Garlic, minced	ea	40		
	Leeks, white and green parts thinly sliced	ml	10000		
	Boneless, skinless chicken breasts, chopped	g	3750		
	Fresh dill, chopped	ml	500		
	Salt	g	tk		
	Pepper	g	tk		
	Crumbled feta cheese	ml	1750		
	Parmesan cheese, grated	ml	450		
	Eggs	ea	10		
	Fresh mint, chopped	ml	500		
	Pocket pitas	ea	40		

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

Preparation:

1 Heat TK ml oil in large non-stick skillet over medium heat and cook onions, garlics and leeks for 12 minutes or until softened. Increase heat to medium-high and add chicken and dill. Cook, stirring for 8 minutes or until chicken is no longer pink inside. Let cool slightly. Season with salt and pepper.

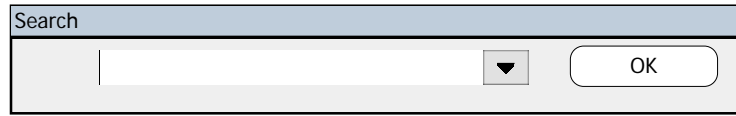
2. Stir in feta, Parmesan, egg and mint until well combined.

3. Open pita pockets slightly on 1 side, trying to keep most of it sealed, and stuff with chicken mixture. Place on parchment paper-lined baking sheet and brush pitas with remaining oil. Bake at 400 F for about 15 minutes, or until filling is hot and pitas are crispy.

Ontario ingredients:

Green onions, garlic, leeks, chicken, dill, feta, eggs, mint

Search Dialogue



A screenshot of a search dialog box. The dialog has a title bar labeled "Search". Below the title bar is a text input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled "OK".

Lemon-Garlic Chicken with Sweet Potatoes & Green Beans

<u>Portions</u>					
Inventory Code	Description	Unit	Amount Used	Cost per	Cost
	Chicken breasts, pre-cooked	ea.	12		
	Salt	g	2		
	Olive oil	ml	90	0.0010	\$0.09
	Lemon, juice of	ea.	1	0.0020	\$0.00
	Garlic, prechopped	ml	5		
	Sweet Potatoes, cut into wedges	g	350		
	Salt	g	2		
	Paprika	ml	2		
	Olive oil	ml	25		
	Green beans (1/2 cup packets)	ea.	12		
	Salt	g	1		
	Pepper	g	1	0.0400	\$0.00

Portion Cost \$0.00

Actual Selling Price	\$0.00	\$12.74/6=\$2.12
Actual Food Cost	0.0%	

Preparation:

1. In a small bowl, whisk together 90 ml olive oil, lemon juice, garlic and 2 ml salt. In a lined roasting pan, arrange chicken breasts, then pour over oil/lemon juice mix. Reheat chicken in 400-F oven, about 10 minutes, or until reaches temperature of 145 F.

2. On a lined roasting tray, spread sweet potato wedges and coat with paprika, 25 ml oil and 2 ml salt. Roast in 400 F oven for about 20 minutes, turning once, until crispy and golden on both sides.

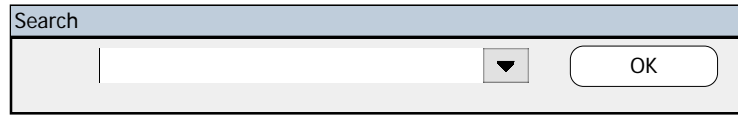
3. Heat green beans in microwave and season to taste.

4. Serve 1 chicken breast with 10 sweet potato wedges and 1/2 cup green beans. Pour over juices from roasting pan.

Ontario ingredients:

chicken, potatoes, garlic, sweet potatoes, green beans

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Compatibility Report for Potato Rotis.xls
Run on 4/9/2014 9:16

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Minor loss of fidelity

of occurrences

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126

[Costing!K1](#)
[Costing!H8:L9](#)
[Costing!H15:L15](#)
[Costing!H18:L18](#)
[Costing!H23:L43](#)

Version

Excel 97-2003

Lyonnaise Potatoes

Yield: 10 x 170g Portions

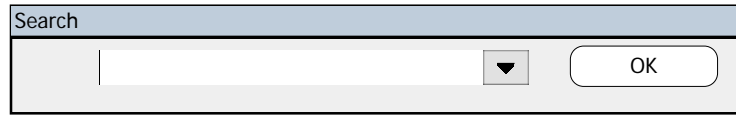
Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
Primo	Potatoes Sliced	Gm	1814	0.0012	\$2.18
4119517	Vegetable Oil	ML	57	0.0020	\$0.11
4897981	Margarine	ML	57	0.0020	\$0.11
Joyce	Spanish Onion	Gm	227	0.0020	\$0.45
2780369	Salt	Gm	15	0.0003	\$0.00
Portion Cost:					\$2.86

Actual Selling Price		
Actual Food Cost		\$2.86/10=\$0.29

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$0.80	\$0.76	\$0.73

- Kitchen:
 NOTE: MUST TEST QUANTITIES
1. In large bowl, toss potatoes with [TK] oil, salt, pepper and thyme. Lay on a baking sheet and roast, until pale golden and almost cooked through.
 2. In tilt fryer, heat remaining oil and margarine. Saute onions until golden. Add potatoes and mix with onions, until potatoes are golden.

Search Dialogue



A graphical user interface window titled "Search". The window has a light blue header bar with the text "Search" on the left. Below the header is a white text input field. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button with the text "OK".

Manchurian Ontario Bradford Chicken April 2014

Yield: 33,266 G Portion size: 285 G Number of Portions: 117

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Boneless chicken thighs	G	30,000		
	Sesame oil	ML	60		
	Egg wash	ML	500		\$0.00
	Soy sauce	ML	375		\$0.00
	Garlic powder	ML	160		\$0.00
	Corn starch	ML	750		\$0.00
	Salt	ML	60		\$0.00
	Black pepper	ML	80		\$0.00
	Manchurian sauce	ML	18000		\$0.00
Portion Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

Preparation:

[Kitchen]

1) Remove fat from chicken thighs. In large bowl, place chicken thighs, sesame oil, egg wash, soy sauce, garlic powder, corn starch, salt and black pepper. Stir with paddle to combine.

2) In deep fat fryer, at 350 F, fry chicken, separating pieces occasionally to cook evenly until golden brown and internal temperature is 165 F. Drain.

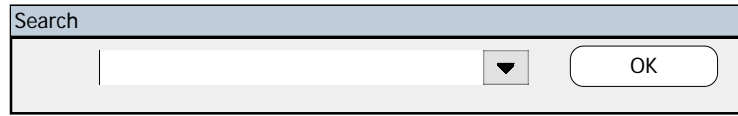
3) In tilt fryer, combine Manchurian sauce and fried chicken thighs; stir well until pieces are evenly coated and saucy.

[Counter]

Serve with fried rice or chow mein noodles, garnished with 30 g chopped green onions.

Ontario ingredients: Bradford chicken, green onions

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Manchurian Sauce April 2014

Yield: 18 L

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Canola oil	ML	500		\$0.00
	Sesame oil	ML	30		\$0.00
	Garlic, chopped	ML	500		\$0.00
	Fresh ginger, chopped	ML	125		\$0.00
	Thai chili peppers, finely chopped	ML	125		\$0.00
	Soy sauce	ML	1500		\$0.00
	Water	L	20		\$0.00
	Hoisin sauce	ML	250		\$0.00
	Oyster sauce	ML	1125		\$0.00
	Corn starch	ML	1000		\$0.00
	Water	L	2		\$0.00
Portion Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

Preparation:
[Kitchen]

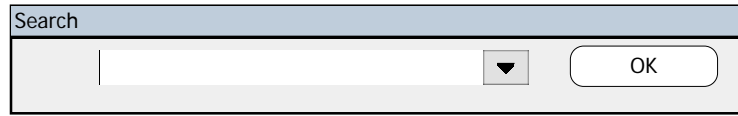
1) In tilt fryer, heat both oils and add garlic, ginger and Thai chlli pepper. Sweat for about 1 minute. Add soy sauce, 20 L wate hoisin sauce and oyster sauce and bring to a boil.

