

Wallenpaupack Area High School

Culinary Arts Level II

Continuation of previous food preparation course. Topics include the concept of pre-cooked food items, as well as scratch preparation. Covers full range of food preparation techniques. Topics to be covered include: preparation of fruits, sandwiches, salads, breakfast cookery, product identification, and the cooking of various protein, vegetable, starches and farinaceous dishes. Menu development, food costing, sanitation, and leadership skills are addressed.

Pre/Corequisites

Level 1 Culinary Arts

Approved Textbook

Culinary Essentials	J & W University	2010	Glencoe McGraw Hill
The Art and Craft of the Cold Kitchen	CIA	2012	Wiley
Math for the Professional Kitchen	Dressen, Nothuagel, Wysocki	2011	Wiley
The Professional Chef	CIA	2011	Wiley

General and Specific Objectives

Learning Outcomes

1.0 Identify spices, oils and vinegars	
1.a Demonstrate the identification of and selection of appropriate oils, spices and vinegars for various dishes	7C.1
2.0 Discuss and prepare various protein foods	
2.a Discuss and prepare various cuts of beef, pork and poultry	1.1
2.b Discuss and prepare various seafood items	7C.1
2.c Discuss and prepare meat substitutes	7B.1
3.0 Discuss and prepare various fruits, vegetables, starches and farinaceous dishes	
3.a Demonstrate the preparation of melons and citrus fruits	3.1 7C.2 5.2 7E.1
3.b Discuss and demonstrate the preparation of green, yellow, red and white vegetables	7A.1 2.1
3.c Demonstrate the cooking of various starches, grains and farinaceous products	7C.1 7B.1
4.0 Discuss and prepare sandwiches and salads	3.1

4.a Discuss the types of breads and fillings used in common sandwiches	7C.2 5.2
4.b Demonstrate the preparation of hot and cold sandwiches	7E.2 7A.1
4.c Discuss and demonstrate the preparation of green, vegetable, cooked, fruit, gelatin and combination salads.	2.1
5.0 Discuss and prepare breakfast foods	
5.a Discuss and demonstrate the preparation of eggs in various methods	
5.b Discuss and demonstrate the cooking of hot cereals	
5.c Discuss and demonstrate the cooking of breakfast meats	
5.d Discuss and demonstrate the cooking of waffles, pancakes and French toast	
6.0 Compare and contrast convenience food items and scratch cooked food items	
6.a Compare the quality of various convenience foods with that of scratch cooked foods	
6.b Discuss cost factors associated with using convenience food products	
6.c Discuss the application of convenience foods in “speed scratch cookery	
6.d Demonstrate speed scratch cookery in the production of various food products	7C.1 7C.2

Wallenpaupack Area School District Planned Course Curriculum Guide

Department Culinary Arts
Name of Course Culinary Arts Level 1

Course Description:

A study of the fundamentals of food preparation and cookery to include the Brigade System, cooking techniques, materials handling, heat transfer, sanitation, safety, nutrition and safety.

Revision Date:

February, 2020

Page Break

Wallenpaupack Area School District Curriculum	
COURSE:	GRADE/S: 10-12
UNIT 1:	TIMEFRAME: Semester

<p>PA COMMON CORE/NATIONAL STANDARDS:</p> <p>CC.2.1.HS.F.2 - Apply properties of rational and irrational numbers to solve real world or mathematical problems. A1.1.1.1.1, A1.1.1.1.2, A1.1.1.3.1, A1.1.1.2.1</p> <p>CC.2.1.HS.F.3 Apply quantitative reasoning to choose and interpret units and scales in formulas, graphs, and data displays. A1.1.2.1.1, A1.1.2.1.2, A1.1.2.1.3, A1.2.1.2.1, A1.2.1.2.2, A2.2.2.1.1, A2.2.2.1.2, A2.2.3.1.1, A2.2.3.1.2</p> <p>CC.2.1.HS.F.4 Use units as a way to understand problems and to guide the solution of multi-step problems. A1.1.2.1.1, A1.1.2.1.2, A1.1.2.1.3, A1.2.1.2.1, A1.2.1.2.2, A2.2.2.1.1, A2.2.2.1.2</p>
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CC.2.1.HS.F.5 Choose a level of accuracy appropriate to limitations on measurement when reporting quantities.

A1.1.2.1.1, A1.1.2.1.2, A1.1.2.1.3, A1.1.2.2.1, A1.1.2.2.2, A1.1.3.1.1, A1.1.3.1.2, A1.1.3.1.3, A1.1.3.2.1, A1.1.3.2.2, A2.2.3.1.1, A2.2.3.1.2

Locate various texts, media and traditional resources for assigned and independent projects before reading. 1.1.11.D

Identify, describe, evaluate and synthesize the essential ideas in text. Assess those reading strategies that were most effective in learning from a variety of texts. 1.1.11.F

Understand the meaning of and apply key vocabulary across the various subject areas.

1.2.11.A Read and understand essential content of informational texts and documents in all academic areas. R11A2

Understand nonfiction text appropriate to grade level. 1.4.11.B Write

complex informational pieces. 1.5.11.A Write with sharp, distinct focus. **1.5.11.B**

Write using well-developed content appropriate for the topic. 1.5.11.C Write with controlled and/or subtle organization. **1.5.11.F**

Contribute to discussions. 1.6.11.E

Math: 2.2.11.A

Develop and use computation concepts, operations and procedures with real numbers in problem-solving situations. M11A2

Science and Technology: 3.6.12.B

Analyze knowledge of information technologies of processes encoding, transmitting, receiving, storing, retrieving and decoding. 3.7.12.A

Apply advanced tools, materials and techniques to answer complex questions. 3.7.12.B

Evaluate appropriate instruments and apparatus to accurately measure materials and processes. 3.7.12.C

UNIT OBJECTIVES (SWBATS):

1.0 Identify spices, oils and vinegars

- 1.a Demonstrate the identification of and selection of appropriate oils, spices and vinegars for various dishes

2.0 Discuss and prepare various protein foods

- 2.a Discuss and prepare various cuts of beef, pork and poultry
- 2.b Discuss and prepare various seafood items
- 2.c Discuss and prepare meat substitutes

3.0 Discuss and prepare various fruits, vegetables, starches and farinaceous dishes

- 3.a Demonstrate the preparation of melons and citrus fruits
- 3.b Discuss and demonstrate the preparation of green, yellow, red and white vegetables
- 3.c Demonstrate the cooking of various starches, grains and farinaceous products

4.0 Discuss and prepare sandwiches and salads

- 4.a Discuss the types of breads and fillings used in common sandwiches
- 4.b Demonstrate the preparation of hot and cold sandwiches
- 4.c Discuss and demonstrate the preparation of green, vegetable, cooked, fruit, gelatin and combination

<p>5.0 Discuss and prepare breakfast foods</p> <p>5.a Discuss and demonstrate the preparation of eggs in various methods</p> <p>5.b Discuss and demonstrate the cooking of hot cereals</p> <p>5.c Discuss and demonstrate the cooking of breakfast meats</p> <p>5.d Discuss and demonstrate the cooking of waffles, pancakes and french toast</p> <p>6.0 Compare and contrast convenience food items and scratch cooked food items</p> <p>6.a Compare the quality of various convenience foods with that of scratch cooked foods</p> <p>6.b Discuss cost factors associated with using convenience food products</p> <p>6.c Discuss the application of convenience foods in “speed scratch cookery</p> <p>6.d Demonstrate speed scratch cookery in the production of various food products</p>
<p>INSTRUCTIONAL STRATEGIES/ACTIVITIES:</p> <p>Lecture, guided practice, apprenticeship</p>
<p>ASSESSMENTS:</p> <p>Teacher created rubrics for each competency area.</p>
<p>EVIDENCE OF MASTERY/Cut Score (Keystone Exam):</p> <p>Performance Levels:</p> <p>(4) Student can perform skill without supervision and has a depth of knowledge that allows him/her to solve problems and adapt to situations.</p> <p>(3) Student can perform skill satisfactorily without assistance or supervision.</p> <p>(2) Student can perform skill satisfactorily with assistance or supervision</p> <p>(1) Student can perform parts of the task, but not without considerable assistance and supervision.</p> <p>(0) No attempt was made to meet the criterion.</p> <p>* To obtain competency, criterion must be met at 3 or above (proficient level).</p> <p>* Accommodation – Students are able to perform task at level 2 – with assistance from chef and with extra time, if needed.</p>
<p>DIFFERENTIATED INSTRUCTION (Remediation/Extension) (Process, Product or Content)</p> <p>* Accommodation – Students are able to perform task at level 2 – with assistance from chef and with extra time, if needed.</p>

Motivating Your Kitchen Team

Excellent morale within the kitchen is instilled by a chef-supervisor who believes that most team members want to do a good job and in most instances they will do a good job. As Daryl Hartley Leonard, chief executive officer of Hyatt Hotel Corporation states: “If there is anything I have learned in my twenty-seven years in the service industry, it is this, ninety-nine percent of all employees want to do a good job. How they perform is simply a reflection of the one for whom they work.” When people are unhappy at work, absenteeism increases, productivity goes down, the quality of the meals produced is reduced, and employee turnover increases. It all adds up to a failing business.

With this in mind, it is imperative that the chef-supervisor’s job not only include structuring work, but also motivating and building morale within the kitchen team so as to achieve the quality objectives which have been established. Part of this process is to determine how well the objectives and goals are being achieved and if there are motivational barriers to the accomplishment of these goals. Motivation contributes to morale and stroking is part of building morale. Without all three working together, it is almost impossible to create a kitchen work environment in which team-building, productivity and continuous quality improvements can take place.

Morale is defined in *Webster’s New World Dictionary* as the “condition with respect to courage, discipline, confidence, enthusiasm, willingness to endure hardship within a group or individual.” The kitchen is often a pressure-filled place of work during busy meal periods. A team spirit with good morale can reduce this pressure and increase the confidence, ability and harmony of the team to help them to deal with busy service periods.

Qualities of an Effective Chef-Supervisor

What then is morale and how can it contribute to the total quality management of the kitchen? The first and most important element of morale is the leadership style and ability of the chef-supervisor. The chef-supervisor who will

make the greatest impact on morale has a leadership style which continuously demonstrates respect and a caring attitude towards the team. The effective chef-supervisor is sympathetic and approachable. He or she believes in people and has a sensitivity towards their difficulties in achieving the kitchen team's goal.

The following elements contribute to morale within the kitchen team. These elements include leadership attributes and a chef-supervisor who can:

Create:

- 1) A happy, relaxed atmosphere in which everyone is clear on what to do, when to do it and how to do it.
- 2) A caring awareness of individual's problems
- 3) A sensitivity and understanding of ethnic diversity and the special problems of integration which may exist within the team

Show:

- 1) Respect of individual team member's dignity.
- 2) A sense of humor.
- 3) Consistency of behavior in dealing with each member of the team.
- 4) Fairness at all times.
- 5) Displeasure for poor performance when appropriate.

Give:

- 1) Praise when it is merited.
- 2) Reasons for uncompromising high quality standards

Be:

- 1) An active listener.
- 2) A coach and a team builder.

The chef-supervisor must scrupulously avoid the appearance of favoring one person over another. This may be the most difficult challenge as no human being is

totally objective in dealing with another. We all have biases. But, since we cannot be totally objective, we must recognize our subjectivities and compensate for them. To create effective morale each individual team member must be treated fairly.

Different Strokes for Different Folks

Strokes are units of attention that contribute to motivation and morale. Stroking may be in the form of positive strokes, which are strong motivating contributors to morale and come in the form of praise or rewards. Negative strokes may be reprimands or put-downs and are considered de-motivators.

Strokes can be physical, verbal, non-verbal or combinations of all three. The greatest example and the highest level of stroking is to receive praise in front of the team and other department employees. Negative stroking in the form of put-downs, insensitivity, insults, sarcasm, poor working conditions and poor leadership are considered de-motivators. They can damage relationships and destroy morale and are definitely to be avoided.

What Kind of Strokes are You Giving?	
Positive Strokes for Positive Change	Negative Strokes for Negative Change
Smile	Inconsistent Behavior towards employees
Make eye contact	Abusive or abrasive behavior
Give listening signals	Poor working conditions
Shake hands	Fear of Supervisor, loss of job or change
Wave hi	No team atmosphere
Use a person's name	Lack of recognition
Check for understanding	Poor supervisory leadership
Make reference to past experiences	Lack of Incentives, ambitions or goals for team
Praise someone	Use of ridicule or sarcasm
Thank someone	Over supervision or lack of trust

Say Good-bye	Favoritism
Fairness	Lack of shared responsibility for decisions
Open communications	Lack of communication
Respect	Lack of respect for the varied backgrounds of your team

Communication is Key

Communication is also critical to building team morale as team members need to know what is expected from them. Without good constant dialogue, standards of quality, goals and objectives for the team and the individual cannot be communicated. Be honest with the team – they want to have confidence in your leadership. They will be more inclined to feel confident when a participative involvement is demonstrated. Be available for discussion, walk around the kitchen, be visible. Make each team members job more interesting and challenging, get to know each individual, have a sense of their social needs and set a good example.

Feedback is a useful method of not only communicating information to the team member about performance but it is also an excellent method of reinforcement. The purpose of giving feedback is to reinforce the team member’s commitment and abilities. When feedback is given to team members regarding performance, it should be given only if it is:

- * Intended to help the person
- * Is given directly to the person
- * Actually describes what the team member is doing and the effects their actions are having
- * It is a description of their actions, not the type of person they are
- * Specific, rather than general, with clear and recent examples

- * Is given at a time when the team member appears ready to accept it and as soon after the event as possible
- * Is given in private where other team members can not overhear
- * Includes only those things that the team member can reasonably be expected to do something about
- * It does not handle more than the team member can handle at any one time
- * Is always given when asked for

Involve your Staff

Total quality management stroking involves bringing each team member into the decision making process and the creation of a vision for the foodservice organization. Part of this strategy is identifying quality gaps and planning improvements to fill these gaps on a continuous basis. The chef-supervisor can take advantage of collective brain power by involving team members in:

- * Setting quality targets
- * Setting production goals
- * Responding to customer requests
- * Evaluating new methods of production
- * Designing new dishes
- * Planning new menus
- * Food purchasing
- * Improving efficiency
- * Promoting certain menu items
- * Recruiting new employees
- * Improving inter-departmental communication
- * Evaluating safety and sanitation

When the climate of cooperation and communication is established through organized sensible stroking, individuals become team-participative. Morale is also about empowering and trusting team members to make the right decisions and gives a sense of real involvement to individuals. Once empowerment is in place:

- * Give the team members important work to do
- * Give discretion to individual team members to do their work
- * Give them the resources to do the work
- * Make them feel their decisions are part of the overall plan
- * Actively encourage teamwork
- * Be tolerant with failure
- * Celebrate successes

Other Factors to Motivate Your Staff

Benefits are also important motivators, but not the most important. The prospect of earning more money does not motivate as much as recognition, responsibility and the prospect of advancement. Incentives and benefits, however, can be used as methods of positive stroking.

Organizations that provide healthcare and insurance benefits are investing in their people and demonstrating care. The costs of getting sick and staying healthy are high for most people, especially lower paid employees. The benefits of company health care, insurance and wellness programs reduce stress and turnover and increase motivation and morale.

Incentives and awards are also positive strokes and team reinforcements. Small rewards, which may become cause for positive celebration, may be more effective than large ones. Awards, prizes and ceremonies are important to kitchen members. Some examples include:

- * Keeping a calendar of team members birthdays, and recognizing them with a cake, flowers, a card or by simply wishing them happy birthday.
- * Celebrating happy family events with team members
- * Having a special meal with the kitchen team to celebrate achieving a particular goal
- * Creating a player of the week or month program
- * Dining with team members on a regular basis
- * Sending thank you notes regularly
- * Creating incentives to address gaps or needs in quality and production

* Providing opportunities for team members to attend food shows or culinary arts related seminars

Ensure that all team members are included and are eligible to participate in the program.

In the kitchen people want to join in a group or pursue quality objectives that will enable them to realize their value and potential. They need to see that what they're doing is not wasted effort, but that it is make a contribution to the kitchen team's goals. They must see value in what they are doing. Motivation comes not only from activity alone, but by the desire to become participative members of the team.

As total quality management of the kitchen develops and gains momentum, the team will support what they create. Being part of the quality objective setting process is motivating, it allows people to feel needed and that their contributions are making a difference. When kitchen employees are given the opportunity to have input, they have a stake in the issue. Seeing objectives reached and becoming a reality along with helping to shape the future is fulfilling. Participation in setting objectives and being empowered to make decisions builds team spirit – it enhances morale and allows each team member to feel important.

Stroking and recognition of kitchen employees for the accomplishment of particular tasks also make contributions to the team morale. Team members want credit for personal achievements and appreciation for their participation in the overall kitchen team objectives. Often giving team members recognition is another way of saying thanks.

Motivation rises in the kitchen when objectives, goals and individual responsibilities are made clear by the chef-supervisor. Kitchen employees are motivated and have the confidence to do it successfully. No one wants to assume a task that is vague – give clear instructions, make the unknown known.

Don't discourage individual team members' growth. Encourage the team to stretch, give them opportunities to try new things and acquire new skills. Chef

supervisors should not feel threatened by the achievements and successes of individuals but should be supportive of their success.

Finally, allow the team members to fail as well as succeed. Build a team spirit and *esprit de corps* which says to each member of the team, “if you grow we all benefit.” Chef-supervisors can establish morale through trust, direction, high standards of conduct, by encouraging innovation, by providing adequate training, by treating each member with dignity and by being first and foremost, a servant of the team.

Menus

Static Menu: A static menu is a menu that stays the same every day. That is, for any given meal period, the same items will be on the menu every day of the week. This type of menu works well in an operation that is frequented by many new customers on a routine basis. Free standing restaurants or hotel restaurants are likely to utilize this type of menu.

Cycle Menu: A cycle menu is developed for a set period; at the end of that period it repeats itself (that is, on a seven day cycle, the same menu is used for every Monday). Some cycle menus are written on a seasonal basis, with a new menu for each season to take advantage of product availability. Cycle menus are used commonly in schools, hospitals and other institutions.

Table d'Hotel: Table d' Hotel is a French term that literally means "the table of the host.". On restaurant menus, however, table d'hotel refers to a complete meal of several courses for one set price. There are usually not any menu choices left to the customer. The entire menu is decided by the house.