2) In a metal container, mix cornstarch with 2 L cold water, until smooth.

3)In tilt fryer, add cornstarch mix to sauce and stir, until sauce thickens. Reduce heat, cover and let sauce simmer, around 20 minutes.

Notes: This is the exact portion size required for Manchurian Ontario Bradford Chicken. Chefs making Ontario Wellington Co Beef and Broccoli and Stir-fried Vegetables with Tofu will require additional sauce.

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Mexican Rice

Yield: 11000 G Portion Size: 170 G Number of Portions: 65

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
4999082	Long grain rice, uncooked	GM	4500	0.0012	\$5.40
	Water	ML	3000		\$0.00
	Olive oil	ML	250		
	Taco meat seasoning	GM	112.5		
2611390	Black beans, rinsed and drained	ML	1620	0.0020	\$3.24
					\$0.00
					\$0.00
					\$0.00
					\$0.00
Portion Cost:					\$8.64

Actual Selling Price	\$2.50	1.30 Side=11.5%
Actual Food Cost	6.0%	\$2.00/12=\$0.16

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$0.44	\$0.42	\$0.40

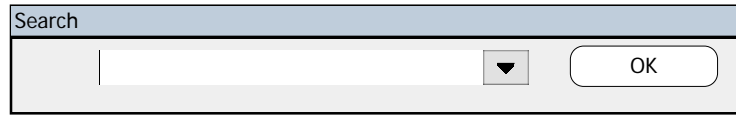
Preparation:

- 1) Rinse rice in cold water, drain, then add 3 L water and cook in steamer for 50 minutes.

- 2) In steam pot, heat olive oil, then add rice, seasoning and beans. Stir until combined.

Ontario Ingredients: None

Search Dialogue



A screenshot of a 'Search Dialogue' window. The window has a title bar with the text 'Search'. Below the title bar is a search input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled 'OK'.

Mozzarella Chicken

10 Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit
	all-purpose flour	g	50	
	salt	g	2	0.0010
	small eggs	Ea.	2	0.0020
	water	ml	30	0.0400
	dry breadcrumbs	gm	125	0.0102
	cooked chicken breasts	Ea.	10	0.0020
	Tomato sauce	MI	185	0.0020
	Mozzarella cheese, pre--shredded	gm	75	0.0200

Portion Cost:

Actual Selling Price	\$0.00	$\$12.74/6=\2.1
Actual Food Cost	0.0%	

Preparation:

- 1) In a large bowl, mix flour and salt. In a second bowl, beat eggs and water. In a third bowl, place breadcrumbs.
- 2) Coat chicken breasts in flour, then egg wash, then breadcrumbs and lay on parchment-paper-lined baking sheet.
- 3) Bake in 350F oven for 12 minutes.
- 4) With a teaspoon, spread tomato sauce on top of chicken then sprinkle with mozzarella.
- 5) Broil for a further 3-5 minutes until cheese is melted and slightly golden.

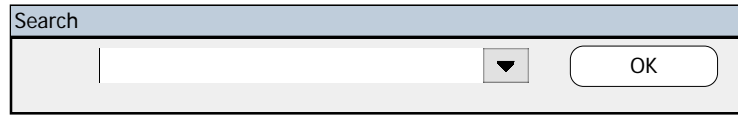
Note for computation: After coating chicken, there was 25g of flour remaining and 60g of breadcrumbs remaining. Please nutritional values accordingly.

Cost
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00
\$0.00

2

adjust

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Compatibility Report for Potato Rotis.xls
Run on 4/9/2014 9:16

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126

[Costing!K1](#)
[Costing!H8:L9](#)
[Costing!H15:L15](#)
[Costing!H18:L18](#)
[Costing!H23:L43](#)

Version

Excel 97-2003

Nachos & Cheese Sauce July 2013

47 Portions Per Portion: 60 ML Cheese Sauce on 200G Nachos

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
2610244	Cheese sauce	ML	2840	0.0040	\$11.36
	Nachos	GM	9400	0.0060	\$56.40
Portion Cost:					\$67.76

Actual Selling Price	\$4.00
Actual Food Cost	36.0%

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$4.00	\$3.78	\$3.60

Preparation:

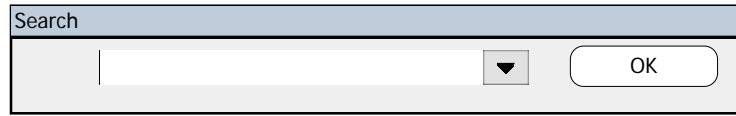
[Kitchen]

1) In steam pot, heat cheese sauce until warmed through.

[Counter]

2) In container, pour cheese sauce onto nachos.

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Parsnip and Potato Pancake

Yield: 40 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Large parsnips, peeled	ea.	10		
	Yukon Gold potatoes, peeled	ea.	20		
	Scallions, thinly sliced	ea.	20		
	Nutmeg, ground	ml	5		
	Salt	g	tk		
	Pepper	g	tk		
	Unsalted butter	ml	800		

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

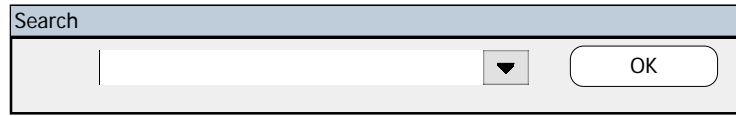
Preparation:

1. Line a baking sheet with parchment paper.
2. Preheat oven to 200 F.
3. Put parsnip in a small pot, cover with cold salted water. Bring to a boil over high heat.
4. Grate Yukon Gold potatoes coarsely. In large bowl, put grated potatoes and fold in diced parsnip, green onions, nutmeg, salt and pepper.
5. Heat a non-stick pan over medium heat. Add tk ml butter. When butter starts to foam, add one quarter of potato mix, (excess liquid squeezed out), to the pan. Form a 1/2-in layer in pan and press down firmly with oven-proof spatula. Fry pancake gently, about 6-7 minutes over medium-low heat. Flip and fry gently, 4-5 minutes or until golden and crisp on both sides.

Ontario ingredients:

Potatoes, parsnip, scallions, butter

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Penne with Chickpeas, Spinach + Roasted Asparagus April 2014

Yield: TK Portions (1 portion = TK)

Inventory Code	Description	Unit	Amount Used	Cost per	Cost
	Penne				
	Roasted fresh asparagus, ends off				
	Extra virgin olive oil				
	Salt				\$0.00
	Pepper				\$0.00
	Garlic, finely minced				\$0.00
	Onion, finely chopped				\$0.00
	Carrots, finely shredded				\$0.00
	Fresh basil, finely chopped				\$0.00
	Salt				\$0.00
	Sun-dried tomatoes, thinly sliced				
	Chickpeas, drained				
	Baby spinach, thinly sliced				
	Vegetable stock				
	Pepper				
	Parmesan, grated				
Portion Cost					\$0.00

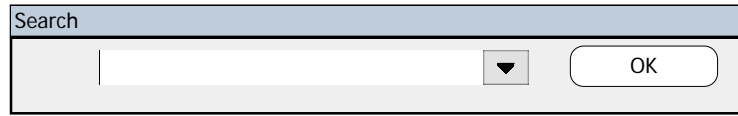
Actual Selling Price		
Actual Food Cost		\$109.11/120=\$0.9
	36% Cost	38% Cost
Suggested Selling Prices		

[Kitchen]

1. Bring large pot of salted water to a boil. Add pasta; boil uncovered for 10-12 minutes or until al dente. Drain; set aside.
2. Cut asparagus into 1-inch pieces. Toss with [tk ML] oil and salt and pepper. Spread on baking sheet; roast in 450 F oven for 8 minutes or until asparagus is tender-crisp and slightly browned.
3. Heat remaining oil [TK ML] in a large skillet over medium heat. Add garlic and saute for 30 seconds, stirring frequently. Stir in onions; saute for 2 minutes or until softened. Add carrots, basil and salt; cook, stirring frequently for 3 minutes. Stir in sun-dried tomatoes, chickpeas, spinach and stock. Bring just to a boil, lower heat and simmer for 5 minutes or until vegetables are tender.
4. Toss hot pasta with cooked vegetables; stir in pepper and Parmesan cheese. Add roasted asparagus; toss well.

Counter:

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Penne with Pancetta, Tomatoes and Vodka

Yield: 40 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Olive oil	ml	250		
	Pancetta, diced	ml	500		
	Onions, chopped	ml	2500		
	Chili flakes	ml	20		
	Vodka	ml	1250		
	Canned tomatoes, drained + choppe	ml	5000		
	Whipping cream	ml	1250		
	Salt	g	tk		
	Ground pepper	g	tk		
	Parsley, chopped	ml	500		
	Parmesan cheese, grated	ml	1250		
	Penne pasta, cooked until al dente	g	5000		

Actual Selling Price	
Actual Food Cost	

Suggested Selling Prices	36% Cost	38% Cost	40% Cost

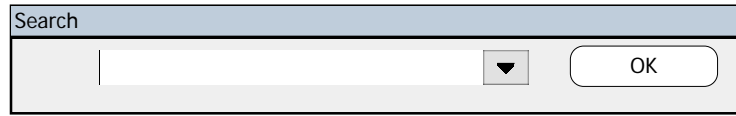
Preparation:
 1 Heat oil in a skillet on medium heat. Add pancetta and onions and cook for 2 minutes, or until softened. Add chili flakes, stir together and pour in vodka. Reduce until tk ml remains, about 3 minutes.

2. Add tomatoes, bring to a boil, and let boil for 1 minute. Reduce heat to low and cook sauce for 15 minutes or until slightly thickened. Add the cream and simmer until well combined, about 2 minutes. Season with salt and pepper.

Counter:

Ontario ingredients: Pancetta, onions, whipping cream, parsley

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Pierogis May 2014

Yield: 50 servings Serving size: 6 pierogis (190 g)

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Pierogis, cheese and potato	g	5500		
	Salt	g	200		
	Olive oil	ml	15		
	Butter	g	160		
	Onions, sliced	g	1850	0.0000	\$0.00
	Bacon, chopped	g	1750		
	Sour cream	g	3000		

Recipe Cost: \$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

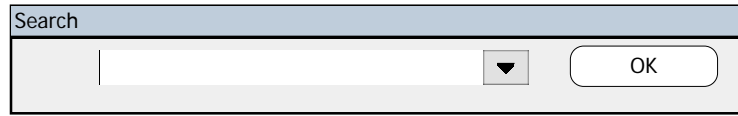
Kitchen:

1. In steam kettle, boil water, add salt and olive oil and boil pierogis until cooked through. Remove from water and strain.
2. In tilt fryer, heat canola oil and butter, and pan-fry cooked pierogis, turning once, until both sides are golden, around 2-3 minutes per side. Drain excess fat and set aside.
3. With most of the remaining oil drained, in tilt fryer saute onions and bacon, 5-6 minutes, until onions are turning pale golden and bacon is cooked with slightly golden edges. In metal container, layer onions and bacon on pierogis.

Counter: Serve six pierogies with bacon and onions and 1 scoop (60 g) sour cream.

Ontario ingredients: Onions, bacon, butter, sour cream

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Pork, Mushroom and Squash Pot Pie [TEST]

Yield: servings

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	All-purpose flour	ml	450	0.0000	\$0.00
	Dried thyme	ml	100	0.0000	\$0.00
	Salt	ml	10	0.0000	\$0.00
	Pepper	ml	10	0.0000	\$0.00
	Boneless pork loin	kg	10	0.0000	\$0.00
	Vegetable oil	ml	450	0.0000	\$0.00
	Beef broth	ml	6250		
	Mixed exotic mushrooms	g	5,000		
	Onion, sliced	ea	10		
	Garlic cloves, minced	ea	40		
	Fresh Italian parsley, chopped	ml	500	0.0000	\$0.00
	Butternut squash, chopped	ml	7500		
Recipe Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

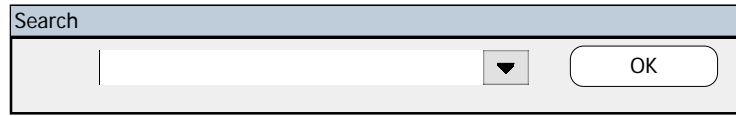
Kitchen:

1. Combine flour, thyme, salt and pepper in shallow dish; set aside.
2. Trim visible fat from pork and cut into bite-size pieces. Toss pork with flour mixture.
3. In skillet, heat ml of the oil and brown pork on all sides. Remove.
4. Add [tk] ml of the broth to the pan and cook, stirring up brown bits. Add mushrooms, onion and garlic and any remaining flour mixture and cook, for about 8 minutes or until golden and water has evaporated from mushrooms. Add parsley and cook, stirring 1 minute. Add remaining beef broth, browned pork and squash, and bring to a boil. Reduce heat and simmer for about 20 minutes or until squash and pork are tender. Let cool.

Counter:

Ontario ingredients: Mushrooms, onions, garlic, parsley, butternut squash (in season); pork

Search Dialogue



A screenshot of a search dialog box. The dialog has a title bar labeled "Search". Below the title bar is a text input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled "OK".

Potato Rotis Mar. 2014

Yield: 7 X 200g portions:

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Oil	ML	250	0.0080	\$2.00
	Curry powder	GM	750	0.0010	\$0.75
	Garlic, chopped	GM	150	0.0120	\$1.80
	Ginger, peeled and chopped	GM	10	0.0020	\$0.02
	Scotch bonnet peppers, finely chd	GM	10	0.0400	\$0.40
	Tomato Paste	ML	15	0.0200	\$0.30
	Fresh thyme bundles, tied	EA.	2	0.0020	\$0.00
	Onion, chopped	GM	200	0.0003	\$0.06
	Yukon potatoes, diced	GM	1300	0.0020	\$2.60
	Water, to cover potatoes				
	Canned chickpeas, drained	OZ	100	0.0020	\$0.20
	Salt	GM	30		
	Pepper	GM	20	0.0040	\$0.08
	Fresh cilantro, chopped	GM	35		
	Rotis	EA.	7	1.0000	\$7.00
	Apple chutney or kutchular	ML	35		
	Caribbean pepper paw sauce	ML	35		
	Charred archar	ML	35		
Portion Cost:					\$15.21

Actual Selling Price	\$7.99	\$17.94/7=\$2.56
Actual Food Cost	32.0%	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$7.11	\$6.73	\$6.40

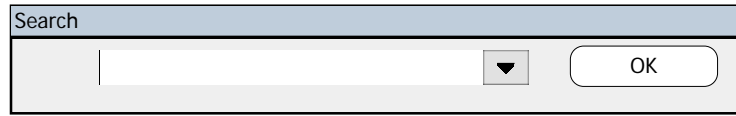
Preparation:

[Kitchen]

- 1) In tilt fryer, heat oil and add curry powder, garlic, ginger, peppers and tomato paste; stir until translucent.
- 2) In saucepan, warm oil and add thyme to onion mix, stir over medium heat until onions are translucent.
- 3) Add potatoes and water; cook down until potatoes are just cooked and liquid has thickened.
4. Add chickpeas and cook until heated through, around 2 minutes.
5. Season with salt and pepper; add cilantro.