Prix Fixe: The prix fixe menu is similar to the table d'hotel menu in the sense that it refers to a complete multi course meal that is sold for one price. However, in this case the customer is usually given the opportunity to choose among two or three dishes for each course. In this type of menu some items, like truffles for an example, may carry a surcharge that is added to the menu price.

Ala Carte: An ala Carte menu is a menu where everything is priced by itself. As an example: if you order a steak from an ala Carte menu that is all that you are served. If you desire a salad, potato or vegetable with your steak, they are priced, and ordered separately.

Hybrid or combination menu: A hybrid menu combines one or more of the menu types listed above. As an example: For dinner a restaurant may have a primary menu that is a static menu. This menu will be complimented by a table d'hotel menu and a cyclic menu that features house or seasonal specialties.

Recipes

Recipe: a set of written instructions for producing a specific food or beverage; also known as a formula

Standardized Recipe: a recipe for producing a known quality and quantity of food for a specific operation

Menu writing and recipe development are mutually dependent activities. Once the menu is created standardized recipes should be prepared for each item. A standardized recipe is one that will produce a known quality and quantity of food for a specific operation. It specifies the following:

- 1) The type and amount of each ingredient
- 2) The preparation and cooking procedures
- 3) The yield and portion size.

A standardized recipe also lists equipment used to assure economical use.

Standardized recipes are not found in books or provided by manufacturers. They are recipes customized to your operation – cooking time, temperature and utensils should be based on the equipment actually available. Yield should be adjusted to an amount that appropriate for the operation. A recipe must be tested repeatedly and adjusted to fit the facility and individual needs before it can be considered standardized.

Standardized recipes are a tool for the chef and management. The written forms assist with training cooks, educating server staff and controlling financial matters. They also help ensure that the customer will receive a consistent quality and quantity of product. Accurate recipe costing and menu pricing depends on having and using standardized recipes.

Although formats differ, the standardized recipe form will usually include:

- * Name of product
- * Yield
- * Portion size

- * Presentation and garnish
- * Ingredient quality and quantity
- * Preparation procedures
- * Cooking time and temperatures
- * Holding procedures
- * Equipment used

The form may also include information on costing and a photograph of the finished dish. Each form should be complete, consistent, simple to read and follow. The forms should be stored in a readily accessible place. Index cards, notebook binders or computerized database may be used, depending on the size and complexity of the operation.

The Seven Principles of HACCP

There are seven specific principles that explain Hazard Analysis Critical Control Point. To prepare an effective HACCP plan, these principles must be followed. Any review of an existing HACCP plan must include consideration of these principles.

1. **Conduct a Hazard Analysis:** The process of identifying and evaluating potential hazards associated with food in order to determine what must be addressed in the HACCP plan. Analyze the flow of food through the facility by constructing a flowchart to properly assess the opportunities for contamination and bacteria growth.
2. **Determine Critical Control Points:** A control point is any step in a food's flow where a physical, chemical or biological hazard can be controlled. A Critical Control Point is the last step where you can intervene to prevent, eliminate or reduce the growth of microorganisms before food is served to customers
3. **Establish Critical Limits:** Minimum and maximum limit a CCP must meet in order to prevent, eliminate or reduce a hazard to an acceptable limit.
4. **Establish Monitoring Procedures:** The process of analyzing whether your critical limits are being met and you are doing things right.
5. **Identify Corrective Actions:** A predetermined step taken when food doesn't meet a critical limit. For example: if a cooked product being held for service drops below 140 degree - the corrective action would be to reheat the item to 165 degrees.
6. **Verify that the System Works:** The step where you verify that the CCP's and critical limits you selected are appropriate, that monitoring alerts you to hazards, that corrective actions are adequate to prevent food borne illnesses from occurring and that employees are following established procedures.
7. **Establish Procedures for Record Keeping and Documentation**

The Ten Rules of Safe Food Handling

This list is in order of the flow of food

1. Require strict personal hygiene from all employees.
2. Identify all potentially hazardous foods on your menu and write out your food handling procedures. Make these written procedures part of employee training, everyday tasks and regular self-inspection.
3. Obtain foods and other supplies from reputable approved sources.
4. Observe the rules for time and temperature and for preventing cross contamination in storing and handling food prepared in advance for service.
5. Keep raw products separate from ready to eat foods.
6. Avoid cross contamination of foods from hands, equipment and utensils. Clean and sanitize food-contact surfaces and equipment before and after every use, after an interruption and at least every four hours during continual use.
7. Cook or heat-process food to above the recommended minimum internal temperature.
8. Keep hot foods hot and cold foods cold. Store hot food at 140 degrees or higher and cold food at 40 degrees or colder.
9. Chill hot food to 70 degrees within 2 hours and then to 40 degrees or below within an additional 4 hours for a total cooling time of six hours.
10. Reheat food to an internal temperature of 165 degrees or higher for at least 15 seconds. This process may also be used when hot foods being held for service have fallen below 140 degrees and have been below that temperature for less than two hours.

Steps to Building a HACCP System

1. Assessing the Hazards

Review your menu, recipes and items contained in them. Bear in mind that potentially hazardous foods may be contained as an ingredient in a recipe or alone. The flow of food must be examined from receiving, storing, preparing, cooking, holding, serving, cooling and reheating.

2. Identifying Hazards

After examining your recipes and their ingredients, you need to decide what hazards if any can occur during the flow of food. Much can be learned by watching your staff and asking them for facts on how temperatures are taken, measured and recorded. Take notes about possible hazards and any opportunities for contamination and bacterial growth.

3. Looking at the Risks

When estimating risk one must look at several factors:

- a. Type of customer, are they old, young, what about their immune system.
- b. Suppliers, they need to be reputable and in some cases certified as with fresh seafood.
- c. Size and type of operation in terms of equipment; can the food be held at proper temperature, perhaps a technique or ingredient needs to be changed to minimize risk.
- d. Employees need training to properly handle food in terms of delivering safe food to your customers.

4. Identifying CCP's

Identify the critical control point(s) needed to keep each recipe safe and add these to the written recipe and to the flowchart.

5. Design Flowcharts

A flowchart is simply a diagram showing the flow of food with all of the CCP's and CCL's as well as any facts that might help in eliminating risk and delivering safe food. Many of them fall into categories and are similar, i.e. beef, chicken, fish.

6. Setting up Procedures and Standards for CCP's

Set the standards that must be met for each CCP. Standards and critical limits are the same and they are times, temperatures or other requirements that must be met to keep food safe. These standards must be part of your recipe and flowchart.

You may need more than one standard for each CCP. Each standard should be measurable, based on fact from either experience, advice, research or regulations. They must be right for the recipe according to the work environment, room temperature, number of employees and amount of orders.

Finally there must be a clear direction to take a specific action, such as taking the temperature or cooking an item a certain length of time. For example; a standard for reheating beef stew might be to heat rapidly to 165 degrees internal temperature or higher for 15 seconds within 2 hours.

There should also be standards to prevent contamination such as wash, rinse, sanitize, etc.

7. Monitoring CCP's

When you monitor, you are checking to see if your standards are being met.

*You should focus on CCP's throughout the flow of food.

* Determine if your standards are being met.

* Make certain your staff is involved in the process and they understand the CCP's and know your standards as detailed in your plan and the recipes.

8. Taking Corrective Action

If you find a standard for a CCP is not being met, correct it immediately using the corrective action set up in the plan for that CCP. It may be as easy as cooking an item until a certain temperature is reached. But, it may not be so simple. It may be necessary to discard an item; in which case you may want your staff to inform their supervisor prior to discarding the product. Be sure that all corrective actions are based on fact and measurable. For example, the standard for roast turkey may read: hold at 140 degrees or higher until served. If held over two hours discard. If held for less than 2 hours and the temperature falls below 140 degrees, reheat to 165 degrees for 15 seconds, one time only.

9. Setting up a Record Keeping System

Records should be simple and easy for employees to keep. You can design your own forms or use existing forms. You may want to hang blank forms on a clipboard near production areas. You may have converted recipes, flowcharts, production sheets, freezer pulls and other sanitation logs and forms on a bulletin board that is convenient to the area. You may even wish to have temperature logs hung on equipment for easy use.

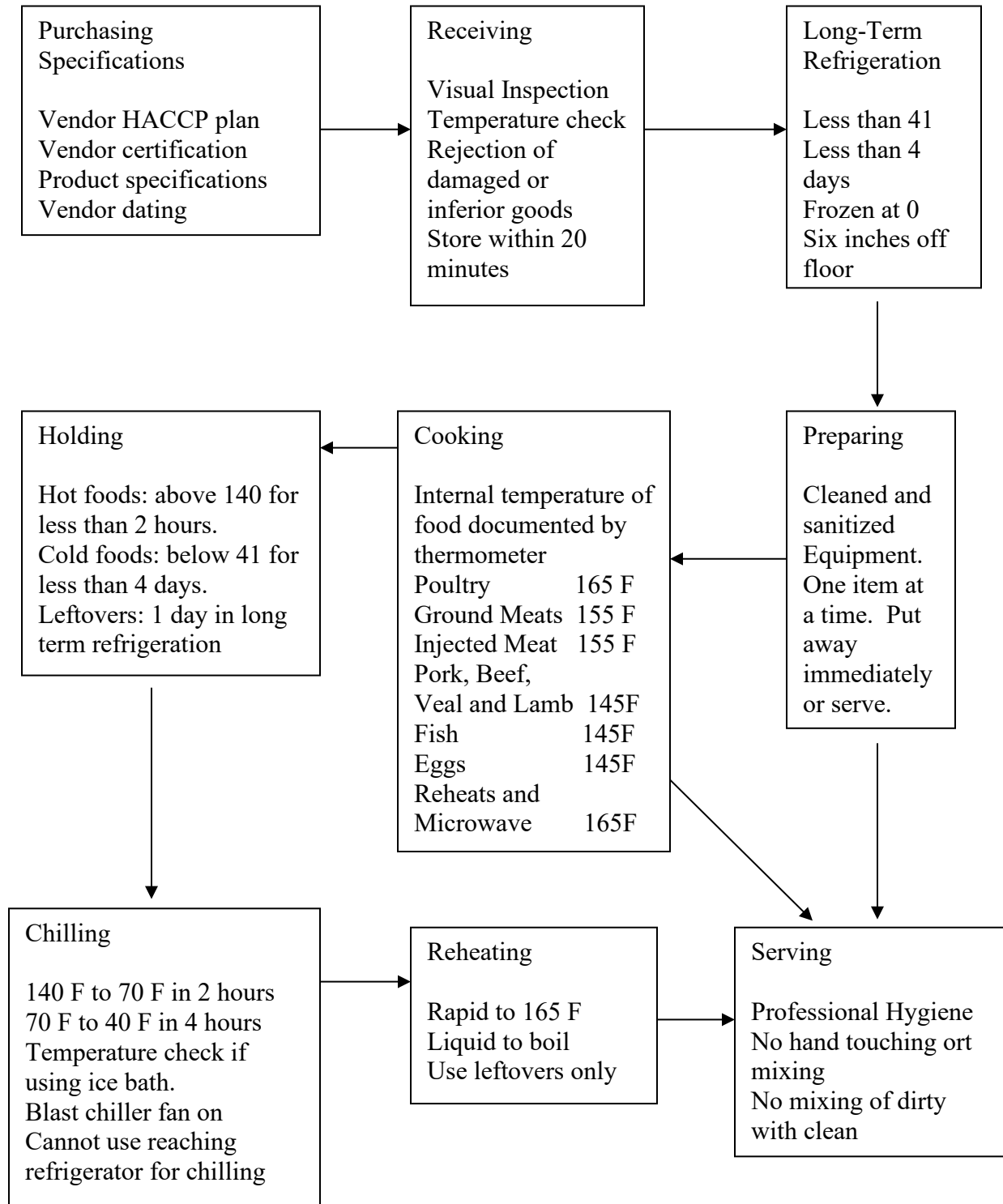
10. Verifying that the System Works

This occurs after the plan is implemented to prove the system is working.

You should verify the following:

- * Calibrated monitoring equipment.
- * Listed procedures in order
- * Identified and assessed all hazards
- * Set standards
- * Selected CCP's
- * Selected monitoring procedures
- * Developed corrective action
- * Decided on forms and procedures for keeping records
- * Set up procedures to make certain monitoring is done properly
- * Noted any flaws or omissions in procedures

HACCP Flow of Food for Food Production



HACCP Recipe Form

Menu Item: _____

Ingredients: _____

Prep Time: _____ Assembly Time: _____ Yield: _____

Storage: _____ Cooking Temperature: _____

Holding Temperature: _____ Reheating Temperature: _____

Preparation Instructions:

1. Begin with cleaned and sanitized utensils. Wash hands.

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

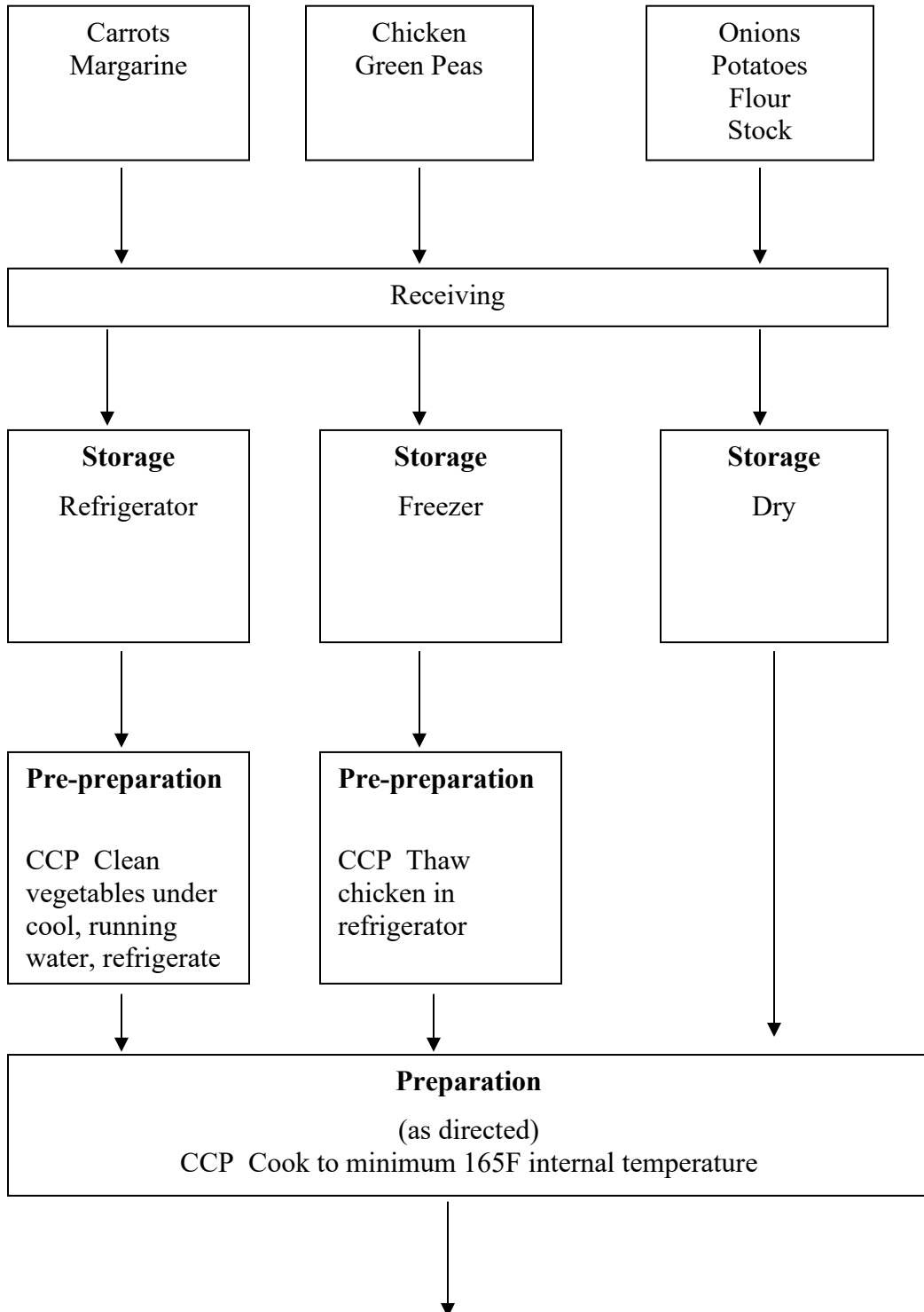
9. Remove soiled utensils. Clean and sanitize food preparation surfaces and utensils.