Serve 175g curry on a warm roti with choice of apple chutney or apple kutchular, Carribean pepper paw sauce and/or ct archar.

Search Dialogue



A graphical user interface window titled "Search". The window has a light blue header bar with the text "Search" on the left. Below the header is a white text input field. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button with the text "OK".



Portions

Inventory Co	Description	Unit	Amount Used	Cost per U	Cost
	Olive oil	ml	185		
	Red wine vinegar	ml	25	0.0010	\$0.03
	Dijon mustard	ml	15	0.0020	\$0.03
	Garlic clove	ea.	1	0.0400	\$0.00
	Salt	g	1	0.0102	\$0.00
	Pepper	g	1	0.0020	\$0.00
	Quinoa, cooked	g	560	0.0020	\$0.00
	Asparagus, ends trimmed, chopped	g	200		
	Frozen green peas	g	150		
	Feta cheese, cubed	g	125		
	Fresh mint, chopped	g	4		
	Salt	g	TK		
	Pepper	g	TK	0.0200	\$0.00

Portion Cost \$0.00

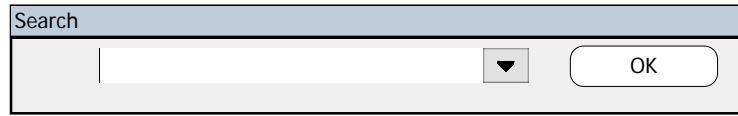
Actual Selling Price	\$0.00	\$12.74/6=\$2.12
Actual Food Cost	0.0%	

Preparation:

1. In a small bowl, whisk together olive oil, vinegar, mustard and garlic. Season with salt and pepper. Set aside.
2. Bring a pot of boiling water to bowl. Meanwhile, wash quinoa well under running water. Add quinoa to boiling water and cook about 10 minutes, or until the little tails pop out and each grain is tender, but still intact. Strain in a colander and rinse well with cool water to stop the cooking. Set aside to drain.
3. Bring a saucepan of water to a boil. Fill a large bowl with ice water and have it close to the stove. When the water is at a rolling boil, add a generous pinch of salt and the asparagus. Cook for 1 minute, until the green of the asparagus brightens and pieces become tender. Remove from the pot and plunge into the ice water immediately to stop the cooking. Repeat this process with the frozen peas. Strain vegetables and set aside.
4. Place quinoa in a large bowl and drizzle with 2/3 the vinaigrette. Season with salt and pepper and toss gently. Add asparagus, peas, feta and remaining vinaigrette and toss to combine. Taste and adjust seasoning, as necessary.

Ontario ingredients: vinegar, mustard, garlic, asparagus, peas, feta

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Compatibility Report for Potato Rotis.xls
Run on 4/9/2014 9:16

The following features in this workbook are not supported by earlier versions of Excel. These features may be lost or degraded when opening this workbook in an earlier version of Excel or if you save this workbook in an earlier file format.

Minor loss of fidelity

of occurrences

Some formulas in this workbook are linked to other workbooks that are closed. When these formulas are recalculated in earlier versions of Excel without opening the linked workbooks, characters beyond the 255-character limit cannot be returned.

126

[Costing!K1](#)
[Costing!H8:L9](#)
[Costing!H15:L15](#)
[Costing!H18:L18](#)
[Costing!H23:L43](#)

Version

Excel 97-2003

Rajma Chawal

Yield: 1700g rice + 2600g curry

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Canola oil	ml	125		
	Onion, chopped	g	450		
	Garlic, finely chopped	g	30		
	Ginger, finely chopped	g	25		
	Tomatoes, chopped	g	335		
	Mild Mexican chili powder	g	5		
	Turmeric	g	2		
	Cumin	g	3		
	Ground coriander	g	3		
	Salt	g	5		
	Black pepper	g	2		
	Plain yoghurt	ml	125		
	Water	ml	1000		
	Canned kidney beans, drained + rins	g	1200		
	Rice, cooked	g	1700		

Actual Selling Price	
Actual Food Cost	

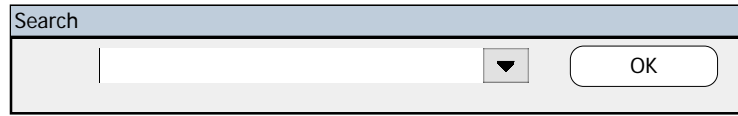
	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

Preparation:

1. To make masala: Heat oil in medium pot on medium-high for 30 seconds. Add onion and saute for 8 minutes, or until slightly dark brown. Add garlic and saute for 2 minutes, then stir in ginger and tomatoes. Add chili powder, turmeric, cumin, coriander, salt and black pepper, and saute for 5-8 minutes, or until oil glistens on top.
2. Place yoghurt in a small bowl. To prevent curdling, spoon about 3 tbsps of the hot masala mix into the yoghurt. Stir well, then pour yoghurt into the pot of masala. Saute for about 2 minutes, or until oil glistens again.
3. Add water, stir and bring to a boil on high heat. Add kidney beans, stir and bring to a boil again. Reduce heat to medium and cook for 3 minutes. Serve with hot cooked rice.

Ontario ingredients: onion, garlic, ginger, tomatoes, yoghurt

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Red-Wine-Braised Lamb

Yield: 50 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Boneless lamb leg, trimmed of excess	g	15000		
	Olive oil	ml	500		
	Salt	g	tk		
	Pepper	g	tk		
	Cipollini onions, peeled & halved	g	3000		
	Garlic, minced	clove	40		
	Red wine	ml	5000		
	Tomato paste	ml	5000		
	Fresh rosemary, leaves only	ml	250		
	Packed brown sugar	ml	250		
	Worcestershire sauce	ml	tk		

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

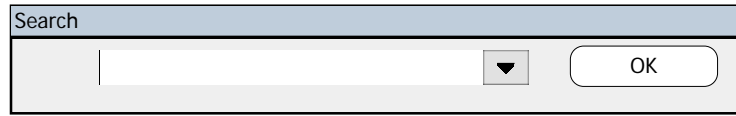
Preparation:

1. Pat lamb dry with paper towels. In large flame-proof casserole over medium-high heat, heat tk ml oil. Cook lamb in batches, about 5 minutes per batch, turning often and sprinkling with salt and pepper, until browned on all sides. Remove lamb to large platter as each batch browns. Add oil during cooking, as required.
2. Reduce heat to medium and add remaining oil to casserole. Add onions to casserole, then cook, stirring often, 2-3 minutes or until onions are golden brown. Add garlic, then cook 1 more minute. Stir in wine and bring to a boil, stirring to scrape up any brown bits from bottom of casserole. Stir in tomato paste, rosemary and sugar and Worcestershire sauce. Bring to a boil over high heat.
3. Return lamb to casserole and cover tightly. Transfer casserole to oven. Cook 1.5-2 hours, or until lamb is very tender.

Ontario ingredients:

Lamb, garlic, red wine, rosemary

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Rice and Beans for Burritos May 2014

Yield: 11,000g servings: 157 Serving Size: 70 g

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Long-grain, parboiled rice	g	4000	0.0000	\$0.00
	Water	ml	4000	0.0000	\$0.00
	Olive oil	ml	185	0.0000	\$0.00
	Bonduelle 6-bean blend, drained	g	875	0.0000	\$0.00
	Primo black beans, drained	g	340	0.0000	\$0.00
	Mexicasa taco seasoning	g	125	0.0000	\$0.00

Recipe Cost: \$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

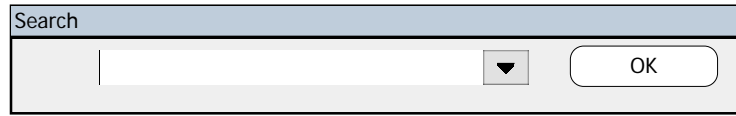
	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

Kitchen:

1. Rinse rice to remove starch, cover in water, then in steam oven, steam 40 minutes.
2. In steam kettle, warm olive oil. Add drained, rinsed beans, stirring occasionally until heated. Add rice and stir to distribute beans evenly. Add taco seasoning and stir to distribute spices evenly.