Chicken Stew

Ingredients	Amount	25	50	100
Chicken Pieces, 8 cut, frozen	lbs	10	20	40
Carrots, fresh, peeled, large dice	lbs	2 1/2	5	10
Onions, chopped	qts	1/2	1	2
Potato, peeled, large dice	lbs	3 3/4	7 1/2	15
Green Peas, frozen	lbs	2	4	8
Margarine	Cups	1/2	1	2
Flour	Cups	1 1/2	3	6
Chicken Stock	Qts	1	2	4
Salt	tsp	1	2	4
Pepper	tsp	1	2	4

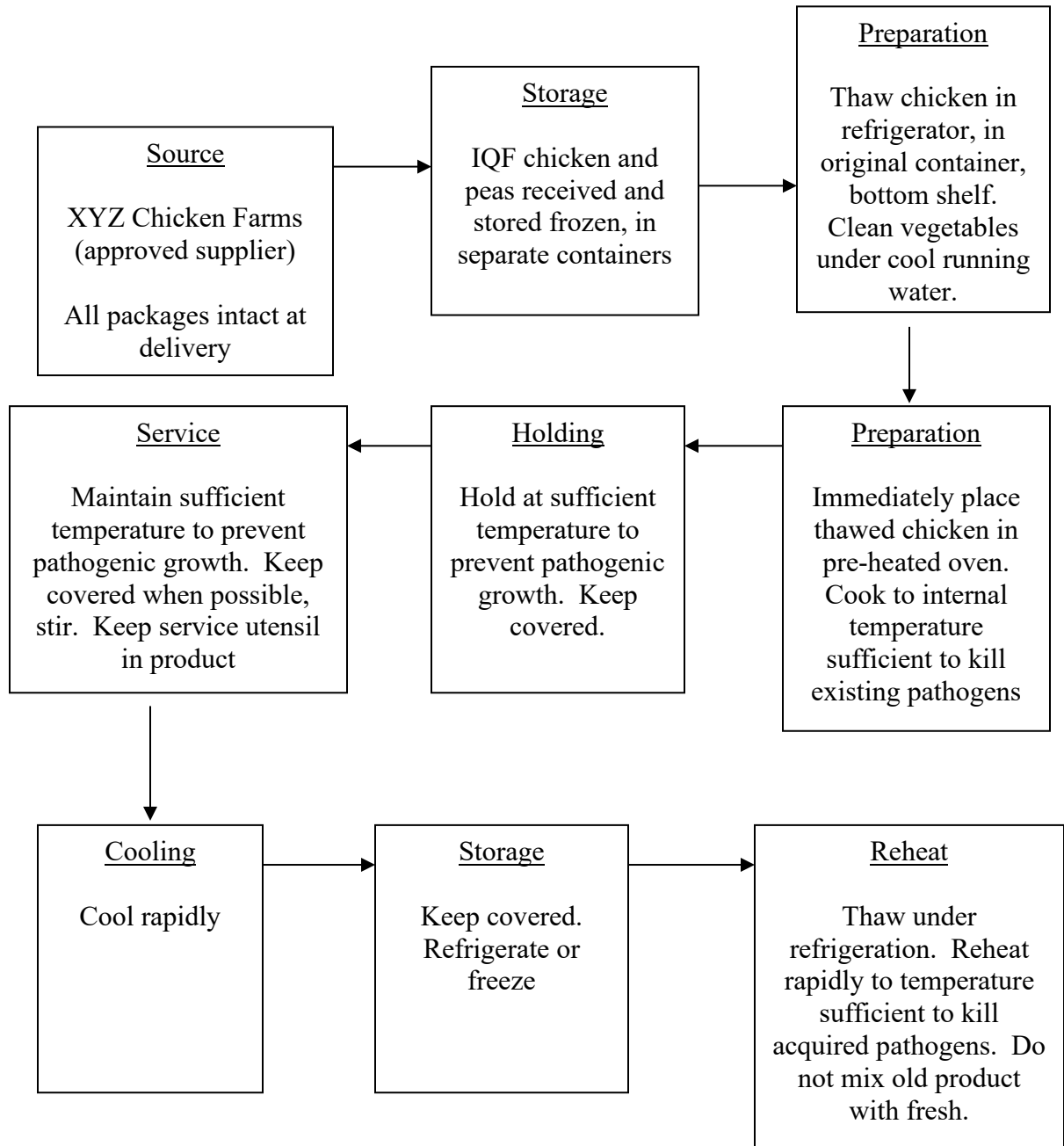
Preparation:

1. CCP Thaw raw chicken pieces under refrigeration (40F, 1 day)
2. CCP Wash carrots, onions and potatoes under cool running water. Cut as directed. Use immediately in recipe or cover and refrigerate until needed (40F, 1 day).
3. Place chicken Pieces on sheet pans. Cover and bake in preheated 350F conventional (325F convection) oven for 30 minutes.
4. Cook potatoes, carrots and peas separately in steamer or on stovetop, until tender (4 – 15) minutes
5. Remove chicken from oven, drain off juices and fat. Place in 4-inch deep steamtable pans, cover and return to heated oven (while preparing gravy.)
6. In stockpot over medium heat, melt margarine and sauté onions until tender. Add flour and stir until smooth. Add chicken drippings, stirring well. Add chicken broth as needed for gravy like consistency. Season with salt and pepper.
7. Add cooked vegetables and gravy to chicken pieces. Cover and bake in 350 F conventional (325F convection) oven for 30 minutes or until chicken pieces are tender and sauce is flavorful.
8. CCP Internal temperature of cooked stew must register 165 F for 15 seconds at end of cooking process.
9. CCP Cover and hold for service (140 F, maximum 1 hour).
10. Portion 1 – 2 pieces of chicken, ½ cup vegetable with gravy (10ounces per serving.)



Holding
CCP Cover and maintain minimum 140 F

Chicken Stew Control Points

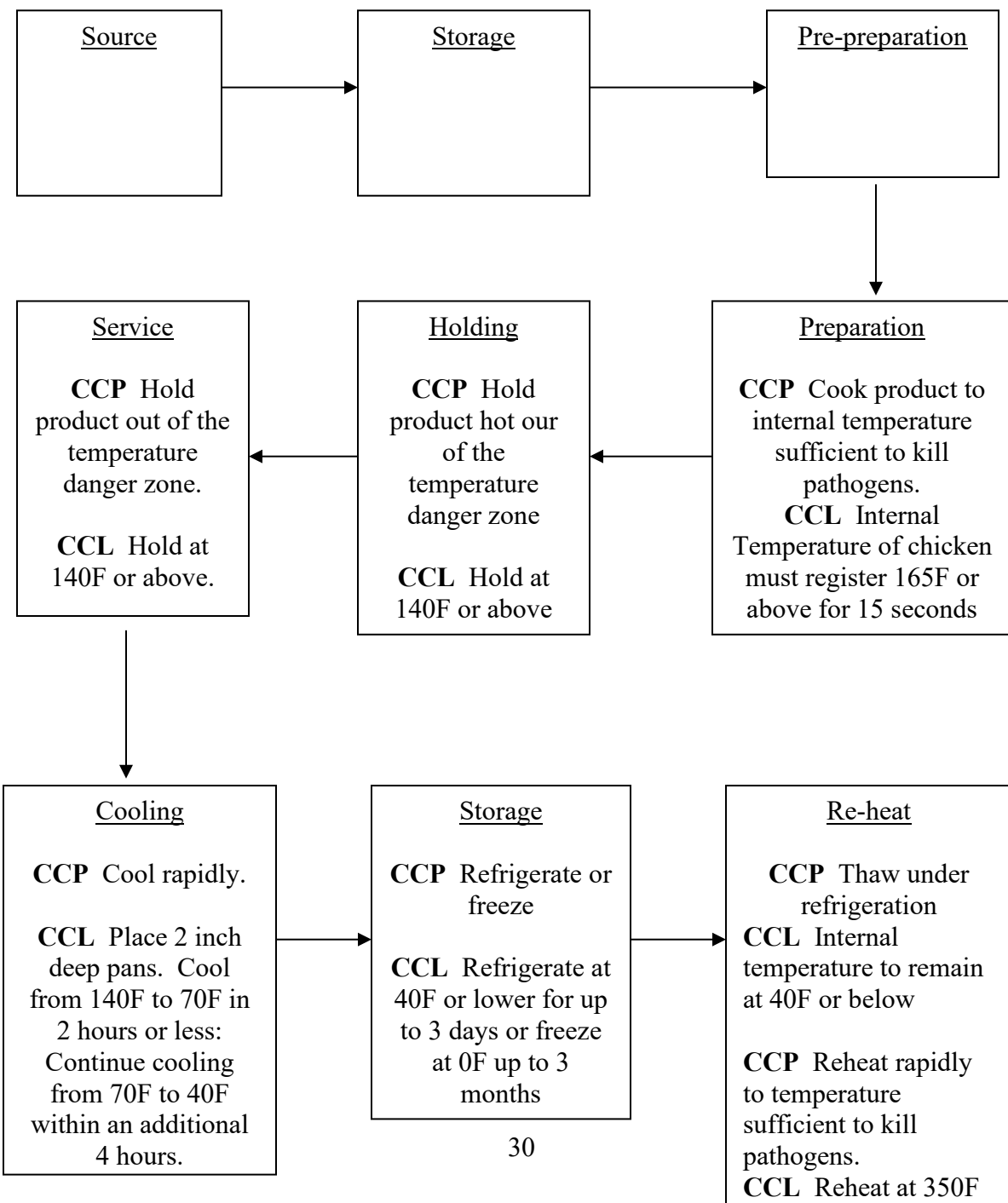


At each step:

* Prevent cross-contamination

* Exercise good personal hygiene and hand washing

Chicken Stew CCP's and CCL's

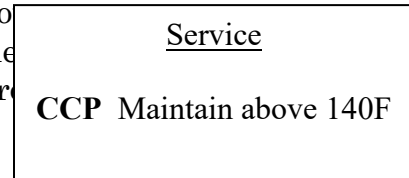


At each step:

- * Prevent cross-contamination
- * Exercise good personal hygiene and hand washing

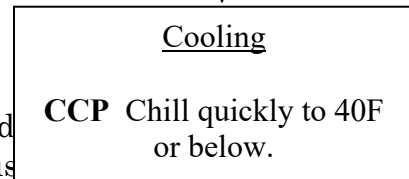
Service:

1. **CCP** Maintain temperature of finished product above 140F during entire service period. Keep covered whenever possible. Take and record temperature of un-served product every 30 minutes. Maximum holding time, 4 hours.

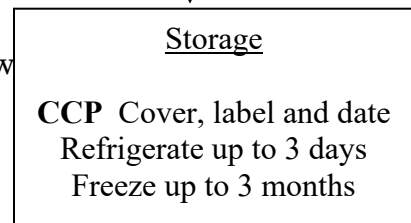


Storage:

1. **CCP** Transfer un-served product into clean 2-inch deep pans. Quick-chill. Cooling temperatures of product must be as follows: from 140F to 70F within 2 hours and then from 70F to 40F or below within an additional 4 hours. Take and record temperature every hour during chill down.



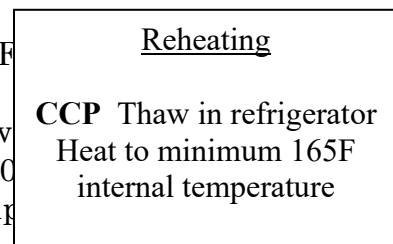
2. **CCP** Cover, label and date. Refrigerate at 40F or lower for up to 3 days or freeze at 0F for up to 3 months.



Reheating

1. **CCP** Thaw product under refrigeration, if frozen (40F or below)

2. **CCP** Remove from refrigeration, transfer into shallow 2-inch deep pans and immediately place in preheated 350F oven, covered. Heat for 30 minutes or until internal temperature reaches 165F or above.



Discard unused product.

Use of a Stem Thermometer

Five steps to proper measurement of food temperature

1. Remove the thermometer from the sleeve and sanitize the stem by wiping it with an alcohol swab; immerse in hot water above 170F for 30 seconds or immerse the stem for 30 seconds in a cold water sanitization solution.
2. Insert the stem two inches (above the dimple) into the thickest part of the roast or in the center of a pot or hotel pan of food.
3. If the food item is thin, for example a hot dog, hamburger or fillet of fish, insert the stem from the side.
4. Wait 15 seconds after the pointer has stopped moving or the digital readout has not changed and observe the reading.
5. Clean and sanitize the thermometer stem and return it to the sleeve.

Things to remember:

- a. If you drop your thermometer you need to recalibrate it.
- b. When taking the temperature of a stew or other “liquid product” check the temperature in several places, including the farthest place from the heat.
- c. When taking the temperature of a solid piece of meat avoid taking the temperature of fat pockets or have the thermometer rest on a bone. Fat pockets and bones act as heat conductors.
- d. Your pocket stem thermometer is not oven proof, do not insert it into an item and bake it.
- e. There are two ways to calibrate your analog, stem thermometer.
 1. Insert the stem 2 inches into boiling water, do not let the stem of the thermometer rest on the bottom of the pan, the dial should read 212F at sea level. Note any discrepancy. Remove the thermometer from the boiling water and let cool. Turn the adjusting nut to reflect the discrepancy and check again.
 2. Fill a glass with crushed ice and cold water. Insert the stem of the thermometer at least 2 inches. Do not let the stem of the thermometer rest on the glass. The thermometer should read 32F. Note any discrepancy. Remove the thermometer from the water. Turn the adjusting nut to reflect the discrepancy and check again.

Production Report

Meal # _____ Day _____ Date _____

Product or Item	Reheat Yes No	Projected Production	Actual Production	Number served	Amount over produced	Determination over production (comments)
(1)						
(2)						
(3)						
(4)						
(5)						
(6)						
(7)						
(8)						
(9)						
(10)						
(11)						
(12)						

(Signature)

Required on any reheats.

(Signature)

Required on any reheats.

Must be 165F for 15 seconds
seconds
And time duration within 2 hrs.

Must be 165F for 15
And time duration within 2 hrs.

Preparation for _____

Items to pull from freezer (2 days in advance)

Menu Items Time/Temperature Log

Date: _____

Menu Items	Menu Items Temperatures						Initials
Time							

Use this form to record cooking and/or chilling temperatures

For cooking:

Most potentially hazardous foods for 15 seconds	145F for 15 seconds	Pork: 155F
Hamburger for 15 seconds	155F for 15 seconds	Poultry 165F
Reheating leftovers	165F for 15 seconds	

For Chilling

Cool for 140F to 70F within 2 hours
 And from 70F to 40F within an additional 4 hours
 OR
 Cool from 140 F to 40 F within 4 hours

Temperatures and Times for Manual and Mechanical Dishwashing

165 F	Wash cycle for a single-temperature model, high temperature machine
170 F	Heat Sanitizing for manual immersion
180 F	Final Rinse cycle for high-temperature machine at manifold
195 F	Upper limit for heat sanitation by machine or manual process
200 F	Heat sanitation using live, additive-free steam

POLICY HAIR RESTRAINTS

Basic Requirement: Employees shall use effective hair restraints where necessary to prevent contamination of food or food contact surfaces.

POLICY:

*Three personnel categories are considered:

1. Kitchen personnel: Restraints will include use of hair net, cap, or scarf. Physical restraint of the hair is required. Hair sprays are not acceptable.
2. Waitresses and similar work categories require restraints adequate to preclude contact with the food. All policies for kitchen personnel would be adequate for waitresses. Additionally, hair sprays are acceptable when Hair Styles will be non-flowing and away from the face.
3. Workers in bars and taverns not serving food will not be required to utilize hair restraints.

RATIONALE:

While hair is not a major cause of food borne disease, hair is bacterially contaminated and potentially could transmit enteric infections. The public health significance of contamination with hair is greatest in the kitchen where bacterial contamination of a food item could be multiplied and consequently infect a large number of people consuming the contaminated item. In consequence, the requirements for hair restraints are most rigorous in kitchen personnel involved with food preparation. Waitresses and other personnel serving individual customers would tend to contaminate smaller numbers of people and are thus of lesser public health significance. In consequence, certain lesser requirements are levied upon this category of personnel. Lastly, personnel in bars and taverns constitute the minimal public health risk. It would be most unlikely for any significant number of persons to be infected in these conditions. In consequence, no requirements are levied on bar and tavern workers where solid food is not prepared or served.

ACCEPTABLE HAIR RESTRAINTS



ACCEPTABLE WAITRESS



ACCEPTABLE IN FOOD PREPARATION AREAS



UNACCEPTABLE HAIR RESTRAINTS



**DO YOUR PART TO FIGHT
FOODBORNE ILLNESS
REMEMBER TO WASH YOUR HANDS**



WASH YOUR HANDS
USE SOAP AND RUNNING WATER. INCLUDE THE
BACKS OF YOUR HANDS, WRISTS, FINGERNAILS,
AND BETWEEN YOUR FINGERS.



RINSE YOUR HANDS
RINSE THOROUGHLY UNDER RUNNING WATER.



DRY YOUR HANDS
THEN TURN OFF THE FAUCET USING A PAPER
TOWEL. THE USE OF A COMMON TOWEL IS
PROHIBITED.

EMPLOYEES MUST WASH THEIR HANDS AND EXPOSED PORTIONS
OF THEIR ARMS WITH SOAP AND WATER BEFORE HANDLING
FOOD.

WASH YOUR HANDS:

- (1) BEFORE BEGINNING WORK
- (2) AFTER GOING TO THE TOILET
- (3) AFTER TOUCHING YOUR HAIR, MOUTH, NOSE OR
HANDKERCHIEF
- (4) AFTER SMOKING, EATING OR DRINKING
- (5) BEFORE PREPARING OR SERVING ANY FOOD
- (6) AT ANY TIME YOUR HANDS ARE UNCLEAR.

NO EMPLOYEE SHALL RESUME WORK AFTER USING THE
TOILET ROOM WITHOUT FIRST WASHING HIS HANDS.

ALL EMPLOYEES SHALL WEAR CLEAN OUTER GARMENTS AND SHALL KEEP
THEIR HANDS CLEAN AT ALL TIMES WHILE EMPLOYED IN HANDLING FOOD,

WANTED

▪ HAIR
CLEAN
AND
COVERED

▪ GOOD
HEALTH

▪ CLEAN
UNIFORM

▪ NO
JEWELRY

▪ HANDS
CLEAN AND
SANITARY

▪ DOESN'T
SMOKE
ON THE JOB

**SAFE FOOD
HANDLERS**

Personal Hygiene

Producing good food for our guests and making a profit for the business are only two of the responsibilities of a cook or chef. We also have the duty to keep our customers safe. They depend on us to make them happy with the food that we produce but they also depend on us to do this in a way that protects them from a food borne illness.

To live up to our obligation to keep our customers safe we need to do several things.

From a personal hygiene perspective we need to do the following:

- 1) Bathe daily before coming to work using soap.
- 2) Shampoo your hair.
- 3) Wear an appropriate hair covering in the kitchen.
- 4) Wear a clean uniform. If possible change into your uniform when you arrive at work.
- 5) Remove your apron any and every time you leave the kitchen.
- 6) Wash your hands, up to your wrists, including between your fingers and your fingernails before you begin work, anytime you change tasks, anytime your hands become dirty.

Also after using the restroom; using a handkerchief or tissue; handling raw food; touching parts of your body such as your hair; touching infected or unsanitary parts of your body; working with unclean equipment, work surfaces, clothing, wiping towels; smoking or chewing gum; clearing away, scraping used dishes and utensil, performing dish washing duties; eating food or drinking; after returning to the kitchen before you start working again.

- 7) Don't smoke in the kitchen. If you must smoke, smoke in designated areas only (Smoking destroys taste buds and your sense of smell; not to mention that it is expensive, proven to kill, proven to be addictive and smells awful). Wash your hands before returning to work.

8) The only jewelry permitted in the kitchen is a plain wedding band. Ear rings, watches, bracelets, ornate rings, etc must be removed before preparing or serving food.