Ontario ingredients: N/A

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Sauteed Chicken with Lemon Balm Masala + Roasted Plums May 2014

Yield: 54 servings Serving: 220 g (2 pieces chicken)

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Fresh ginger, chopped	g	110	0.0000	\$0.00
	Fresh Garlic, chopped	g	150	0.0000	\$0.00
	Garam masala	g	30	0.0000	\$0.00
	Lemon zest (7 lemons)	g	325	0.0000	\$0.00
	Lemon juice (7 lemons)	ml	125	0.0000	\$0.00
	Vegetable oil	ml	250	0.0000	\$0.00
	Bone-in chicken thighs, skin on	g	20000		
	Salt	g	60		
	Black pepper	g	18		
	Red plums	g	4000		
	Balsamic vinegar	ml	75	0.0000	\$0.00
	Brown sugar	g	10		
Recipe Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

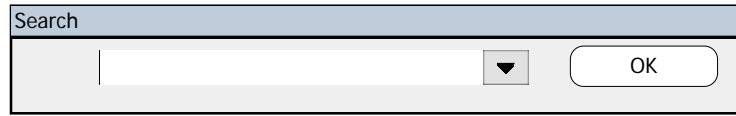
Kitchen:

1. In large bowl, combine ginger, garlic, garam masala, lemon zest, lemon juice and oil. Spread over chicken. Season with salt and pepper. Transfer to baking sheets and bake in 300-F oven for 60 minutes, until chicken is cooked through and skin is crispy and golden.
2. Pit plums and cut into eighths. On medium-high heat in large saucepan, cook plums, balsamic vinegar and sugar until plums have partially broken down, to make sauce.
3. Skim fat from cooked chicken thighs; coat chicken in sauce.

Counter:

Serve 1 portion (2 pieces) sauced chicken with a choice of two sides: (45 g) Spring greens, (160 g) Lyonnaise potatoes, (140 g) beets or (195 g) rice.

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Spaghetti and Meatballs

Yield: 16,500g sauce + 26,400g spaghetti Portions: 132

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Meatballs, frozen	g	2300		\$0.00
	Olive oil	ml	200		\$0.00
	Onion, finely diced	g	45		\$0.00
	Garlic, finely chopped	g	30		\$0.00
	Tomato sauce	g	8000		\$0.00
	Large French loaf, sliced into 33	ea	4		\$0.00
	Garlic butter	g	400		\$0.00
	Spaghetti	g	9650		\$0.00

Recipe Cost: \$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

Kitchen:

1. In large saucepan on medium heat, heat olive oil. Saute onion and garlic, 3-5 minutes, stirring occasionally.
2. Add meatballs and heat through, around 10 minutes.
3. Add tomato sauce and bring to a gentle boil, then reduce heat to simmer, stirring occasionally, around 60 minutes.
4. Spread butter on bread slices and heat in 150-C oven, on trays, around 5 minutes till butter melts.
5. In a large saucepan, boil water then add spaghetti and cook, 10-12 minutes, until al dente. Strain.

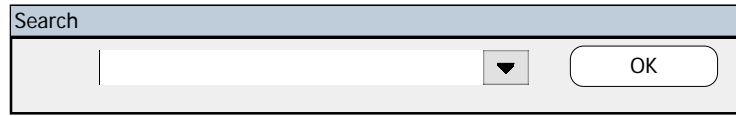
Counter:

Serve 200g spaghetti with 125g meatballs in sauce, and 1 slice garlic bread.

Ontario ingredients:

Beef, onions, garlic

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Spanish Rice April 2014 [TEST]

Yield: 40 Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Olive oil	ml	150		
	Long-grain rice	g	1400		
	Water	ml	4000		
	Roma (plum) tomatoes, chopped	each	10		\$0.00
	Onion, chopped	g	800		\$0.00
	Fresh cilantro, chopped	g	170		
	Tomato bouillon with chicken flav	g	30		
	Salt	g	TK		

Portion Cost: \$0.00

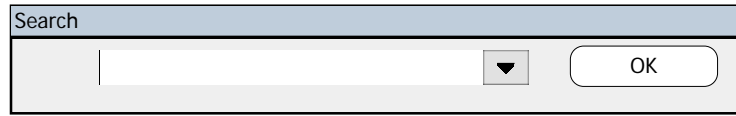
Actual Selling Price		
Actual Food Cost		\$109.11/120=\$0.91

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

[Kitchen]

1. Place a pot over medium-high heat; add oil. Pour rice into hot oil, stirring constantly until rice is golden to dark brown, about 5 minutes. Mix water, tomatoes, onion, cilantro and bouillon into rice. Turn off heat and cover tightly with lid until rice has absorbed all the liquid, about 20 minutes. Season with salt.

Search Dialogue



A search dialogue window with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.

Spice-Crusted Leg of Lamb

Yield: 40 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	coriander seeds	ml	75		
	whole cumin seeds	ml	50		
	mustard seeds	ml	75		
	fresh cilantro, chopped	hand	5		
	mint, chopped	hand	5		
	fresh thyme (leaves only)	sprig	7.5		
	sambal oelek	ml	75		
	ground cinnamon	ml	25		
	vegetable oil	ml	150		
	garlic, peeled and sliced	clove	30		
	leg of lamb, bone in	ea.	5		
	salt	g	tk		
	pepper	g	tk		
	fresh mint (leaves only)	bunch	5		
	mint tea bags	ea.	10		
	hot water	ml	1250		
	pomegranate molasses	ml	75		
	lime juice	ml	(2.5 limes)		
	coarse salt	g	tk		
Portion Cost:					\$0.00

Actual Selling Price		$\$10.04/5 = \2.01
Actual Food Cost		

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$5.58	\$5.28	\$5.03

Preparation:

1. To make leg of lamb: in skillet over medium heat, lightly toast coriander seeds, cumin seeds and mustard seeds, about 3-5 minutes or until fragrant. Grind.

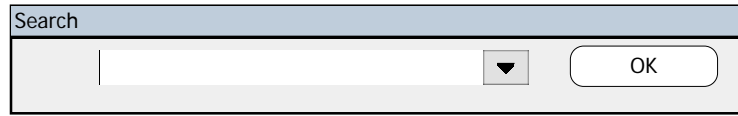
Combine coriander, mint, thyme leaves, sambal oelek, cinnamon and vegetable oil in food processor. Pulse until smooth. Cut small incisions into the meat. Add slivers of garlic to incisions. Rub herb and spice mixture all over lamb, making sure to fill the incisions with some of the herb mixture. Season lamb with salt and pepper.

Transfer lamb to roasting pan. Roast for 1.5 hours or until internal temperature reaches 155-160 F. Cover loosely in foil and let rest 15 minutes before slicing. Serve lamb with mint sauce.

2. To make mint sauce: Steep mint tea in hot water 1 minute. Strain. Discard tea leaves. Pour tea over fresh mint leaves and let stand for 10 minutes to develop flavour. Pulse in food processor just to blend. Add the lime juice, molasses and salt to taste. Pulse again to blend. Serve with lamb.

Counter: Ontario ingredients: Cilantro, mint, thyme, garlic, lamb

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Spiced Roasted Sweet Potatoes

Yield: 40 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Sweet potatoes, cut into wedges	ea.	30		
	Coriander seeds	ml	75		
	Fennel seed	ml	75		
	Chili flakes	ml	10		
	Vegetable oil	ml	250		
	Salt	g	tk		
	Freshly ground pepper	g	tk		
	Butter, melted	ml	125		
	Chives, chopped	ml	250		

Actual Selling Price	
Actual Food Cost	

Suggested Selling Prices	36% Cost	38% Cost	40% Cost

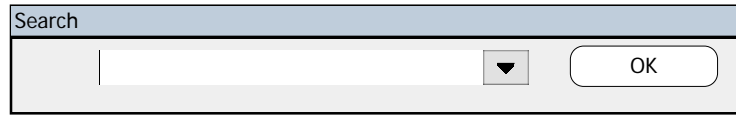
Preparation:

1. In grinder, combine and crush coriander seeds, fennel seeds and chili flakes.
2. In large bowl, place potato slices and toss with cracked seeds, oil, salt and pepper.
3. Lay potato slices on baking sheets and bake 10 minutes. Turn over and bake another 10-15 minutes or until golden and tender.
4. Place in serving pan and drizzle with melted butter. Sprinkle with chives.

Counter:

Ontario ingredients: Sweet potatoes, butter, chives

Search Dialogue



A screenshot of a search dialog box. The dialog has a title bar with the word "Search" on the left. Below the title bar is a search input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled "OK".

Squash, Ontario Zucchini and Tofu Burrito Filling May 2014

Yield: 1800g : Serving Size: 100 g Servings: 18

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Olive oil	ml	125		
	Campbells vegetable chili	g	900		
	Butternut squash, diced (1 cm)	g	500		
	Green zucchini, diced (1 cm)	g	500		
	Extra-firm tofu (deep fried)	g	350		

Recipe Cost: \$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

Kitchen:

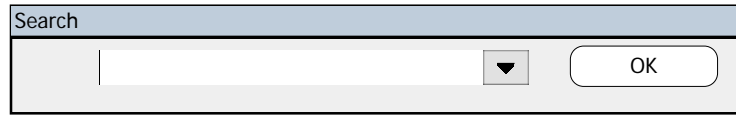
1. In steam kettle, warm oil. Add chili sauce, squash and zucchini, then cook, stirring occasionally, until vegetables are tender. Add deep-fried tofu. Stir and cook, until heated through to a minimum of 75 C.

Ontario ingredients: Squash, zucchini (in season)

Optional alternatives: Switch butternut squash for any squash in season. Switch green zucchini for yellow zucchini.

Note: calculate oil content of deep-fried tofu

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Stir-fried Vegetables with Tofu April 2014

Yield: 8200 G. Portion size: 260 G Number of portions: 32

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Manchurian sauce	ML	2000		\$0.00
	Zucchini, green, cut in strips	G	625		\$0.00
	Zucchini, yellow, cut in strips	G	900		\$0.00
	Stir-fry vegetables	G	1565		\$0.00
	Bell peppers, green, large dice	G	625		\$0.00
	Bell peppers, red, large dice	G	1250		\$0.00
	Bell peppers, yellow, large dice	G	1250		\$0.00
	Tofu, 1/2-inch cubes, deep fried	G	1180		
	Salt	ML	25		
Portion Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

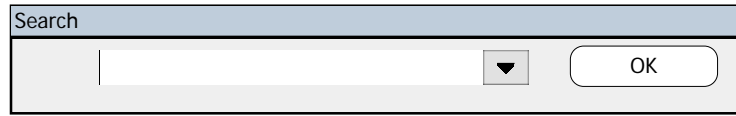
Preparation:
[Kitchen]

- 1) In steam kettle, mix sauce, zucchini, stir-fry mix and bell peppers. Stir and cook until tender, around 3 minutes.
- 2) In steam kettle, add deep-fried tofu to vegetables and sauce and stir to combine. Salt to taste.

Note: Stir-fry vegetables are: carrots, broccoli, celery and onion.

Ontario ingredients: zucchini, bell peppers (in season). An optional alternative to the stir-fry mix is fresh Ontario celery.

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Summer Veggie Pasta

Servings: 10 X 200g

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Salt	g	9		
	Dry penne pasta	g	400		
	Olive oil (for pasta)	ml	25		
	Olive oil (for cooking vegetables)	ml	30		
	Red onions, finely diced	g	170		
	Zucchini, sliced	g	550		
	Mushrooms, sliced	g	200		
	Garlic, chopped	g	30		
	Cherry tomatoes, quartered	g	300		
	Salt	g	18		
	Pepper	g	7		
	Fresh basil leaves, torn	g	12		

Actual Selling Price		$\$10.04/5 = \2.01
Actual Food Cost		

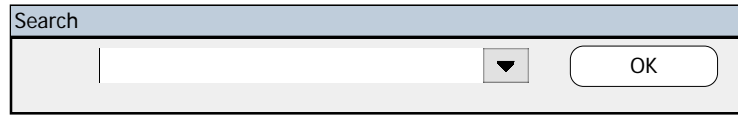
	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

Preparation:

1. In a large pot of boiling water with 9 g salt, boil pasta, around 10 minutes, until al dente. Drain then coat with olive oil.
2. While pasta is cooking, warm 30 ml olive oil in skillet. Saute onions, around 3 minutes until translucent, then add zucchini, mushrooms and garlic, and saute, around 5 minutes, until veggies are tender crisp and pale golden. Add cherry tomatoes, salt and pepper, cook 1 minute then remove from heat. Add basil, then gently toss with pasta.

Ontario ingredients: Zucchini, garlic, mushrooms, red onions, cherry tomatoes, basil

Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Sweet and Sour Pork March. 2014

Yield: 9 kg or 35 x 260g Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
2235109	Tomato Paste	MI	1476	0.0020	\$2.95
2610244	Crushed Tomatoes	MI	2840	0.0010	\$2.84
2732220	White Sugar	Gm	300	0.0010	\$0.30
2780369	Salt	Gm	5	0.0003	\$0.00
2279727	Black Pepper	Gm	5	0.0200	\$0.10
4119517	Vegetable Oil	MI	200	0.0020	\$0.40
1818780	White Vinegar	MI	150	0.0006	\$0.09
2382547	Lime Juice	MI	150	0.0030	\$0.45
	Canola Oil	MI	250		
Primo	Red Pepper	Gm	500	0.0040	\$2.00
Primo	Yellow Pepper	Gm	350	0.0020	\$0.70
Primo	Spanish Onion	Gm	1500	0.0020	\$3.00
Primo	Carrots	Gm	400	0.0020	\$0.80
Primo	Zucchini Boats	Gm	250	0.0010	\$0.25
	Pineapple, skinned, cored, diced	Ea.	1		
House Recipe	Battered Pork	Gr.	3100	0.0080	\$24.80

Portion Cost: \$38.68

Actual Selling Price	
Actual Food Cost	

\$36.68/52=\$0.70

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$1.94	\$1.84	\$1.75

Preparation:

- 1) In saucepan, on medium-high heat, combine tomato paste, crushed tomatoes, white sugar, salt, black pepper, vegetable oil, white vinegar and lime juice. Bring to gentle boil, then remove from heat and set aside.
- 2) In tilt fryer, heat canola oil, then add red pepper, yellow pepper, Spanish onion, carrots and zucchini. Saute, 4-5 minutes until onions are translucent.
- 3) Add battered pork and pineapple, stir to distribute evenly. Stir in sweet and sour sauce.

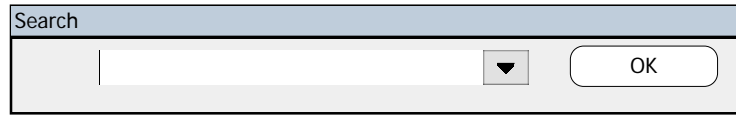
Counter:

Serve 1 portion sweet and sour pork with 250 g rice or 200 g noodles.

Ontario ingredients:

Pork, red pepper, yellow pepper, Spanish onion, Carrots, Zucchini

Search Dialogue



A screenshot of a 'Search Dialogue' window. The window has a title bar with the text 'Search'. Below the title bar is a search input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled 'OK'.