9) If you are sick, stay home! Call in and tell your employer that you are sick.

Tips on HACCP Conversion of a Recipe

A risk is a chance that condition or set of conditions will lead to a hazard.

Hazards are:

Germs that can grow during preparation, storage and/or holding

Germs or toxins that can survive heating

Chemicals that can contaminate food or food contact surfaces

Physical objects that accidentally enter food

A critical control point (CCP) is an operation (practice, preparation step or procedure) where a preventative or control measure can be applied that will:

1. Eliminate (remove) a hazard
2. Prevent a hazard
3. Lesson the risk that a hazard will happen

It can happen anywhere in the food flow process

Receiving	Storing	Preparing
Cooking	Holding	Serving
Cooling	Reheating	

Factors Affecting Food Cost

Menu	Priced too low, too many items, not the proper balance of items, items not always available
Purchasing	No specifications, wrong or outdated specifications, prices not based on quality and yields, lack of suppliers in the area, availability of items, seasonal price changes, labor strikes, freak weather conditions, changing geographical supply areas
Receiving	Lack of a procedure and specifications; poor quality; wrong count; weight, or container size
Storage	Spoilage; shrinkage, pilferage
Kitchen	Lack of preparation and production standards, standardized yield tests, standard recipes, portion control; wrong production/preparation methods or equipment; incompetent personnel prepping and cooking; improper food handling; waste due to: excessive quantities ordered, over production, no planning for left-overs.

Production Schedule

Production Schedule								
To be filled out by both opening and closing cooks. to approve								Chef
Menu Item	Sales Forecast	Prior Day Carryover	New Production	Total Available	# Sold	Food Cost of Item	# un-accountable	Carryover
Opening cook:			Closing cook:			Chef:		

Product Specification

Outlet:	Chef:
Product Name:	Specification #
Price per Unit:	
Standard/Grade:	
Weight Range:	
Packaging:	
Container Size:	
Other Information:	

Weekly Report Attainable Food Cost

Outlet:		Chef		Dates From:		To:
Date Prepared:			Prepared By:			
Item	Number Sold	Portion Cost	Total Cost	Menu Price	Total Sales	Attainable Food Cost

MEASUREMENT COSTING AND CONVERSION WORKSHEET

CANNED GOODS – DRAINED

Name: #10 Can Item: _____ (Given)

As-Purchased Unit: _____ (Invoice Package)

AP Unit Cost: \$_____._____ (From Invoice or Price List)

Number (#) of Cans in AP Unit: _____ (From Invoice or Price List)

Cost per Can: \$_____._____ (AP Unit Cost ÷ # of Cans)

Minimum Drained Ounce Weight: _____ (From Book of Yields)

Cost per Drained Ounce: \$_____._____ (Can Cost ÷
Drained Ounces per
Can)

Notes:

MEASUREMENT CONVERSION AND COSTING WORKSHEET

MEATS

There are two ways to cost Trimmed Meats.

(A) The first way DOES NOT DEDUCT the value of the trimmings (useable or not) from the cost of the trimmed piece.

(B) The second way DOES DEDUCT the value of the useable trim from the cost of the trimmed piece.

Method A

With this method all of the value of any useable trim (sinew, bones, ground meat, stew meat or brochette meat, etc.) obtained from the trimming remains with the Primary Piece. This results in the trimmed piece being relatively more expensive but assigns a Zero value to the trimmings. This method is quicker but is used only when the trim from the primary piece is not really put to use, i.e., it has no other saleable (menu) or cooking use in your operation, not even for stocks or employee meals.)

Raw Meat to Trimmed Piece - Method A

(When the Value of the Useable Trim is NOT deducted from the AP Cost.)

Name: Prepared Meat Item _____ (Given)

Base Meat Name: _____ (Meat Item you start with)

Base Meat NAMP Number: _____ (NAMP Guide or Invoice)

As-Purchased (AP) Piece Weight in Pounds _____ (Invoice Amt. or Weigh Out*)

Cost per AP Pound: \$ _____ (From Invoice or Price List)

(A) Total Cost of Raw AP Piece: \$ _____ (AP Lbs. X Cost per Lb.
Or Invoice Amount)

Trimmed Weight (Lbs.): _____ (Weigh out or use yield% from Book of Yields X weight)

Trimmed Yield Percentage: . _____ Or _____ % (Trimmed Lbs ÷ AP Lbs.
Or use Book of Yields %)

Cost per Lb. of Trimmed Piece: \$ _____ (AP Lb. Cost ÷ Trim % or AP Cost ÷ Trimmed Lbs.)

Raw Meat to Trimmed Piece - Method B
(When the Value of the Useable Trim IS deducted.)

This method is used when the Useable Trim is actually put to use in your operation in lieu of having to order the trimmed items separately. (You might also order these trimmed items as well, such as extra bones or brochette meat, but the point is that these trimmings are going to be used and do have a useable value.)

Method: After completing your normal trimming of the Meat Item, you add up the value of the trimmings and deduct their assigned value from your cost of the entire piece, As Purchased.

The Cost values assigned to your useable-trim items are what you would pay had you bought them.

Useable Trim Deductions:

Item	Lbs.	Market Price per Lb.	Total Value
Bones & Sinew		\$.	\$.
Ground Meat			
Stew Meat			
Brochette Meat			
		TOTAL:	\$.

Here is how the Useable Trim Total Value “plugs in” to the worksheet:

Name: Prepared Meat Item _____ (Given)

Base Meat Name: _____ (Meat Item you start with)

Base Meat NAMP Number: _____ (NAMP Guide or Invoice)

As-Purchased (AP) Piece Weight in Pounds _____ (Invoice Amt. or Weigh Out*)

Cost per AP Pound: \$ _____ (From Invoice or Price List)

Total Cost of Raw AP Piece: \$_____._____ (Inv. Or AP Lbs. X Lb. Cost)

Minus Value of Useable Trim: - \$_____._____ (Enter Total Trim Deductions)

(B) Cost of Trimmed Piece: \$_____._____ (AP Cost – Trim Value)

Trimmed Weight (Lbs.): _____ (Weigh Out or use Yield % from Book of Yields X AP Weight)

Cost per POUND of Trimmed Piece: \$_____._____ (Trimmed Piece Cost ÷ Trimmed Weight in Pounds)

(*If loose blood was in the meat package, include the blood weight in your initial AP weight. Cutting loss, loose blood and unusable trim weights plus useable trim weight plus the trimmed piece weight should equal the AP weight.)

Cooked Meat by Weight

This section can be used by itself if you buy Ready-To-Cook Meats (Pre-Trimmed) or it can be used to complete the costing of a trimmed piece from above.

Meat Item: _____ (Given or from Above)

Cost of Raw, Trimmed Piece: \$_____._____ (Invoice or from Above, A or B)

Lb. Weight of Raw, Trimmed Piece: _____ (From Above, Invoice or Weigh)

Cost per Lb. Raw, Trimmed: \$_____._____ (Cost of Whole Raw, Trimmed Piece ÷ Lb. Weight of Trimmed Piece)

Lb. Weight of Cooked Piece: _____

(Weight after cooking and resting)

Cooked Yield Percentage: . _____ Or _____%

(Cooked Weight ÷ Raw Trimmed Weight)

Cost per Pound of Cooked Piece: \$_____._____

(Cost of Raw Trimmed Piece ÷ Cooked Lbs.

Or: $\frac{\text{Raw Lb. Cost}}{\text{Cooked Yield \%}}$

Cost per Ounce of Cooked Piece: \$_____._____

(Cooked Lb. Cost ÷ 16)

Portion Cost:

This section is used when a known number of portions are obtained from a single Piece (item.)

Name of Portioned Item: _____

(Given, E.g.: 7 Oz. Steak)

Name of As-Purchased Piece: _____

(Given or Invoice Name)

Cost of Raw AP Piece: \$_____._____

(From above)

Number of Servable Portions from Piece: _____

(Your Estimate or Count)

Cost per Servable Portion: \$_____._____

(Cost per AP Piece ÷ Portions per Piece)

NOTES:

MEASUREMENT CONVERSION AND COSTING WORKSHEET

PIECE COUNTS

Name: Recipe Item Description _____ (Given)

Raw Item Name: _____ (Given)

As-Purchased (AP) Unit: _____ (Package Type or Measure)

Cost of AP Unit: \$_____._____ (From Invoice or Price List)

Total Raw Count in AP Unit: _____ (AP Pack Count)

Cost Of Each, Raw: \$_____._____ (AP Cost ÷ Total Count)

Useable (Culled) Count: _____ (From Book of Yields Or Count)

Yield Percentage: . _____ Or _____% (From Book of Yields Or Culled Count ÷ Raw Count)

Cost of Each Culled \$_____._____ (AP Cost ÷ Culled Count Or Cost of Each Raw ÷ Yield %)

NOTES: _____

MEASUREMENT CONVERSION AND COSTING WORKSHEET

POULTRY

Basic Poultry Costing Worksheet (A)

(Used if your poultry has no giblets or you want to include the cost of giblets in your costing.)

Name of Poultry Item: _____ (Given)

Size or Type of Bird: _____ (Given or From Invoice)

As-Purchased Unit: _____ (Given or From Invoice)

Total AP Unit Cost: \$_____._____ (From Invoice or Price List)

Pound Weight of As-Purchased Unit: _____ (From Invoice or Weigh)

Cost per AP Pound: \$_____._____ (AP Unit Cost ÷ AP Lbs.)

Number (#) of Birds in As-Purchased Unit: _____ (Count or Invoice #)

Actual Average Weight per Bird: _____ (Total AP Weight ÷ Total # Birds)

Cost per Bird: \$_____._____ (AP Unit Cost ÷ Bird Count)

Cost per AP Ounce: \$_____._____ (AP Lb. Cost ÷ 16)

Note: Fresh poultry, especially chickens, are often packed in ice for shipping. Be sure you clean off the ice and briefly drain the wet chickens before weighing. Compare their drained weight to the invoice weight.

Worksheets for costing individual poultry sections are on pages that follow.

NOTES:

POULTRY, Continued

Whole Poultry is sold with giblets (heart, gizzard, neck and/or liver) or With Out Giblets (called WOG).

If you do not use the giblets, you should buy Poultry-WOG because the total cost is usually less than that for whole birds with giblets.

If you do use the giblets then you should deduct the total value of the giblets from the As-Purchased Unit cost before proceeding with further costing. The giblet values are the market prices for the respective items. The useable giblet costs would then be added to the recipes in which they are used.

Here is a form to determine the value of the useable giblets:

Useable Giblet Deductions: (Remove, separate and weigh each giblet type.)

Item	Lbs.	Market Price per Lb.	Total Value
Necks		\$.	\$.
Gizzards			
Hearts			
Liver			
		TOTAL:	\$.

Costing Worksheet Showing Deduction of Giblet Costs (B)

Name of Poultry Item: _____ (Given)

Size or Type of Bird: _____ (Given or From Invoice)

As-Purchased Unit: _____ (Given or From Invoice)

Total AP Unit Cost: \$_____._____ (From Invoice or Price List)

Pound Weight of As-Purchased Unit: _____ (From Invoice or Weigh out)

Cost per AP Pound: \$_____._____ (AP Unit Cost ÷ AP Lbs.)

Cost per AP Ounce: \$_____._____ (AP Lb. Cost ÷ 16)

Useable Giblets Value \$_____._____ (From Giblet Value Box Above)

AP Unit Cost Less Giblet Value: \$_____._____ (AP Unit Cost – Giblet Value)

This is the Net Cost of AP Unit

Net Weight (Pounds) of Poultry, WOG: _____ (Weight after removing giblets)

Total Cost per Pound, WOG: \$_____._____ (Net Cost ÷ Net Pounds)

Total Cost per Ounce, WOG: \$_____._____ (WOG Pound Cost ÷ 16)

Cost per Individual WOG Bird: \$_____._____ (Net Cost ÷ Total # of Birds)

CHICKEN, LARGE FRYERS – PARTS:

When determining the cost-per-part (wings, breasts, etc.) for Large Fryers WITH GIBLETS, you can use the percentages listed in *The Book of Yields* (the percentages of a whole bird that particular parts represent). You multiply the average cost of the whole bird times the percentage of each part to arrive at a cost per part.

PARTS - Large Fryer With Giblets

Cost of Whole Large Fryer: \$_____._____ (Given or From Above, A or B)

Total Clean Meat: \$_____._____ (% of Original Weight X Whole Cost)
(From Book of Yields: 48% X Whole Cost)

Wings, both: \$_____._____ (% of Original Weight X Whole Cost)
(From Book of Yields: 10.7% X Whole Cost)

Wings, each: \$_____._____ (% of Original Weight X Whole Cost)
(From Book of Yields: 5.4% X Whole Cost)

Wing, 1st Section, each: \$_____._____ (% of Original Weight X Whole Cost)
(From Book of Yields: 2.6% X Whole Cost)

Wing, 2nd Section, each: \$_____._____ (% of Original Weight X Whole Cost)
(From Book of Yields: 2.1% X Whole Cost)

Breast, Whole, both ½'s: \$_____._____ (% of Original Weight X Whole Cost)
(From Book of Yields: 29.6% X Whole Cost)

Breast, Whole-Half, each:\$_____._____ (% of Original Weight X Whole Cost)
(From Book of Yields: 14.8% X Whole Cost)

Leg & Thigh, Whole, both: \$_____._____ (% of Original Weight X Whole Cost)

(From Book of Yields: 27.6% X Whole Cost)

Drumsticks, Whole, both: \$_____._____ (% of Original Weight X Whole Cost)

(From Book of Yields: 11.4% X Whole Cost)

Leg Meat, both \$_____._____ (% of Original Weight X Whole Cost)

(From Book of Yields: 5.4% X Whole Cost)

Thighs, Whole, both: \$_____._____ (% of Original Weight X Whole Cost)

(From Book of Yields: 16.3% X

Whole Cost)

Thigh Meat, both: \$_____._____ (% of Original Weight X Whole Cost)

(From Book of Yields: 10% X Whole Cost)

PARTS - Large Fryers With Out Giblets

The Chicken Yields and Percentages listed in *The Book of Yields* are based on a whole fryer WITH giblets. If you buy fryers without giblets, you have to determine the percentage of the whole fryer's weight that your respective fryer parts represent.

Here is how to figure out the cost of each type of fryer part from scratch:

1. First enter the average costs of a whole fryer below. (Given, or from worksheets or your invoice.)
2. Add up the total ounce weight of all the fryers in your sample test group and enter that weight below.
3. Cut your sample birds into their parts (breasts, legs, etc.). Weigh each total set of the same parts and put the answer in Column B. (Put their Part or Bird Section Name in Column A.)
4. Divide each set's weight by the Total Weight of all the birds in your sample. The answer is the Yield Percentage for that type of part. Write that percentage in Column C.
5. Multiply the Yield Percentage in Column C times the cost of 1 whole Fryer. Put this answer in Column D. This answer will show the cost value of two wings, two breasts, two etc. (This assumes that each of your sample birds have two wings, breast-halves, legs and thighs...)
6. Divide Column D by 2. Put this answer in Column E. That will be the cost of 1 part.
7. If you want to use this form to weigh single pieces (backs and necks ...or giblets) just skip Column D and put your first costing answer in Column E.
8. Note: Percentages may not add up to 100% due to exclusions (like backs) or because of cutting losses of bird bits, blood and water.

Here is the form to fill out to determine the Yield Percentages and calculate your Costs:

(Fill in Average Costs from known values or from worksheets above.)

Average Cost of 1 Whole Fryer: \$____.____ Cost per Pound:
\$____.____

Total Ounce Weight of All Whole Fryers in Sample: _____ Ounce Cost:
\$____.

A	B	C	D	E
Bird Section (Part) NAME	Ounce Weight: Set	% Of Whole	Cost: 2 Parts \$	Cost of 1 Part \$

POULTRY, GENERAL

The preceding worksheet for a Large Chicken Fryer without Giblets works for any bird: Turkey, Duckling, Goose, etc.

This page contains another version of that worksheet, omitting references to Fryers. Here is how to figure out the cost of each type of bird part from scratch:

1. First enter the average costs of a whole bird below. (Given, or from worksheets or your invoice.)
2. Add up the total ounce weight of all the birds in your sample test group and enter that weight below.
3. Cut your sample birds into their parts (breasts, legs, etc.). Weigh each total set of the same parts and put the answer in Column B. (Put their Part or Bird Section Name in Column A.)
4. Divide each set's weight by the Total Weight of all the birds in your sample. The answer is the Yield Percentage for that type of part. Write that percentage in Column C.
5. Multiply the Yield Percentage in Column C times the cost of 1 whole bird. Put this answer in Column D. This answer will show the cost value of two wings, two breasts, two etc. (This assumes that each of your sample birds have two wings, breast-halves, legs and thighs...)
6. Divide Column D by 2. Put this answer in Column E. That will be the cost of 1 part.
7. If you want to use this form to weigh single pieces (backs and necks ...or giblets) and you do have 1 part per bird, just skip Column D and put your first costing answer in Column E.

8. Note: Percentages may not add up to 100% due to exclusions (like backs) or because of cutting losses of bird bits, blood and water.

Here is the form to fill out determine the Yield Percentages and calculate your costs:

Bird Type and Description: _____

Average Cost of 1 Whole Bird: \$_____._____ Cost per Lb.
\$_____._____

Total Ounce Weight of All Whole Birds in Sample: _____ Cost per Oz. :
\$_____._____

A	B	C	D	E
Bird Section (Part) NAME	Ounce Weight: Set	% of Whole	Cost: 2 Parts \$	Cost of 1 Part \$

--	--	--	--	--

RECIPE COST & YIELD WORKSHEET

RECIPE NAME: _____ **Recipe #** _____

* To calculate Total Item Cost in column E: Multiply column A times column D.
 Column F is for Volume Equivalents.

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>	<u>E*</u>	<u>F</u>
Amount	Recipe Unit	Item	Recipe Unit Cost	Total Cost per Item	Ounce Weight (Optional)
			\$.	\$.	
				\$.	