The Mighty Salad

Inventory Code	Description	Unit	Amount U	Cost per	Cost
	Quinoa, dry	g	160		
	Cucumber, diced	g	175		
	Carrots, shredded	g	350		
	Yellow peppers, diced	g	100		
	Coriander	g	0.5		
	Cumin	g	0.5		
	Turmeric	g	0.5		
	Chives, chopped	g	6		
	Green onions, chopped	g	50		
	Parsley, stems removed, chopped	g	12		
	Feta, crumbled	g	120		
	Canned black beans, drained	g	260		
	Canned chick peas, drained	g	260		
	Cherry tomatoes, quartered	g	200		
	Salt	g	2		
	Black pepper	g	1		
	Olive oil	ml	75		
	Apple cider vinegar	ml	60		

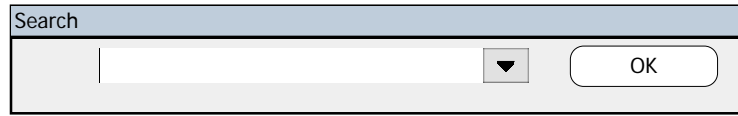
Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

- Preparation:
1. Rinse quinoa thoroughly in mesh strainer, to remove bitterness. Using 4:1 ratio of water to grain to boil then add quinoa and boil until grains are tender and little tails have popped out, about well.
 2. Place cooled cooked grains in a large bowl and add oil, vinegar and spices; season with salt a well to combine.
 3. Add vegetables, green onions, herbs, beans and 80g of feta. (Save 40g feta for garnishing portion well to combine.
 4. Divide into 250-mL portions and top with 1 tsp feta per portion.

Ontario ingredients: Apple cider vinegar, cucumber, carrots, yellow peppers, chives, green onion, cherry tomatoes

Search Dialogue



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Three Cheese Turkey Pasta Bake

Yield: 40 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Olive oil	ml	270		
	Onion, diced	ea.	6		
	Garlic, minced	clove	12		
	Italian seasoning	ml	150		
	Ground turkey	g	2730		
	Chicken stock	ml	1500		
	Diced tomatoes	ml	3000		
	Mushrooms, sliced	ml	1500		
	Zucchini, chopped	ml	1500		
	Ricotta	ml	1500		
	Fontina cheese, grated	ml	1500		
	Parmesan, grated	ml	300		
	Mozzarella, diced	ml	1500		
	Ziti	g	2730		
	Panko Japanese breadcrumbs	ml	750		

Actual Selling Price	
Actual Food Cost	

Suggested Selling Prices	36% Cost	38% Cost	40% Cost

Preparation:

- 1 In a large skillet, on medium, heat oil. Add onions and saute until soft. Add garlic and seasoning and saute a few minutes more. Add ground turkey. Saute until meat is cooked and starts to brown. Season with salt and pepper to taste. Add stock, tomatoes, mushrooms and zucchini. Bring mixture to a boil and cook covered, 5 minutes.

2. In a bowl, blend ricotta cheese, tk g fontina cheese, and mozzarella. Set aside.

3. Cook ziti in salted, boiling water until al dente. Drain pasta, but do not rinse. Toss warm pasta with cheese mixture. Add turkey mixture and toss again. Pour past into baking dish and sprinkle with remaining tk fontina and breadcrumbs.

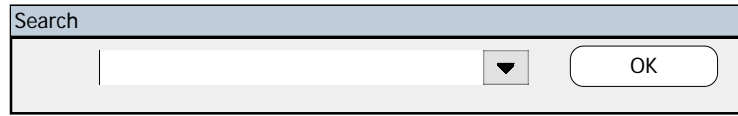
4. Bake in 425 F oven for 20 minutes, or until cheese is melted and golden.

Counter:

Ontario ingredients:

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Search Dialogue



A search dialogue window with a title bar labeled "Search". The window contains a text input field, a dropdown arrow button, and an "OK" button.

Tomato Sauce

Yield: 12,425g Portions: 276 X 45g

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Olive Oil	ml	250		\$0.00
	Onions, diced	g	900		\$0.00
	Water	ml	200		\$0.00
	Garlic, finely chopped	g	55		
	Tomato Sauce	ml	1136		
	Basil, in bunches	g	100		
Recipe Cost:					\$0.00

Actual Selling Price	\$8.25	
Actual Food Cost	27.0%	\$90.14/40=\$2.25

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$6.25	\$5.92	\$5.63

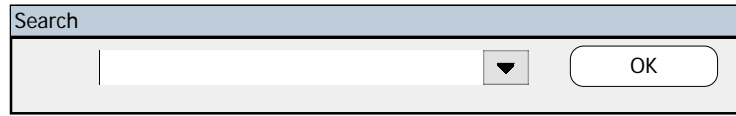
Kitchen:

1. In a large saucepan, warm the olive oil. Add onions and cook until translucent, 5-6 minutes. Add water and garlic, cook another 4-5 minutes. Add tomato sauce and basil. Simmer for around 1 hour. Remove basil bunches.

Ontario ingredients:

Onions, garlic, basil

Search Dialogue



A screenshot of a 'Search Dialogue' window. The window has a light blue title bar with the text 'Search'. Below the title bar is a search input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled 'OK'.

Tomato, Corn and Avocado Salsa April 2014

Yield: 40 Portions (1 portion = 60g)

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Whole kernel corn, drained	Cans	2.5 X 11-oz		
	Slice black olives, drained	Cans	2.5 X 4-oz		
	Diced roma tomatoes	g	675		
	Red onion, diced	g	315		\$0.00
	Red bell pepper	each	2.5		\$0.00
	Minced jalapeno pepper	g	7		
	Avocados, peeled, pitted, diced	each	5		
	Olive oil	ml	75		
	Fresh lime juice	ml	75		
	salt	g			

Portion Cost: \$0.00

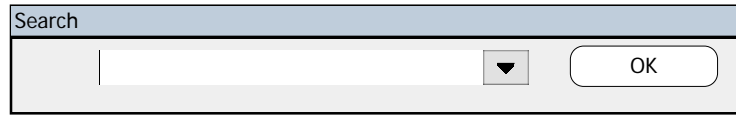
Actual Selling Price		
Actual Food Cost		\$109.11/120=\$0.91

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

[Kitchen]

1. In a large bowl, mix together corn, olives, tomatoes, onion, red pepper and jalapeno peppers. Gently fold in avocado, olive oil, lime juice and salt

Search Dialogue



A search dialogue window with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.

Turkey and Shiitake Sauce

Yield: 40 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Boneless, skinless turkey strips	g	5000		
	Baking soda	ml	50		
	cornstarch	ml	50		
	Soy sauce	ml	150		
	Vegetable oil	ml	100		
	Garlic Chili sauce	ml	100		
	Grated fresh peeled ginger root	ml	150		
	onion, sliced	ea	10		
	Shiitake mushrooms, sliced	ml	5000		
	Chicken broth	ml	2500		
	Asparagus, trimmed and chopped	ml	5000		
	Hoisin sauce	ml	250		

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

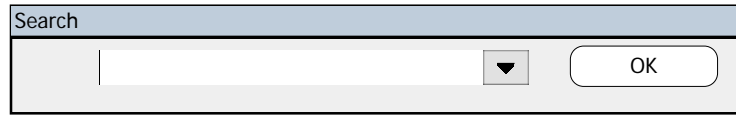
Preparation:

1. In large bowl, combine turkey with baking soda, cornstarch and soy sauce. Stir to ensure all the turkey is coated. Set aside.
2. In large skillet, heat oil over medium-high heat, and brown turkey pieces. Transfer to plate. Stir garlic chili sauce into the same skillet until fragrant, about 30 seconds. Stir in ginger root for 30 seconds. Add onions and cook until softened, about 3 minutes. Add mushrooms, stirring often, until golden and slightly softened, about 2 minutes. Pour in broth, scraping any brown bits from the bottom of the pan. Add asparagus, turkey, with any accumulated juices and hoisin, and stir to combine. Cover, reduce heat to simmer and cook for 3 minutes, or until turkey is cooked through, asparagus is tender crisp and the sauce has slightly thickened.