Total Recipe Cost \$ _____

YIELD COSTING (Formula: *Total Recipe Cost ÷ Number Yielded*)

	Yield Types	Number Yielded	Cost of 1 Yield Type
A	Fluid Ounces		\$.
B	Cups		
C	Quarts		
D	Gallons		
E	Liters		
F	Ounces by Weight		
G	Pounds		
H			
I			
J	Pieces		
K	Containers:(_____)		
L	Servings per Container	Just fill in #: _____	
M	Total Servings (Yield # of K times L)		

Page 2 of Recipe

RECIPE NAME: _____ **Recipe #** _____

RECIPE METHOD OR PROCEDURE:

(Follow a practical sequence. Name the tools and equipment used. List initial preparations first. Be complete but be brief. State prep and cooking times plus all temperatures. Include holding, storing and plating instructions.)

MEASUREMENT CONVERSION AND COSTING WORKSHEET

SEAFOOD

FINFISH: DRESSED FISH TO FILETS

(A “Dressed” fish has its intestines, scales, head, tail and fins removed. Here, the word “Filet” refers to a whole side, after boning and skinning. Filet portions are dealt with below.)

Name: Processed Item Name: _____ (Given/ Example: Salmon Filet)

Raw Item Name: _____ (Given/ E.g.: Dressed Salmon)

As-Purchased Unit: _____ (Package Description)

As-Purchased Unit Cost: \$_____._____ (From Invoice or Price List)

Pounds in As-Purchased Unit: _____ (From Invoice or Weigh out)

Net Pounds After Filleting: _____
Actual Weight or
Yield % From Book
of Yields
X Original AP
Lbs.

Yield Percentage: _____._____ or _____% (From Book of Yields or Net Weight ÷ Purchased Weight)

Cost per Filleted Pound: \$_____._____ (AP Lb. Cost ÷ Yield %)

Cost per Filleted Ounce: \$_____._____ (Filet Lb. Cost ÷ 16)

Number of Ounces per Filleted Portion: _____ (Recipe Specification)

Cost per Filleted Portion: \$_____._____ (Filet Oz. Cost X Oz. Per Portion)

Seafood bought by Count per Pound

Item Name: _____ (Given)

As-Purchased Unit: _____ (From Invoice or Given)

Cost of As-Purchased Unit: \$_____._____ (From Invoice or Price List)

Pounds in As-Purchased Unit: _____ (Count or From Invoice)

Average Count per Pound: _____ (Actual Count or middle of count range on Invoice)

Cost of Each: \$_____._____ (Lb. Cost ÷ Per-Lb. Count)

Food Cost Form

Menu Item:	Selling Price:
Portions:	Cost Per Portion:
Portion Size:	Food Cost %:

Ingredients	Quantity Weight Ct/Vol	AP	Cost Yield %	EP	Total Cost

Figuring Out the Butcher's Yield Test

Meat goes through lots of different stages before it gets to the plate. All along the way there is loss as the cow becomes a filet mignon. Just as the meat purveyor or butcher doesn't sell hooves and eyeballs, the chef doesn't try to sell bones, gristle and fat to his or her customers. As the parts of the cow become more processed, the price per pound increases. Along the same line, boneless chicken breast is more expensive than a whole chicken.

In order for a chef to realistically determine what menu prices to charge, the chef needs to know what his or her real cost is per servable pound of meat. The bones, gristle and fat that were part of the original or AS Purchased (AP) cut don't have any real dollar value on the menu. Aside from making stock from the bones or perhaps rendering out the fat, those parts of the product as purchased are a loss. Therefore, the real cost of the meat that actually does get served has to make up for the cost of what is not usable – plus any shrinkage from cooking.

There are several different steps in determining what the final yield of a product is. The butcher's yield test and the preparation yield test combined will account for all of the losses along the way.

The butcher's yield is a specific kind of yield test used to determine what the loss is in fabricating a piece of meat to get it ready for preparation in a kitchen. This test might be used by a meat purveyor to determine their actual cost. It might be used by a large food service operation such as one in a hotel, that has a separate butcher's shop that actually "bills" the kitchen for meat that the kitchen requisitions or it may be used by a small restaurant that recognized the importance of having an accurate picture of costs. The butcher's yield test only figures the loss of product during fabrication. There is additional loss when meat is cooked. There may also be trim loss if a large piece of meat is cooked whole and then portioned out. Picture the little scraps of meat, fat and bone left over when a prime rib is trimmed and sliced to serve.

In fabricating a piece of meat, the bones, fat and scraps that are cut away are referred to as trim. The trim may actually have some economic value. If you have bones from the butchering you've done, then you don't have to purchase as many bones to prepare stock. Those bones have a dollar value. Sometimes it is possible to sell fat and leftover grease for reprocessing, so it too may have a value. Any trim that you can grind and form into hamburgers keeps you from having to purchase that meat. The butcher's yield test places a value on trim and takes that into consideration in determining final or New Fabricated price.

The Steps of the Butcher's Yield Test

1. Determine the as purchased (AP) cost.

$$\text{AP cost} = \text{AP weight} \times \text{the AP price per pound}$$

2. Fabricate the meat, cut away the bone, fat and scrap.

3. Determine the trim values

$$\text{Trim value} = \text{pounds} \times \text{the price per pound}$$

4. Determine the new fabricated weight (NFW)

$$\text{NFW} = \text{AP weight} - \text{total trim weight}$$

5. Determine the new fabricated cost (NFC)

$$\text{NFC} = \text{AP cost} - \text{total trim value}$$

6. Determine the new fabricated price (NFP)

$$\text{NFP} = \frac{\text{new fabricated cost (NFC)}}{\text{new fabricated weight (NFW)}}$$

7. Determine the cost factor

$$\text{Cost factor} = \frac{\text{new fabricated price per pound (NFP)}}{\text{AP price per pound}}$$

8. Determine the yield percentage

$$\text{Yield \%} = \frac{\text{new fabricated weight (NFW)}}{\text{AP weight}}$$

Example:

A 28# prime rib is purchased at 1.30 a pound. When fabricated, there were 3 pounds of fat, 4 pounds of bone and 5 pounds of usable trim. The fat is valued at .10 per pound, the bones at .30 per pound and the trim at 1.30.

The AP cost = AP weight x AP price per pound

$$\text{AP cost} = 28 \times 1.30$$

$$\text{AP cost} = 36.40$$

The trim value of

3# of fat at .10 a pound	=	.30
4# of bones at .30 a pound	=	1.20
<u>5# of time at 1.30 a pound</u>	=	<u>6.50</u>
12 pound of trim is valued at	=	8.00

New Fabricated Weight

$$\text{NFW} = \text{AP weight} - \text{total trim weight}$$

$$\text{NFW} = 28 - 12\#$$

$$\text{NFW} = 16\#$$

New Fabricated Cost

$$\text{NFC} = \text{AP cost} - \text{total trim value}$$

$$\text{NFC} = 36.40 - 8.00$$

$$\text{NFC} = 28.40$$

New Fabricated Price per pound

$$\text{NFP} = \frac{\text{new fabricated cost}}{\text{new fabricated weight}} - \text{OR-}$$

$\text{NFP} = \frac{\text{NFC}}{\text{NFW}}$	$\text{NFP} = \frac{\$28.40}{16\#}$	$\text{NFP} = 1.77 \text{ per}$
pound		

Cost Factor

$$\text{Cost Factor} = \frac{\text{new fabricated price per pound}}{\text{AP price per pound}}$$

$$\text{Cost Factor} = \frac{\$1.77}{\$1.30}$$

$$\text{Cost factor} = 1.36$$

The cost factor is used when the AP price changes. The price of meat is seldom stable. It changes from month to month, week to week and sometimes even from

day to day. Using the cost factor keeps you from having to do a new butcher's yield test each time the price changes.

Example:

If the price for the beef rib went from 1.30 up to 1.49, then using the cost factor would determine what the new fabricated price per pound would be.

New fabricated cost per pound = new price x cost factor

New fabricated price per pound = 1.49 x 1.36

New fabricated price per pound = 2.0264 or 2.03 a pound

Yield %

The yield percent shows the amount of meat ready to cook compared to the amount of meat purchased.

Yield% = new fabricated weight ÷ AP weight

Yield % = 16 pound ÷ 28 pounds

Yield % = 57%

Trial Butcher's Yield Tests

1. A 25# prime rib is purchased at 2.89 a pound. When fabricated, there were 2.5 pounds of fat, 3 pounds of bone and 4.5 pounds of usable trim. The fat is valued at .10 pound, the bones at .30 and the trim at 1.30

AP cost =

Trim values =

NFW =

NFC =

NFP =

Cost factor =

Yield % =

2. A 16 pound leg of veal purchased at 2.29 pound. When fabricated there was $\frac{3}{4}$ a pound of fat, 4 pounds of bone and 2 pounds of usable trim. The fat is valued at .10, the bones .79 and the trim at 1.70.

AP cost =

Trim values =

NFW =

NFC =

NFP =

Cost factor =

Yield % =

3. A 6 pound lamb rack (8 ribs) at 5.29 a pound. When fabricated there was 1 pound of fat, 1 pound of chine bones and 10 ounces of usable trim. The fat is valued at .10, the bones at .40 and the trim at 1.80.

AP cost

NFW =

NFC =

NFP =

Cost factor =

Yield % =

Figuring Out the Preparation Yield Tests

Another type of yield testing goes on after a piece of meat has arrived in the kitchen. Whenever

A piece of meat is cooked, there is going to be some cooking loss. If meat is roasted at a high temperature there will be considerable loss. If it is roasted at a lower temperature for a longer time then the cooking loss can be reduced. But, some cooking loss is inevitable.

When you are cooking individual portions to order, that loss in effect becomes the guests. A fast food restaurant advertises a quarter pound of ground beef with *before cooking* listed in fine print. The menu in a white tablecloth restaurant may feature “a 12 ounce T-bone grilled to your choice of doneness.” The 12 ounces is the portion size before cooking.

If you are serving an 8 ounce portion of Prime Rib or a 6 ounce serving of roast leg of lamb, this is the portion size after cooking. The difference may seem subtle but it is important, not only for the customer’s perception of value but also because of the truth in menu laws.

The steps in figuring out the preparation yield test are:

1. Determine the AP weight. This information will be on the invoice for the item or you can weigh the item.
2. Determine the cooking loss and the trim loss. This number is derived by weighing the item after it is cooked and weighing the left over trimmings when the item is portioned for service.
3. Determine the servable weight (Edible Portion = EP). This is how much of the item is remaining after cooking and trim loss are taken into account.

$$\text{Servable weight} = \text{AP weight} - (\text{cooking loss} + \text{trim loss}).$$

4. Determine the yield percent. The yield percent represents the actual amount of the item that is

available for serving compared to the amount that was purchased.

$$\text{Yield } \% = \frac{\text{servable weight}}{\text{AP weight}} \times 100$$

5. Determine the cost per servable pound. The assigns the total AP price to the amount of meat that is actually available to serve.

$$\text{Cost per servable pound} = \text{AP price} \div \text{Yield \%}$$

6. Determine the cost factor When there is a change in the AP price there is no need to go through all the steps all over. The cost factor can be used to determine what the cost per servable pound is when there is a price change.

$$\text{Cost factor} = \text{cost per servable pound} \div \text{AP price}$$

Example:

A 12 pound, 14 ounce leg of lamb was purchased at \$3.59 a pound or \$46.22 for the total leg. The cooking loss was 2 pounds, 15 ounces and the boning and trim loss weighed 3 pounds, 2 ounces.

$$\text{AP weight} = 12 \text{ pounds, } 14 \text{ ounces or } 206 \text{ ounces}$$

$$\text{Cooking loss} = 2 \text{ pounds, } 15 \text{ ounces or } 47 \text{ ounces}$$

$$\text{Trim loss} = 3 \text{ pounds, } 2 \text{ ounces or } 50 \text{ ounces}$$

$$\text{Servable Weight} = \text{AP weight} - (\text{cooking loss} + \text{trim loss})$$

$$\text{Servable weight} = 206 - (47 + 50)$$

$$\text{Servable weight} = 206 - 97$$

$$\text{Servable weight} = 109 \text{ ounces or } 6 \text{ pounds, } 13 \text{ ounces}$$

$$\text{Yield \%} = \text{servable weight} \div \text{AP weight}$$

$$\text{Yield \%} = 109 \div 206 \text{ ounce} \times 100$$

$$\text{Yield \%} = .5291 \times 100$$

$$\text{Yield \%} = 52.91\% \text{ or about } 53\% \text{ of purchased weight is servable.}$$

The yield % can be used to determine how much meat you need to purchase.

Example:

If you need to serve 36 – 6 oz portions of lamb for a party; how many pounds do you need? How many legs of lamb do you need to purchase?

$$\text{Amount to purchase} = (\text{number of portions desired} \times \text{portion size}) \div \text{yield \%}$$

$$\text{Amount to purchase} = (36 \times 6) \div 53\%$$

$$\text{Amount to purchase} = 216 \div 53\%$$

Amount to purchase = 407.55 ounces or 25.47 lb., or just a little more than 2 legs of lamb

of the size of the original leg.

Cost per servable pound = AP price \div yield %
Cost per servable pound = \$3.59 \div .5219
Cost per servable pound = \$6.79

Cost factor = servable pound \div AP price
Cost factor = 6.79 \div 3.59
Cost factor = 1.89

Use this when there is a price change to figure the cost per servable pound. If the price of leg of lamb went from 3.59 to 3.89:

New cost per servable pound = new price x cost factor

New cost per servable pound = \$3.89 x 1.89

New cost per servable pound = \$7.2954 or \$7.30

Trial Preparation Yield Tests

1. A 15 and $\frac{3}{4}$ pound pork loin was purchased for \$3.09 a pound. The cooking loss was 3 pounds 15 ounces and the trim loss was 2 pounds 10 ounces.

Servable weight =

Yield % =

Cost per servable pound =

Cost factor =

Cost per servable pound if the price is \$3.25 a pound

2. A 7 pound duck was purchased for \$2.79 a pound. The duck was “glove boned” before cooking. The cooking loss was 1 pound 5 ounces and the bones weighed in at 1 pound 15 ounces.

Servable weight =

Yield % =

Cost per servable pound =

Cost factor =

Cost per servable pound if the price is \$2.55 a pound

3. A 3 pound 13 ounce flank steak was purchased to prepare London Broil. It cost \$1.99 a pound. There was a 3 ounce trim loss and a .81 pound cooking loss.

Servable weight =

Yield % =

Cost per servable pound =

Cost factor =

Cost per servable pound if the price is \$3.25 a pound

Other Preparation Yield Tests

Since meats and fish are expensive and purchased in large quantities, there is a lot of emphasis placed on their yield percents and cost of the servable weight. Other items in the kitchen such as fresh fruits and vegetables also experience loss during preparation. But, because there is not the same amount of money invested in these foods, there is often not as great a concern for determining accurate costs reflecting that preparation loss. When these foods are prepared in quantity or if a true picture of the costs is desired, then the yield percents should be taken into account. Conveniently, there are charts available that have already determined an average yield % for many fruits and vegetables.

The terms servable weight and edible portion mean the same thing and can be used interchangeably. But, in practice, edible portion refers more to fruits and vegetables while servable weight is used for meats.

Remember, just as with the butcher's yield test, the information on the yield % charts can be used to determine how much product you need to purchase well as the price for the edible portion.

$$\text{AP weight} = \text{EP weight} \div \text{yield \%}$$

$$\text{EP cost} = \text{AP cost} \div \text{yield \%}$$

The following example shows you how to determine the quantity of product you need to purchase.

Example:

If you need 60 – 3 ounce portions of cooked carrots, how many pounds of raw carrots do you need to purchase? According to published charts, carrots without tops have an 82% yield.

First figure out how many pounds of carrots you need to serve.

$$\text{Pounds} = \text{ounces} \div 16 \text{ ounces in a pound}$$

$$\text{Pounds} = (60 \text{ servings} \times 3 \text{ ounces each}) \div 16$$

$$\text{Pounds} = 180 \div 16$$

$$\text{Pounds} = 11.25 \text{ or } 11 \frac{1}{4} \text{ pounds}$$

Now that you know the number of pounds you need for your edible portion, you can determine how many pounds of carrots you need to either order or have on hand.

$$\text{AP Weight} = \text{EP weight} \div \text{yield \%}$$

$$\text{AP weight} = 11.25 \div 82\%$$

$$\text{AP weight} = 13.7195 \text{ or } 13.72 \text{ pounds}$$

Since you would need a minimum of 13 and $\frac{3}{4}$ pounds of carrots to have 60 – 3 ounce portions, you would most likely go ahead and order 14 pounds.

Example:

You have just gotten a really good deal on 100 pound of Granny Smith apples that you want to make into apple pies. Your recipe tells you that it takes 2 pounds of peeled, cored and sliced apples to make one pie. How many pies can you prepare? From the published chart you determine that Granny Smith apples have a 76% yield

$$\text{AP weight} = \text{edible portion weight} \div \text{yield \%}$$

$$100 \times 76\% = 76 \text{ pounds of edible apple pound}$$

$$\text{If you need 2 pounds per pie then } 76 \div 2 = 38 \text{ pies}$$

Example:

Fresh asparagus is 3.29 a pound. What would be the total cost to serve 150 people a 4 ounce portion each of asparagus?

First, how many pounds do you need?

$$\text{Pounds} = \text{number of ounces} \div 16 \text{ ounces in a pound}$$

$$\text{Pounds} = (150 \times 4) \div 16$$

$$\text{Pounds} = 600 \div 16$$

$$\text{Pounds} = 37.5 \text{ pounds of asparagus}$$

Next, what is the AP price of the asparagus?

$$\text{Price of food per pound} = \text{pound of food} \times \text{price per pound}$$

$$\text{Price of food per pound} = 37.5 \times 3.29$$

$$\text{Price of food per pound} = \$123.375 \text{ or } \$123.38$$

Now to figure the cost for the amount you need

Cost per EP = AP price ÷ yield %

Cost per EP = 123.38 ÷ 56%

Cost per EP = \$220.32

Trial Other Preparation Yield Tests

1. A deluxe crudite platter at the Full Belli Deli has a total of 2 pounds of carrot sticks, 2 pounds of celery sticks, 1 pound of radishes, 1 pound of zucchini slices and 2 pounds of cauliflower. How much of each vegetable does the chef at the deli need to have on hand to be able to make 10 platters? Use the following yield % for your calculations: carrots = 81.3%, celery = 68.8%, radishes = 96%, cauliflower = 60%

2. If you cook three whole lobsters, one at 2.5 pounds, one at 1.75 pounds and one at 2.25 pounds how many pounds of meat could you expect to have? Use a yield % of 25% for your calculations.

3. You have been asked to cater a bridge tournament for the local garden club. They are planning on have 36 people attend. They have requested a fruit plate with: 1 ounce of green grapes, 1 ounce of fig slices, 2 ounces of orange sections, 3 ounces of honeydew and 1 ounce of raspberries on each plate. How many pounds of each fruit do you need to purchase?

Given the following prices per pound, what will you spend totally for the fruit?

Green grapes = 1.20

Fresh Figs = 2.89

Oranges = .99

Honeydews = 1.39

Raspberries = 3.99

Use the following yield % for your calculations: Green grapes: 93.8%, figs 98.8%,
Oranges 62.5%, Honeydew = 57.5%, Raspberries = 100%

Par Stock or Minimum/Maximum Order System

Knowing how much product to order is of vital importance. This is especially true, if you are catering a party or, ordering an item for a special event that you don't usually keep on hand. For most items, though, you will just estimate the amount that you need and requisition it from the storeroom or just go and get it from the walk-in or cooler. If you have gotten the wrong amount you just go get more or return the unused portion.

Restaurants don't as a rule, go through all their recipes every week to figure all the AP amounts needed from the yield% and then base their orders to the purveyor on that information. That process would quickly get too cumbersome to be practical. What restaurants and other food service operations generally do is maintain a "par stock." This is a level that strives to have the amount of product needed available, without tying up more money than necessary in product just sitting unused. This may also be called a minimum/maximum ordering system. The minimum is the amount below which the inventory should not fall and the maximum is the quantity above which inventory levels should not rise.

Whenever the amount of product is in between those two points or likely to fall between the two before the next delivery, the product should be ordered.

Once again, even though a par stock is maintained for a particular item, a large party or even a new special on the menu will call for using the yield% to figure the amount of that order.

Costing Out Recipes (also called pre-costing the menu)

Accurately costing out recipes is necessary in order to have a realistic basis for menu pricing. Using yield % is an invaluable tool for accurate recipe costing. A typical food cost form shares some elements in common with a standardized recipe form. Both list ingredients, quantity and portion sizes. The main difference is that the food cost form deals with costs while the standardized recipe focuses on the method of preparation and presentation.

The food cost form lists portion sizes, number of portions, selling price, cost per portion and food cost percent. The quantity of ingredients may be listed in different units – weight, count or in volume depending upon what is most appropriate.

In costing the ingredients the AP price is listed per unit and divided by the yield % to obtain the EP cost. The total cost is obtained by multiplying the quantity times the yield %. Then the total cost is determined by multiplying the quantity by the cost per edible portion.

$$\text{Cost per Edible Portion} = \text{AP cost} \div \text{yield \%}$$

$$\text{Total cost} = \text{quantity} \times \text{cost per edible portion}$$

Cod with Julienne Vegetables (following page)

For the onions

$$\text{Cost per EP} = \text{AP cost} \div \text{yield \%}$$

$$\text{Cost per EP} = .38 \div 89\%$$

$$\text{Cost per EP} = \$.43$$

$$\text{Total cost} = \text{quantity} \times \text{cost per EP}$$

$$\text{Total cost} = (15 \text{ ounces} \div 16 \text{ ounces}) \times .43 \text{ per pound}$$

$$\text{Total cost} = \$.40$$

Once the total costs for a recipe are figured the standard portion costs can be determined.

$$\text{Standard portion costs} = \text{total recipe cost} \div \text{total number of servings}$$

Standard portion cost = 21.57 ÷ 15

Standard portion costs = 1.44/portion of cod with julienne of vegetables

Food Cost Form						
Menu Item: Cod with Julienne Vegetables				Selling Price:		
Portions: 15				Cost Per Portion: 1.44		
Portion Size: 6 ounce cod with 3 ounce veg				Food Cost %:		
Ingredients	Quantity		AP	Cost Yield %	EP	Total Cost
	Weight	Ct/Vol				
Cod fillets	6 lb		2.66	100	2.66	15.96
Onions	15 oz		.38	89	.43	.40
Peppers, green	15 oz		.41	82	.50	.47
Mushrooms	15 oz		1.42	97	1.46	1.37
Feta cheese	15 oz		2.55	100	2.55	2.39
White wine*		15 oz	2.26	100	.045	.68

Wine is \$2.26 per 1.5 L 33.8oz/L						21.57

Adjusting Standard Recipe Yields

When using standardized recipes there will be times when it will be necessary to increase or decrease the yield of the recipe. This is often called recipe conversion. The conversion factor is determined for the entire recipe and then each ingredient is adjusted. Use some caution when dealing with salt and other seasonings. It may be best to wait before adding the entire amount until after you've done a taste test.

Conversion factor = desired yield ÷ original yield

Adjusted amount = conversion factor x quantity of ingredient

Example:

Cod with Julienne Vegetables, yield 15 portions

Cod fillets 6lbs

Onions 15 ounces

Peppers 15 ounces

Mushrooms 15 ounces

Feta cheese 15 ounces

White wine 15 ounces

For desired yield of 12 portions.

Conversion factor = desired yield ÷ original yield

Conversion factor = 12 ÷ 15

Conversion factor = .8

For the cod

Adjusted amount = conversion factor x quantity of ingredients

Adjusted amount = .8 x 6 lb

Adjusted amount = 4.8 lb

For the other ingredients

Adjusted amount = conversion factor x quantity of ingredient
Adjusted amount = .8 x 15
Adjusted amount = 12

Tips: For accuracy and ease of calculations it is sometimes easier to convert all measurements to ounces rather than leaving them in the original form. Convert fluid measurements to fluid ounces and pounds to ounces. For example: 1 quart = 32 fl oz, 1 gallon = 128 fl oz, 1 pound = 16 oz, etc. By doing this you will not get stuck trying to figure out what .9 of a pint or a pound is. You will instead wind up with an ounce measurement.

Determining Unit Cost from Wholesale Packaging

While understanding yield % and prices per pound are essential components to costing out recipes, it is also necessary to understand how to determine unit costs. Costing recipes would be really easy and simple if everything you purchased came in pounds and was priced by the pound as in the Cod with Julienne Vegetables example, but in reality that just isn't the way it works.

Most food items as purchased from suppliers are packed and priced by wholesale bulk sizes such as, by the crate, case, bag, carton, etc. In kitchen production, though, the packed amount is not always the way items are used in recipes.

Therefore in order to figure recipe costs, it becomes necessary to convert purchase pack prices to recipe unit prices. These unit prices may be by the pound or ounces, by the dozen, by the bunches, by each or by the quart. The formula used to figure out the cost per unit follows:

As purchased cost per unit = total cost ÷ total number of units in package

Example:

If tomato puree comes in a case of 6, number 10 cans and the whole case costs 40.50.

What is the cost per can? Given the information that there are 12 cups in each number 10 can, what is the price for a cup of tomato puree?

As purchased cost per unit = total cost ÷ total number of units in package

As purchased cost per unit = 40.50 ÷ 6 cans in a case

As purchased cost per unit = 6.75 per can tomato puree

The same formula can be used all over again to figure the cost of tomato puree for 1 cup

As purchased cost per unit = total cost ÷ total number of units in package

As purchased cost per unit = 6.75 per can ÷ 12 cups per can

As purchased cost per unit = .5625 or about .56 per cup of tomato puree

You could have skipped that last step by doing the problem this way

As purchased cost per unit = total cost ÷ total number of units in package

As purchased cost per unit = 40.50 per case ÷ (6 cans x 12 cups per can)

As purchased cost per unit = 40.50 per case ÷ 72 cups per case

As purchased cost per unit = .5625 or about .56 per cup of tomato puree, just like before

Example

If vegetable oil costs \$7.50 per gallon, how much would 4 ounces of vegetable oil cost?

As purchased cost per unit = 7.50 per gallon ÷ 128 ounces per gallon

As purchased cost per unit = .0585 or about .06 per gallon

As purchased cost of 4 ounces of veg oil = 4 x .06 or .24 total

Math Basics

Before getting into the real nitty gritty aspects of culinary math there are some basic points that need to be established.

Rounding numbers

1. Carry numbers 2 points beyond the decimal place - .98
2. Round up if the 3rd number is 5 or higher – .967 becomes .98
3. Round down if the 3rd number is 4 or lower - .983 becomes .98
4. In a problem requiring several steps, round only the answer, not at each step
5. Expect purveyors to round all numbers up
6. Units must always be rounded up – you can't order ½ can of black olives or 1/3 of a cantaloupe
7. Round up when determining number of servings in a recipe, 25.5 servings will not serve 26 people full servings

Figuring Out Prices per Pound

If you are given the quantity in pounds and a price in pounds then the procedure is easy.

Total price of food per pound = pounds of food x price per pound

3 pounds of green beans at \$.72 per pound

$$\begin{array}{r} 3 \\ \times .72 \\ \hline \$2.16 \end{array}$$

or $3 \times \$.72 = \2.16 per pound

When you are given the quantity in a combination of pounds and ounces with the price in pounds, it then gets a little trickier.

3 pounds, 7 ounces of green beans at \$.72 a pound

The quantity and the price must be in the same unit, either all must be in ounces or all must be in pounds. There are a couple of different ways to go about putting the information all in the same units. One way is to put everything in ounces.

Remember there are 16 ounces in a pound.

Number of ounces = number of pounds x 16 ounces

The total amount of green beans in ounces = $(3 \times 16) + 7$

The total amount of green beans in ounces = $(48) + 7$

The total amount of green beans in ounces = 55

55 ounces is the same amount of green beans as 3 pounds, 7 ounces. Just like 110 pennies is the same amount of money as 1 dollar and 1 dime. It's just expressed in a different kind of unit.

Now there are 55 ounces of green beans at .72 a pound. The beans are all in ounces but the price is in pounds still. To convert the price to ounces:

The price in ounces = price per pound \div 16

The price of green beans per ounce = $.72 \div 16$

The price of green beans per ounce = \$.045 or 4 ½ cents per ounce

\$.72 a pound = 4 1/2 cents per pound

Now the green beans and the price are in the same unit.

Total price of food in pounds = pounds of food x price per pound
is the same as

Total price of food in ounces = ounces of food x price per ounce

Price of food per ounce = 55 ounces of beans x .045

Price of food per ounce = 2.475 or since we don't have ½ pennies, rounded up to \$2.48

Another way to figure the same problem is to change the 3 pounds, 7 ounces into all pounds. That might even be easier since the price is already in pounds. The following formula will change the 7 ounces into a part or a fraction of a pound.

Number of pounds = number of ounces \div 16 ounces in a pound

Number of pounds = $7 \div 16$

Number of pounds = .4375

This means that 7 ounces is the same as .4375 of a pound and 3 pounds 7 ounces of green beans = 3.4375 pounds

Now to determine the price. We have 3.4375 pounds of green beans at .72 a pound.

Price of food per pound = pounds of food x price per pound

$$\text{Price of food} = 3.4375 \times .72$$

$$\text{Price of food} = 2.475 \text{ or about } 2.48 \text{ total}$$

This is the same price we got when we converted everything to ounces. Both ways of doing it work. It's just whichever makes more sense to you. You should probably be able to do both though.

Breakfast Cookery

Eggs: Their Uses and Customs

Which came first, the chicken or the egg? The argument has gone on for generations, and has never been settled.

However, the answer is to be found nesting in the history of food: The egg was first, for the very good reason that the chicken, as the latest addition to the poultry yards of Greece and Italy in the fifth century BC, found geese, ducks and guinea fowl already installed, laying eggs and hatching them. Those eggs, which undoubtedly preceded the chicken, were seldom eaten. Eggs were not really part of the diet until poultry farming became common and when they did become a part of the diet, those most usually consumed were hen's eggs.

Was there some taboo, then, on eating the eggs of the earlier domestic fowls? It depends on the sense in which the term is used. Not necessarily a religious taboo, but more of an economic interdiction, since "the egg is in the chicken and the chicken is in the egg." The Mossi of Burkina Faso in Africa have never troubled themselves with such philosophical reflections, but simply employ common sense. They will not let their children eat eggs for fear they will become thieves. The idea is not that, as a French proverb has it, "qui vole un oeuf, vole un boeuf" - He who steals an egg will steal an ox - but because he who steals an egg is stealing a chicken. Poultry lives at large in the villages of Africa, laying eggs anywhere. Children must therefore be prevented from eating future broods, which would be community property, out of naughtiness or thoughtlessness, for these little Africans are spoilt by their parents and do not go hungry, I mean in normal times of course. An egg unnecessarily stolen and eaten will never become a chicken, and thus a single person can deprive the community of far more nourishment than the stolen egg provides. Moreover, and even more seriously, the spirits will be offended, for all the poultry the Mossi eat has first been sacrificed to the local tutelary spirits. And an egg which does not hatch out interrupts a biological cycle, disturbing the order of things.

The Mossi are a special example. All over the world, from the dawn of time, eggs have been collected in birds nests in times of need. Those eggs, that is, large enough to be worth collecting. However, a respect for wild life led the people of antiquity to exercise restraint in their culling of eggs, even when it was unintentional. Similar scruples are expressed in a delightful moral tale which used to make French children of the Edwardian era shed tears. In *En Famille* a little orphan girl, obliged to live in the woods, has nothing to eat, but finds a wild duck nest on the river bank. There were eleven eggs there now instead of ten, which showed that, as the mother duck had not finished laying, she was not yet sitting on her eggs. This was a great piece of luck, first because the eggs would be fresh, and second because the duck, who could not count, would notice nothing.

Farming the prolific chicken has allowed us to make eggs a part of our diet without harming its reproductive cycle. However, the very few ancient Greek recipes to mention eggs date from the time of Pericles, when the chicken was introduced into Attica. It took some time for the habit of using eggs in cooking to catch on.

In the Roman period pastry cooks made much use of eggs for desserts as well as cakes. Apricious (25 BC) invented baked custard: milk, honey and eggs beaten and cooked in an earthenware dish on gentle heat. Beaten eggs were used as a thickening agent to bind sauces and ragouts; hard boiled eggs became an ingredient of various dishes, sometimes with cheese. But, there is no evidence that eggs were eaten just as they were, as a dish in themselves. That does not mean that they were not so eaten; it simply indicates that they were not thought interesting enough for special mention. The poet Horace, usually very sensible when he writes about food, falls victim to prejudice in specifying the best shape of eggs to choose. "Give good heed to serve eggs of a long shape, for they have a better flavor and are whiter than the round; they are firm and enclose a male yolk." Male chauvinism among the eggs? Even today, however, Europeans prefer brown eggs (regardless of what sex of chicken they would produce), although the color of the shell has not connection at all with the nutritional value of its contents. It is just that anything dark in color is perceived as being stronger and more nutritious.

By the fourteenth century, eggs were part of the modest everyday fare of ordinary people all over Europe. Eggs were a cheap commodity, and their price accurately followed the fluctuations of the economic situation. A statistician can reconstruct the movement of the cost of living in the sixteenth century from a few eggs sold in Florence. But, what price would he have set on the eggs carried in his underwear by a pious monk called Lauro Bossi, who cannot have felt there was anything very comic about his situation as he cautiously scaled the interior ramp of the Castel Sant'Angelo in Rome in May 1501. The woman to whom Bossi was taking them signed an IOY for 400 gold ducats – not as the market value of the gift, but in return for his devotion, and indeed as the price of her own life. She was Caterina Sforza, daughter of the Duke of Milan, held prisoner in Rome and almost starving to death. She had suffered a year's imprisonment by the Borgias, who were giving her as little to eat as possible and that little was liable to be poisoned. The one food that could not be poisoned at the time, before the advent of the hypodermic needle, was the egg. Thanks to a few eggs a week, Marie De Medici's grandmother, survived her enforced fast until the French freed her.

King Louis XIV was very fond of meringues made of egg white and sugar, a royal rather than Bourgeois dish, Louis XV ate boiled eggs every Sunday, leaving his ancestor's unlikely poule au pot to his people. Parisians came in whole families to admire their sovereign's dexterity with an egg. In an almost religious hush, he would knock off the small end of the egg with a single stroke of his fork, while announcing, "The King is about to eat his egg."

In the far east the egg is not so important an item of diet as in Europe, for reasons of reproduction rather similar to those of the people of Burkina Faso. It is a luxury item for the rich, with all the symbolic and philosophical connotations that might be expected. The idea of the famous 100 – year old eggs (sometimes called 1000 – year old eggs) amazes and horrifies the European consumer. But, the eggs are no where near as old as that. The figures have no literal significance in a country where it is only polite to wish someone 10,000 years of happiness. The eggs have been kept for a few months buried in mixture of paddy, tea leaves, lime, salt peter, clay and

aromatics. The shell's turn a beautiful marbled black, and the inside comes to look like a hard boiled egg, but veined with jade green. They are perfectly safe to eat and have a unique flavor.

The tradition of Easter eggs coincides, like many folk customs, with a self-explanatory universal symbol, in this case of creation, rebirth and spring.

Egg Cookery

Egg cookery includes a variety of preparation Techniques: eggs boiled in their shells, baked (or shirred) eggs, poached eggs, fried eggs, scrambled eggs, three styles of omelets, and soufflés.

Boiled Eggs:

The word “boiling”, although commonly used, does not accurately explain the technique: “simmering” is more accurate. These egg dishes run the gamut from coddled eggs to hard-boiled eggs. In addition to their role in breakfast menus, “boiled eggs are used in a number of other preparations. They may be served as cold hors d’oeuvre, or canapés, salads, and garnishes.

Method:

1. Place the eggs in a sufficient amount of water to completely submerge them. It is common to have the water already at a simmer when preparing coddled or soft-boiled eggs. Hard-boiled eggs are usually started in cold water for even distribution of heat.
2. Do not allow the water to boil rapidly. The proper cooking temperature is important to produce eggs with a good consistency and texture. Water that is at or close to a simmer will allow the eggs to cook evenly, without toughening the whites. Violent boiling could cause the shells to crack.
3. Start timing the cooking once the water has returned to the simmer.