Ontario ingredients:

Turkey, onion, mushrooms, asparagus

Search Dialogue



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Turkey Fajita Wraps

Yield: TK Or TK x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Onions, sliced	ea.	40		
	Sweet red peppers, julienned	ea.	20		
	Turkey breast strips	g	5000		
	Ground cumin	ml	100		
	Ground coriander	ml	50		
	Chili powder	ml	50		
	Vegetable oil	ml	150		
	Chicken stock	ml	2840		
	Lime	ea.	10		
	Fresh coriander, chopped	g	1250		
	Large tortillas	ea.	80		
	Salsa	ml	tk		
	Avocado, chopped	g	tk		
	Sour cream	ml	tk		

Actual Selling Price	
Actual Food Cost	

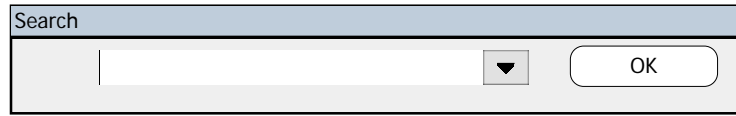
Suggested Selling Prices	36% Cost	38% Cost	40% Cost

Preparation:
 1 In a large saucepan, heat oil over high heat. Add onions and stir, gradually sprinkling with blended seasonings; stir until evenly coated. Add turkey broth. Cook uncovered over high heat for about 10 minutes, stirring frequently until onions are soft and broth is reduced to about TK ml. Using a slotted spoon, remove onions to dish. Immediately add turkey and pepper strips to broth remaining in pan; sprinkle with remaining seasonings. Cook stirring over medium heat, until turkey is no longer pink and most of the liquid is reduced, about 2 minutes. Stir in onions until just hot. Squeeze lime juice over top. Stir and turn on large heated platter. Sprinkle with coriander.

Counter:

Ontario ingredients:
 Turkey, onion, red peppers, coriander, avocado, sour cream

Search Dialogue



A screenshot of a search dialog box. The dialog has a title bar labeled "Search". Below the title bar is a text input field with a vertical cursor on the left. To the right of the input field is a small square button with a downward-pointing triangle. Further to the right is a rounded rectangular button labeled "OK".

Veal Cutlet on a Kaiser (revise in-house)

Yield: 40 Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
Silver	Kaiser	Ea.	40	0.2100	\$8.40
Roma Meats	Veal Cutlet 113 gm, cooked	Ea.	40	1.6300	\$65.20
	Tomato Sauce (see recipe)	ml	1800	0.0010	\$1.80
	Spanish Onion, sliced	g	800	0.0020	\$1.60
	Green Peppers	g	1200	0.0010	\$1.20
	Sliced Mushrooms	g	1800	0.0060	\$10.80
8209520	Olive Oil	ml	60	0.0040	\$0.24
	Cheese, slices	g	560	0.0200	\$11.20

Recipe Cost: \$26.84

Actual Selling Price	\$8.25	
Actual Food Cost	27.0%	\$90.14/40=\$2.25

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices	\$6.25	\$5.92	\$5.63

Kitchen:

Prepare tomato sauce and set aside. Put onions, green peppers and mushrooms on separate baking trays, drizzle with olive oil and roast.

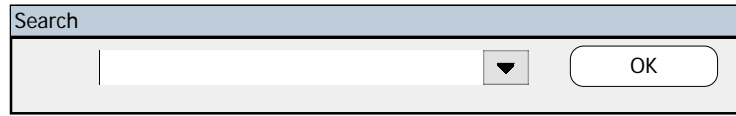
Counter:

In kaiser bun, assemble 1 veal cutlet, 45g tomato sauce, 1 slice cheese (14 g), 20g onions, 30 g peppers, 45 g mushrooms.

Ontario ingredients:

Onions, peppers, mushrooms (in season); veal

Search Dialogue



A search dialogue window with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.

Ontario Wellington County Beef Burrito Filling May 2014

Yield: 6500g Portion Size: 100g Portions: 65

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Oil	ml	125		
	Ground beef	g	4540		
	Onions, diced	g	600		
	Red peppers, diced	g	600		
	Green peppers, diced	g	600		
	Mexicasa Taco Seasoning	g	255		
	Red Kidney Beans (2.84 kg can, drained)	g	1840		
Recipe Cost:					\$0.00

Actual Selling Price	
Actual Food Cost	

	36% Cost	38% Cost	40% Cost
Suggested Selling Prices			

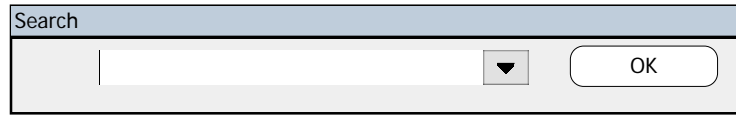
	Container Cost	Total Cost	Selling Price
Actual Food Cost Incl.Container		\$0.00	

Kitchen:

1. In steam kettle, warm oil. Add ground beef and cook through, to a minimum of 75 C, around 30 minutes. Strain juices from beef, discard juices and set aside beef. In hot steam kettle, add onions, peppers and taco seasoning, stir until seasoning is evenly distributed and vegetables are tender. Mix in kidney beans and cook, 2-3 minutes. Add ground beef, stir until combined and heated through to at least 75 C.

Nutritional notes: Discarded beef juices: 420g
 Ontario ingredients: Beef; onions and peppers (in season)

Search Dialogue



A search dialogue window with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.

Rolled Pork Florentine

Yield: 48 x TKg Portions

Inventory Code	Description	Unit	Amount Used	Cost per Unit	Cost
	Pork loin	g	7200		
	salt	g	tk		
	pepper	g	tk		
	spinach	g	1600		
	bacon, cut into lardons	ea.	16		
	Onion, chopped	ea.	8		
	Garlic, minced	ea.	8		
	Fresh breadcrumbs	ml	480		
	Oil	ml	120		
	White wine	ml	500		

Actual Selling Price

Actual Food Cost

Suggested Selling Prices

36% Cost	38% Cost	40% Cost

Preparation:

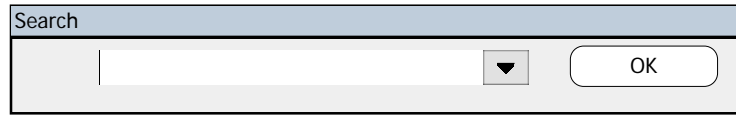
- 1 Set pork loin on cutting board and cut upside-down T: slice halfway through lengthwise, then halfway through to the left and the right. Open out the meat. Lay plastic wrap over it, and pound flat with a mallet. Season with salt and pepper; set aside.
2. Rinse the spinach and spin dry, allowing a little water to remain clinging to the leaves. Put it in a saute pan, cover, and wilt, about 5 minutes. lay the spinach on a clean towel and squeeze dry. Chop and set aside.
3. Return cleaned pan to stove. Fry bacon until cooked, remove to drain. Pour off all but tk ml of the fat and fry the onion until golden. Add garlic one minute. Stir through the breadcrumbs and spinach. Season with salt and pepper.
4. Pat the stuffing over the meat. Roll and tie. Wipe out the saute pan and heat oil in it. Brown the meat on all sides, pour in the wine, then transfer to the oven and roast until done, about 50-60 minutes. Remove from the oven and let the meat rest 10 minutes. Wrap for later, or slice and serve with the pan juices poured over.

Counter:

Ontario ingredients:

pork loin, spinach, bacon, onion, garlic, wine

Search Dialogue



A search dialog box with a title bar labeled "Search". The main area contains a text input field, a dropdown arrow button, and an "OK" button.