Cooking Style	Time	Comments
Coddled	30 seconds	Lower cold eggs into already simmering water
Soft-boiled	1-2 minutes	
Medium Boiled	3-5 minutes	
Hard Boiled	10 minutes	Variation on technique calls for eggs to be removed from heat when water comes to a boil, covered, and allowed to remain in hot water for 19 minutes

Myths and Facts about Hard-Boiled Eggs:

1. Piercing the shell of the egg will keep it from cracking during cooking, or start out with cold eggs in cold water to prevent the shells from cracking. Maybe, or maybe not. There is not evidence to support the notion that the eggshell will not break using either of these tricks.

The following guidelines however are effective:

- Use enough water to completely submerge the eggs
 - Lower the eggs into the water, rather than drop them into an empty pot.
 - Reduce the heat under the pot once a simmer is reached.
2. Cooling and peeling hard-boiled eggs immediately after they have finished cooking will prevent a green ring from forming around the yolk. True. The green ring is the result of an iron and sulphur interaction in the egg yolk. Extended cooking is generally the culprit. Immediate cooling and peeling of the egg releases the trapped sulphur before the interaction can take place.

Baked Eggs:

A great number of preparations fall within this category. Because the egg is baked in a container, it can easily be combined with a number of additional ingredients, from butter, cheese, and cream to vegetables, meats, and sauces. Changing the size, shape, and material of the baking dish can all affect the texture of the finished item. Because the egg's appearance is important, the egg must be fresh. The fresher the egg, the less likely the yolk is to break.

Method:

- Prepare the baking dish properly: butter generously.
- Add any additional ingredients in an even layer to the baking dish.
- Add the eggs
- Bake the eggs (in a bain-marie, if desired) until the whites are set and milky in appearance. The yolks should be barely set, thickened but still glossy.
- Unmold the eggs, if desired, garnish, and serve while they are still very hot.

Poached Eggs:

Poached eggs lend themselves to an almost staggering number of presentations. Some classic examples include Eggs Benedict or Florentine, or poached eggs used as a topping for hash or served in baked potatoes or on croutons, with or without a sauce.

A poached egg should be very tender and well shaped. The eggs used should be perfectly fresh. The fresher the egg, the more centered the yolk will be and the less likely the white is to spread and become ragged during cooking. Poached eggs can be cooked (left slightly underdone) ahead of time and held in cold water for service.

Method:

1. Bring water to a simmer. Add $\frac{1}{4}$ to $\frac{1}{2}$ cup vinegar to each gallon of water. The acid helps prevent the egg whites from spreading, thus producing an oval, regular shape. The poached egg should not taste strongly of vinegar.
2. Break the egg into a cup and then slide it into the simmering water.
3. Remove the egg once the white is set and opaque and the yolk is barely set, slightly thickened but still flowing. Use a slotted spoon, skimmer, or spider. Blot the egg on absorbent toweling to remove as much water as possible. If necessary, trim egg to create a more regular shape.
4. While the egg is still hot, serve it with the appropriate garnish or sauce.

Fried Eggs:

Frying is a typically English or American way of serving eggs. To make sure that the eggs are fried with the yolks high and centered, it is important to use the correct heat level, perfectly fresh eggs, an appropriate amount of cooking fat, and a deft hand.

Sunnyside up indicates that the white is cooked through and the yolk is still soft and runny; the egg is not turned. Over easy, over medium, and over hard indicate that the egg has been turned or flipped. The yolk should be cooked to the appropriate doneness (still runny for easy, slightly thickened but still flowing for medium, or completely set for hard).

Method:

1. Heat the pan and the cooking fat over moderate heat. Temperature control is crucial. If the heat is too low, the egg will stick; if it is too high, the white's edges may blister and brown before the rest of the egg is properly cooked.
2. Slide or break the egg into the hot fat. Breaking the egg first into a cup help to prevent broken yolks and is generally safer and more convenient.

3. Cook the egg to the appropriate doneness. Turn eggs to be done over with an offset spatula or palette knife, they may also be flipped. Some chefs prefer to baste the eggs with the hot fat to set the top instead of turning it.
4. Serve the egg with the appropriate garnishes and accompaniments.

Scrambled Eggs:

Scrambled eggs are among the most popular of breakfast dishes. When properly prepared, scrambled eggs should have a light texture, creamy consistency, and delicate flavor. For the best result, scrambled eggs should only be prepared to order. If they must be made in large amounts, especially for buffets, they should be replaced with freshly scrambled eggs before they begin to weep or take on a brassy yellow color.

Method:

1. Blend the eggs just until the yolks and whites are combined. Use a whip to blend them into a homogeneous mixture; do not whip in too much air. Add salt, pepper, and other flavoring ingredients, such as fresh herbs for ground spices, at this time. It may be desirable to add a small amount of cream, milk, stock, or water to the beaten eggs to make the finished dish smooth, moist, and rich.
2. Cook the eggs over low to moderate heat in a properly oiled or nonstick pan. Scrambled eggs are cooked over gentle heat and should be stirred and scraped from the pan's bottom and sides to achieve the proper creaminess. In fact, they may be prepared in a water bath to prevent browning (this is more European).
3. Add any appropriate garnishes or flavorings at this point. Once the eggs are properly cooked, serve immediately.

Omelets:

There are three basic omelets styles. Scoffers have described the rolled, or French style omelet as really a special type of scrambled egg enclosed in an envelope of coagulated egg and nothing else. Flat omelets known variously as farmer style omelets, frittatas (Italian), or tortillas (Spanish), are a baked version. Soufflés or puffy omelets are somewhat similar to soufflés.

Method for Rolled Omelet:

The rolled omelet is probably the style of omelet that comes to mind first. The eggs are blended and then cooked over moderate heat until set. A rolled omelet should be golden yellow with a creamy, moist interior. There are various ways to stuff or garnish a rolled omelet. The filling may be placed on the omelet before it is rolled, or the omelet may be slit and filled after it is rolled.

1. Blend the eggs until the whites and yolks form a homogeneous mixture. A small amount of cream, milk, stock, or water may be added to produce a moist, tender omelet. Add any appropriate seasonings.'
2. Pour or ladle an appropriate amount of egg mixture into a properly heated and oiled omelet pan. Heat the empty pan, and then add enough oil to prevent the eggs from sticking. Allow the oil to heat before adding the beaten eggs. Rolled omelets are most commonly made in individual portions to order. Omelets are cooked over moderate heat; just high enough to assure that the eggs begin to set almost immediately, but not so low that the eggs stick to the pan.
3. Keep the pan and the eggs in constant motion as the omelet cooks. Use one hand to swirl the pan over the heat source and the other to stir and scrape the eggs from the pan's bottom and sides. A table fork is often used, with the bowl of the fork against the bottom and sides. A table fork is often used, with the bowl of the fork against the bottom of the omelet pan.
4. Cook the eggs to the point at which soft curds begin to form. Add any filling at this point. Grated cheese, mushrooms, various vegetables, and other ingredients may be placed down the omelet's center. The filling should be warm.
5. Roll the omelet out of the pan, completely encasing any filling, directly onto a heated plate. It may be necessary to shape the omelet into a perfect oval with a teas towel. Glaze the omelet with whole butter.

Plain Rolled Omelet

3 whole eggs

To taste salt and pepper

As needed clarified butter

Whisk the eggs with the seasonings. Heat clarified butter over high heat in an omelet pan, tilting the pan to evenly distribute the fat. Pour the egg mixture into the pan and scramble with a fork or wooden spoon. Move the pan and utensil at the same time until the egg mixture has coagulated slightly. Add the filling at this point. Let the egg mixture finish cooking without stirring. Jerk the pan gently towards you to make sure the omelet is not sticking. Slide the omelet to the front of the pan and use the fork or wooden spoon to fold it inside to the center. Turn the pan upside down, rolling the omelet onto the plate. The finished omelet should be oval shaped.

Basic Poached Eggs

1-quart water
1-teaspoon salt
2 teaspoons vinegar
2 whole eggs (per order)

Combine the water, salt, and vinegar in a large Sauteuse and bring it to a bare simmer. Break the eggs into a clean cup, and then slide the egg carefully into the poaching water. Cook the eggs for approximately 3 minutes, or until the whites are set and opaque.

Remove the eggs from the water with a slotted spoon, blot them on absorbent toweling, and trim the edges if desired. Serve the hot eggs at once or store in cold water until ready to serve. To reheat, drop eggs in barely simmering water for about 30 seconds.

Baked Eggs

As needed clarified butter
2 tablespoons filling
2 each eggs
To taste salt and black pepper
As needed whole unsalted butter

Warm a ramekin; brush with clarified butter. Place the filling in the ramekin. Top with the egg, season with salt and pepper, and top with a small piece of whole butter. Cover the ramekin with a lid or with aluminum foil. Bake at 350 degrees until done, about 4 to 5 minutes. The egg white should be set and white and the yolk should be desired doneness.

Fillings: ratatouille, ragouts, sautéed chicken livers (diced), sautéed mushrooms, sautéed potatoes and bacon, succotash, hash, cooked or refried beans, cheeses, tomato concasse, and sautéed spinach. Any omelet filling may be used.

Macedonia of Fruits in Champagne

Considering the season, choose a combination of fruits that will be beautiful when cut up in the bowl. Summer is the best, of course with fresh apricots, peaches, kiwi, cherries, and berries.

December is more of a problem, but fresh oranges and grapefruit (cut into skinless segments), melon, pineapple, bananas, and skinless grapes make a wonderful combination. Add some chopped nuts and ginger (fresh or candied) to add a new dimension of flavor.'

And, of course the canned and frozen fruits that can marry with the fresh. Among the better-canned fruits are figs in syrup, dark purple plums, and sometimes mandarin or tangerine segments, as well as the exotic fragrance of a few kumquats, slice thin and seeded.

Choose your own combinations of fruits and add a few squeezing of lemon, and sprinklings of Kirsch, rum, or Cognac, if you like. Let the fruits macerate together in a covered serving bowl for several hours. Taste the fruit as more liquor, lemon juice, or even some orange juice may need to be added.

Just before service, pour some Champagne into the serving bowl.

Corned Beef Hash

2 ½ cups yellow onions, minced
2 tablespoons whole butter (or more to taste)
2 tablespoons olive oil (or more)
3 tablespoons flour
¾ cup corned beef cuison (or chicken stock)
4 cups diced boiled potatoes
4 cups coarsely ground corned beef (or more)
½ teaspoon mixed dried herbs (sage, thyme, oregano)
6 tablespoons minced parsley
To taste salt and pepper
½ cup heavy cream (optional)

The Hash Mixture:

Sauté the onions slowly in 2 tablespoons each butter and oil for 6 to 8 minutes, stirring frequently until tender; raise the heat slightly and let the onions brown a bit. Lower the heat again; blend in the flour and a little more butter or oil if needed to make a paste; stir and cook slowly for 2 minutes. Blend in ¾ cups bouillon or broth let boil a moment, and then mix in potatoes. Corned beef herbs, and parsley. Taste carefully for seasoning and if hash seems dry blend in tablespoon of optional cream or more bouillon.

Cooking the Hash:

Rather firmly, press the hash down all over with the flat of a spatula, set a cover over the pan, and cook slowly for about 15 minutes or until the hash has crusted on the bottom. Stir it up to mix some of the crust into the body of the hash, and repeat the process being careful not to overcook and dry it out (or it will not be cohesive enough to unmold properly). Taste and correct seasonings.

You may serve the hash as is, turning each serving upside down on the plate to present a crusted surface. Or you may wish to unmold it in a half moon shape onto a platter; to do so, start sliding the large cake of hash onto a hot platter but stop at the halfway mark, then, holding pan by its handle, your thumb underneath quickly flip pan upside down to turn other half of hash neatly over the first crusted bottom full in view. A second unmolding system is to slide the whole cake of hash out onto an oiled pizza tray, then turn the frying pan or a round platter upside down over it and reverse the two leaving the hash crusted side up.

Sourdough Rose Rolls

1-cup sourdough starter
½ cup butter, melted
½ cup water
¾ cup milk
½ cup sugar
1 ½ teaspoons salt
1 pkg. yeast
4 cups flour
As needed cherry or raspberry jam
1 cup powdered sugar
1-teaspoon vanilla
1-tablespoon milk

Measure out sourdough starter in a large mixing bowl. Add cooled butter (yeast is killed at 110 degrees), water and milk that have been heated until lukewarm. Stir in sugar, salt, and dry yeast. Gradually add enough flour to make soft dough, reserving ½ flour to add during kneading. Turn out onto floured surface and knead until smooth and elastic, adding in reserved flour if necessary. Place dough in a buttered bowl, turning once. Cover with plastic wrap and refrigerate for 2 hours or overnight.

Turn dough out onto a lightly floured surface, divide into 18 pieces. Gently roll each piece to make a 15" long strand. Shape on buttered baking sheet by holding one end of the strand in place and wind around loosely to form a coil; tuck end firmly underneath. Place 2 inches apart. Cover with a cloth and set in a warm place free of drafts to let rise until doubled about 1 hour. Make indentations about 1 inch wide in the center of each coil, pressing to the bottom. Fill with jam. Bake at 400 degrees for about 12 to 15 minutes, or until done. Cool on racks. Mix together the powdered sugar, vanilla, and 1 tablespoon milk. Drizzle over rolls.

Old Fashion Sourdough Biscuits

½ cup sourdough starter
1-cup water or milk
2-½ cups all-purpose flour
1-teaspoon salt
1-tablespoon sugar
1-teaspoon baking powder
½ teaspoon soda water
As needed melted butter
As needed corn meal

Mix sourdough starter, water, or milk, and 1-cup flour in a large bowl. Let stand overnight or all day at room temperature to let rise. When ready to make up biscuits, beat in 1 cup of flour. Combine salt, sugar, baking powder, and baking soda with remaining ½ flour and sift over the top of the mixture. Mix together. Turn out onto a floured surface and knead 10 to 15 times. Roll out to ½ inch thickness. Cut out biscuits and dip in melted butter. Place biscuits in a 9" square pan that has a little cornmeal sprinkled on the bottom. Sprinkle some cornmeal on top of the biscuits. Cover with a cloth and let rise 30 to 40 minutes.

Sourdough Pancakes

2 cups all purpose flour
2 cups lukewarm water
½ cup sourdough starter
2 tablespoons sugar
1-teaspoon salt
½ teaspoon baking powder
3 tablespoons melted butter
2 each eggs
½ teaspoon baking soda dissolved in 1 T. water

Add flour and water to sourdough starter. Beat until smooth and let stand in a warm place overnight. Reserve ½ cup starter and put back into starter pot. To the batter and add sugar, salt, baking powder, and melt butter. Beat in eggs. Gently fold in dissolved baking soda. Do not stir after the baking soda has been added. Cook on moderately hot, greased griddle. Do not let the oil on the griddle come to the smoke.

Oatmeal Pancakes

2-½ cups whole-wheat flour
2 cups rolled oats (regular or quick)
½ cup wheat germ
4 tablespoons sunflower seeds or chopped nuts
2 tablespoons plus 2 teaspoons baking powder
2 tablespoons sugar
1-teaspoon baking soda
½ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon ground cloves
¼ teaspoon nutmeg
2 cups milk
1-cup buttermilk
4 each eggs
2 tablespoons oil
1 each banana, mashed
2 medium apples, finely chopped
4 tablespoons raisins
2 teaspoons vanilla

Combine the first eleven (dry) ingredients in a large bowl. In another bowl, whisk together the milks, eggs, and oil. Stir in the banana, apple, raisins, and vanilla. Combine the wet ingredients well, and add them to the dry ingredients, stirring just to blend, the batter will be thick.

Cook the pancakes on a hot griddle with butter until each side is golden brown.

Skillet Corn Bread

Here's a corn bread baked the old fashioned way on top of the stove

$\frac{3}{4}$ cup all purpose flour
2- $\frac{1}{2}$ teaspoons baking powder
5 tablespoons sugar
1-teaspoon salt
1 $\frac{1}{4}$ cups yellow cornmeal
 $\frac{1}{4}$ cup instant nonfat dry milk
1 large egg
3 tablespoons unsalted butter, melted
Vegetable oil, for skillet

1. Over low heat, heat a 9-inch cast iron skillet with a cover. Mix flour, baking powder, sugar, salt, cornmeal, and nonfat dry milk in a large bowl.
2. In a small bowl, whisk together egg, $\frac{3}{4}$ cup water, and melted butter. Make a well in the center of dry ingredients, and pour the egg mixture into it. Stir until just combined.
3. Brush bottom, sides, and inside of skillet lid with vegetable oil, pour in the batter. Cover, and cook over low heat until top feels almost dry, about 35 minutes (check the bottom occasionally to make sure it's not burning; lower heat if necessary). Invert onto the skillet cover; oil pan bottom again. Slide bread back into pan, and cook 5 minutes more, until dry and light brown. Transfer to a plate, let cool slightly, and cut into wedges.

Spanish Onion and Potato Torte

Without a bread loaf base, this omelet can also be cut into small pieces and served as a tape or an appetizer, either warm or at room temperature.

7 tablespoons olive oil

1 medium Spanish onion (about 12 ounces), sliced into ¼ inch thick half moons

3 mediums Yukon gold or other floury potatoes (about 1 pound), sliced into ¼ inch thick rounds.

8 large eggs

1-teaspoon salt, plus more to taste

Pinch freshly ground black pepper, plus more to taste

1 twelve-inch diameter round loaf rustic bread

1 clove garlic

1 small head fries or other chicory lettuce

2 teaspoons sherry vinegar

1. Heat oven to 325 degrees. Heat 1-tablespoon oil in a 10-inch oven safe skillet over medium high heat. Add onion, sauté, stirring, until golden, 8 to 10 minutes. Transfer to a small bowl.
2. Return the skillet to heat, and add 1-tablespoon oil. Add potatoes, cover, and sauté until soft, stirring, 12 to 15 minutes. Transfer to the bowl with onions and potatoes, and combine.
3. Whisk together the eggs, and then add salt and pepper. Transfer to the bowl with onions and potatoes, and combine.
4. Return the skillet to the heat, and add 1-tablespoon oil. Add egg mixture, and cook until edges set and start to brown, about 1-½ minutes. Cover, and bake in the oven until set, about 10 minutes. Remove cover, and broil until top is golden.
5. Meanwhile, slice bread in half crosswise, and reserve the top half for another use. Remove some of the inside from bottom half, and discard crumb. Toast bread under the broiler until golden. Remove brush with 3 tablespoons oil, and rub with garlic clove. Toss fries with remaining tablespoon oil, vinegar, and a pinch of salt and pepper. Scatter greens over bread, and slide torte over greens. Cut in sedges, and serve.

Vidalia Onion and Potato Tortilla

2 russet or Yukon gold potatoes, peeled and cut into $\frac{1}{4}$ inch dice
2 tablespoons salt
6 large eggs
Salt and freshly ground black pepper
2 tablespoons extra-virgin olive oil
2 Vidalia onions or leeks, white and green parts only, thinly sliced and washed
2 tablespoons finely chopped fresh chives

1. Heat oven to 400 degrees with rack in center. In a medium saucepan over high heat, cover potatoes with 4 cups water and salt. Bring to a boil. Reduce to a simmer, and cook until tender, about 5 minutes. Drain, and set aside.
2. Slightly beat eggs with salt and pepper. Set aside, Heat oil in a 10-inch ovenproof nonstick sauté pan over medium high heat, until just beginning to smoke. Add potatoes, and cook, stirring occasionally, until golden brown, 10 to 12 minutes. Add onions, and continue to cook until wilted and beginning to brown, 2 to 3 minutes more. Add eggs, sprinkle with chives, and swirl pan to distribute evenly. Transfer to oven.
3. Bake until center is set and sides are puffy and golden, about 10 minutes. Reduce oven temperature if eggs brown too quickly. Do not overcook, or eggs will get tough? Let cool slightly before slicing into small wedges.

Rita's Swedish Pancakes

Rita Christiansen, Martha's sister-in-law, serves her family's traditional Swedish pancakes with maple syrup, cloudberry jam, or lingo berry jam. Swedish pancake pans are available at specialty kitchen-supply stores.

3 large eggs
2 cups milk
1 cup all purpose flour
6 tablespoons unsalted butte, melted
1 tablespoon granulated sugar
½ teaspoon pure vanilla extract
½ teaspoon salt
Confectioner's sugar, for garnish

1. In the bowl of a food processor, combine eggs with ½ cup milk. Process until completely smooth, 2 to 3 minutes. Stop the food processor, and add flour. Process once again until smooth and thick, 1 to 2 minutes. Add remaining 1 ½ cups milk, butter, granulated sugar, vanilla, and salt.
2. Heat Swedish pancake pan over medium heat. Spoon approximately 1 tablespoon of batter into each circle. Cook until the edges turn golden brown, 2 to 3 minutes. Flip with a fork, and continue cooking an additional 1 to 2 minutes. Serve warm, garnished with confectioners' sugar.

Puffy Maine Pancakes

These pancakes work even better if you make the batter a day ahead and chill it over night. Just whisk to combine again before cooking. We used an individual crepe pan, but you can make one twelve inch pancake in a cast iron skillet and serve it cut into wedges.

2 large eggs, lightly beaten

½ cup all purpose flour

½ cup milk

Pinch of salt

Pinch of freshly grated nutmeg

3 tablespoons unsalted butter

Confectioner's sugar, for dusting

1. Heat oven to 425 degrees. Place eggs, flour, milk, salt, and nutmeg in a medium bowl; whisk until combined. Batter may still be slightly lumpy. The batter may be made a day ahead and chilled overnight.
2. For each pancake, melt 1-tablespoon butter in a 4-inch crepe pan or ovenproof skillet over medium-high heat. Using a ladle, pour one-third of the batter into the very hot pan; transfer pan or skillet immediately to the oven. Bake until pancake is golden brown and very puffy, about 10 minutes. Dust with confectioner's sugar, serve immediately.

Crumpets

To make thinner crumpets that don't need to be split, use only 1/3-cup batter for each, and bake for a total of sixteen minutes. If you don't have flan rings, use clean tuna cans with the tops and bottoms removed.

1 ¼ cups milk
1 package active dry yeast
1-teaspoon sugar
3 cups all purpose flour, sifted
1 ¼ teaspoons salt
¾ teaspoon baking soda
2 tablespoons unsalted butter, room temperature, plus more for serving
Oil for griddle
Jam or honey for serving (optional)

1. Have ready four-inch flan rings. Combine milk and 1-cup water in a small saucepan; heat to 110 degrees. Transfer mixture to a small bowl. Sprinkle the yeast and the sugar on top, and stir with a fork. Let stand until foamy, about 10 minutes.
2. Into the bowl of an electric mixer fitted with the paddle attachment, sift flour and salt. Slowly add some milk mixture while mixing on low speed. Slowly increase speed to medium high while adding remaining liquid, until all flour is incorporated. Beat on medium high until smooth, about 3 minutes.
3. Tightly cover bowl with plastic wrap; let stand in a warm place until doubled in size and dough is bubbly, 1 to 1 ½ hours.
4. Return dough to the mixer. Dissolve the baking soda in 1-tablespoon hot water, and add to the dough; mix until well combined. Cover, and set aside for 20 minutes.
5. Lightly oil a griddle or large cast iron skillet; place over medium heat for 5 minutes. Generously butter flan rings; place on heated griddle. Reduce heat to medium low. Pour ½ cup batter into rings. Cook until bubbles rise to the surface and top is dry, about 10 minutes. Remove rings; turn crumpets over. Cook until slightly golden, about 8 minutes. Remove, cool on a wire rack. Repeat with remaining batter. When ready to serve, heat a broiler, and toast crumpets. Serve warm with generous amounts of butter, jam, or honey, if desired.

Crumb Cake Muffins

These muffins are best eaten still warm from the oven. If you need to make them a day ahead, store them in an airtight container, and reheat in a 350-degree oven for about ten minutes. The batter can also be used to make coffee cake; bake it in an eight-inch spring form pan for about forty minutes.

For the crumb topping:

½ cup rolled oats
¼ cup packed light brown sugar
2 tablespoons finely chopped candied ginger
2 tablespoons all purpose flour
2 tablespoons unsalted butter, melted

For the cake:

1 ½ cups all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1-teaspoon baking soda
¼ teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon salt
½ cup nonfat buttermilk
½ cup unsweetened applesauce
¼ cup vegetable oil
2 large egg whites, lightly beaten
Vegetable oil cooking spray

1. In a medium bowl, combine oats, brown sugar, ginger, flour, and melted butter, and stir until thoroughly combined. Set aside.
2. Heat the oven to 350 degrees. Coat the muffin tins with cooking spray, and set aside. Combine flour, sugar, baking powder, baking soda, and cinnamon, ground ginger, and salt in a large mixing bowl, and stir to combine. Place buttermilk, applesauce, and vegetable oil in a medium bowl, and whisk to combine. Stir into flour mixture until well combined. Fold in egg whites.
3. Place 2 heaping tablespoons batter in each muffin tin. Sprinkle with a generous tablespoon of reserved topping; press gently to adhere topping to cake. Bake until a cake tester comes out clean, about 25 minutes. Cool in pan for 15 minutes before serving.

Classic French toast

Any dense bread such as calla, brioche, or sourdough will make rich French toast

6 large eggs

1 ½ cups heavy cream, half-and-half, or milk

2 tablespoons pure vanilla extract

½ teaspoon ground cinnamon

Pinch of ground nutmeg

Pinch of salt

6 one inch thick slices of bread, preferably day old

4 tablespoons unsalted butter

4 tablespoons vegetable oil

Pure maple syrup, for serving (optional)

1. Whisk together eggs, cream, vanilla, cinnamon, nutmeg, and salt in a medium bowl; set aside.
2. Place bread in a shallow baking dish large enough to hold bread slices in a single layer. Pour egg mixture over bread; soak 10 minutes. Turn slices over; soak until soaked through, about 10 minutes more.
3. Preheat oven to 250 degrees. Place a wire rack on a baking sheet, and set aside. Heat 2 tablespoons butter and 2 tablespoons vegetable oil in a skillet over medium heat. Fry half the bread slices until golden brown, 2 to 3 minutes per side. Transfer to wire rack; place in oven while cooking remaining bread. Wipe skillet, and repeat with remaining butter, oil, and bread. Keep in oven until ready to serve. Serve warm with pure maple syrup, if desired.

Cinnamon Honey Doughnuts with Raspberry Jam

1-teaspoon active dry yeast
2 tablespoons warm water (100 degrees to 110 degrees)
2 tablespoons honey
 $\frac{3}{4}$ teaspoon ground cinnamon
1 large egg, lightly beaten
 $\frac{1}{3}$ -cup milk
1-tablespoon light corn oil, plus more for bowl
 $\frac{1}{2}$ teaspoon salt
2 cups all purpose flour, plus more for dusting
3 cups peanut oil
 $\frac{1}{2}$ cup sugar, for dusting
1 twelve-ounce jar seedless raspberry jam

1. In a medium bowl, combine yeast with warm water, and let stand until foamy, about 5 minutes. Whisk in honey, $\frac{1}{4}$ teaspoon cinnamon, egg, milk, and corn oil. Using a wooden spoon, stir in salt and flour. Mix until dough appears smooth.
2. Transfer dough to a lightly oiled bowl, cover tightly with plastic wrap, and set in a warm place to rise until doubled in size, about 1- $\frac{1}{2}$ hours. Line a baking sheet with parchment, and another one with paper towels; set aside.
3. Turn out dough onto a lightly floured work surface, and knead four to five times. Roll dough into a 10-inch square, about $\frac{1}{4}$ inch thick. Using a pizza cutter, cut into 2 $\frac{1}{2}$ by 2 $\frac{1}{2}$ inch squares, and transfer to parchment-lined baking sheet. Lightly cover with plastic; let rest in a warm place 20 minutes.
4. In a medium saucepan, heat peanut oil until a deep-frying thermometer registers 360 degrees. Working in batches of five or six, fry doughnuts until golden brown on both sides. Using a slotted spoon, transfer to paper towel lined baking sheet to drain. Fry remaining doughnuts.
5. In a medium bowl, combine sugar and the remaining $\frac{1}{2}$ teaspoon cinnamon. Toss the doughnuts lightly in cinnamon sugar.
6. Fill a pastry bag fitted with a #4 tip with jam. Using a wooden skewer or toothpick, make a hole in the side of each doughnut. Fit the pastry tip into a hole; pipe about 1 tablespoon jam into doughnut. Repeat with remaining doughnuts. Toss filled doughnuts in cinnamon sugar again, if desired. Serve immediately.

Chicken and Apple Sausage Patties

These savory patties can be made up to a day before cooking and serving.

1-tablespoon olive oil, plus more for cooking sausage
1 finely diced small onion
2 Granny Smith apples, peeled, cored, and cut into $\frac{1}{4}$ inch dice
1-pound ground chicken
1/3-cup fresh sage leaves, shredded
 $\frac{3}{4}$ teaspoon fresh ground black pepper
 $\frac{3}{4}$ teaspoon salt
Pinch cinnamon

1. Heat oil in a small sauté pan over medium heat, and cook onion until translucent and soft, about 3 minutes. Add apples and cook until soft, about 5 minutes. Let cool.
2. Combine chicken with onion apple mixture and remaining ingredients, mixing with your hands. Form into 1 $\frac{1}{2}$ inch round patties, and chill until ready to use.
3. Heat oven to 350 degrees. Heat a little oil in a medium ovenproof sauté pan, and brown patties over medium low heat 2 minutes on each side; transfer to pan to oven, and bake until cooked through, about 10 minutes.

Apple Fritters with White Glaze

For the Filling:

1 vanilla bean, split lengthwise
4 tablespoons unsalted butter
6 Granny Smith apples, peeled, cored, and cut into ½ inch cubes, yielding 7 cups
½ teaspoon ground cinnamon
¼ cup sugar
¼ cup apple cider vinegar
1-cup sparkling apple cider

For the Batter:

1 packet active dry yeast or 6 ounces cake yeast
4 extra large egg yolks
½ cup sugar
1/3-cup sparkling apple cider
4 tablespoons unsalted butter, melted
2/3-cup whole milk
1-teaspoon salt
½ teaspoon ground cinnamon
1-tablespoon pure vanilla extract
1 cup plus 2 tablespoons bread flour
2 quarts canola oil plus more for bowl

White Glaze:

1. To make filling: Using a paring knife, scrape vanilla seeds out of pod. Place half of the pod, half of the seeds, and 2 tablespoons butter in a 12-inch skillet; set over medium high heat. Cook until butter is bubbling. Add half of the apples; toss to coat. Add ¼ teaspoon cinnamon and 2 tablespoons sugar; sauté, stirring occasionally, until apples begin to soften, about 5 minutes. Add 2 tablespoons vinegar and ½ cup cider; increase heat to high. Cook until liquid has been absorbed and apples start to brown, about 8 minutes. Remove from heat. Remove and discard vanilla pod. Transfer apples to a baking sheet. Wash skillet, and repeat with remaining ingredients.
2. To make batter: Place yeast in the bowl of an electric mixer. Heat milk in a pan over medium heat until warm to the touch. Pour milk over yeast; sprinkle 2 cups pastry flour on top. Set aside until flour begins to crack, 15 to 20 minutes.

3. Place egg yolks and sugar in a medium bowl; whisk to combine. Add cider, butter, salt, and cinnamon, vanilla extract, the remaining $\frac{1}{4}$ cup pastry flour, and 1-cup bread flour; whisk to combine.
4. Add flour mixture to the yeast mixture. Using the paddle attachment, mix on low speed 30 seconds. Add remaining 2 tablespoons bread flour; increase speed to medium, and mix 3 to 4 minutes.
5. Lightly oil a large bowl. Sift an even layer of pastry flour onto a clean work surface, and lightly flour your hands. Turn out dough, and gather into a ball. Transfer dough to oiled bowl, and cove with plastic wrap. Set aside in a warm place to rise until doubled in size, about 1- $\frac{1}{2}$ hours.
6. Heat oil in a low-sided six-quart saucepan over medium high heat until a deep frying thermometer registers 375 degrees. Lightly dust a baking pan with flour, and line a second one with paper towels. Set both pans aside.
7. Turn out dough onto a lightly floured work surface. Using your hands, stretch the dough into a 10 by 15 inch rectangle, about $\frac{1}{2}$ inch thick. Spread half of the reserved apple mixture over dough, and fold dough, like a letter, into thirds. Pat down with your hand, forming another 10 by 15 inch rectangle. Spread remaining apples over dough, and fold into thirds again, apples will be evenly distributed throughout dough. Gather dough into a ball, and return dough to oiled bowl. Recover, and set aside in a warm place until doubled in size again, about 30 minutes.
8. Turn out dough onto a lightly floured work surface; pat into a 10 by 15 inch rectangle, about 1 inch thick. Using a 2 $\frac{1}{2}$ inch round cutter, cut out fritters as close together as possible, dipping cutter in flour before each cut. Transfer fritters to floured baking pan. Set aside to rest 10 minutes, but no longer.
9. Flour your hands. Lift a fritter, pulling the ends to make a 4-inch oval; carefully drop into oil. Repeat with two more pieces of dough. Cook until fritters begin to brown, about 2 minutes. Using a slotted spoon, turn fritters over; cook until evenly browned, 2 minutes more. Transfer fritters to lined pan. Repeat with remaining dough.
10. Coat fritters with white glaze. Transfer to a wire rack, and let set. Serve.

Bacon and Egg Pie

Unsalted butter for pie plate

½ pound thick sliced bacon

¼ pound small mushrooms, quartered

1 red, yellow, or orange bell pepper, diced

3 ounces soft goat cheese

½ cup freshly grated Parmesan cheese

1-tablespoon fresh thyme leaves

5 large eggs

1 ½ cups heavy cream

Salt and freshly ground black pepper

1. Heat oven to 325 degrees. Have ready a generously buttered 10-inch glass pie plate. Cook bacon in a large skillet until very crisp. Remove; drain on paper towels. Pour off all but 2 tablespoons fat from skillet.
2. Return skillet to medium high heat; add mushrooms. Cook until well browned, about 4 minutes. Remove from skillet; spread mushrooms in prepared pie plate. Crumble bacon; arrange over mushrooms, along with pepper, cheeses, and thyme.
3. Beat eggs and cream in a large bowl, and season with salt and pepper. Pour egg mixture over bacon vegetable mixture. Bake until egg pie is set and deep golden brown, about 1 hour. Remove from the oven, and place on wire rack for 10 minutes. Slice into wedges, and serve.

Banana Nut French toast

1 ½ cup walnut halves
6 large eggs
1 ½ cups heavy cream, half and half, or milk
2 tablespoons pure vanilla extract
½ teaspoon ground cinnamon
Pinch of ground nutmeg
Pinch of salt
6 ripe but firm bananas, peeled and cut into ¼ inch rounds
1-½ cups packed dark brown sugar
12 slices bread (1/2 inch thick), such as brioche or challis, preferably day old
8 tablespoons (1 stick) unsalted butter
4 tablespoons vegetable oil
Pure maple syrup, for serving (optional)

1. Preheat oven to 350 degrees. Place walnut halves on a rimmed baking sheet, and toast until lightly browned and fragrant, about 10 minutes. Set aside. When cool, chop walnuts coarsely.
2. Whisk together eggs, cream, vanilla extract, cinnamon, nutmeg, and salt in a medium bowl, and set aside. Combine bananas, dark brown sugar, and toasted walnuts in another bowl. Lay out 6 slices of bread on work surface. Top each slice with 1/3 cup of the banana mixture. Top with remaining bread slices; press gently to seal the sandwiches.
3. Place sandwiches in a shallow baking dish (or two dishes) large enough to hold them in a single layer. Pour egg mixture over bread, and soak 10 minutes. Carefully turn sandwiches over, and soak until bread is soaked through, about 10 minutes more.
4. Reduce oven temperature to 250 degrees. Place a wire rack on a baking sheet; set aside. Heat remaining banana mixture in a small skillet over medium low heat until sugar is melted and bananas are soft and slightly translucent, about 3 minutes. Add 4 tablespoons butter, and stir to combine; keep warm.
5. Heat 2 tablespoons butter and 2 tablespoons vegetable oil in a large skillet over medium heat. Fry half of the sandwiches until golden brown, 2 to 3 minutes per side. Transfer to wire rack, and place in oven while cooking remaining sandwiches. Wipe out skillet, and repeat with remaining butter, oil, and bread. Keep in oven until ready to serve. Cut into triangles, and serve with warm banana mixture and maple syrup, if desired.

Buttermilk Biscuits

The exterior of the perfect biscuit should be golden brown and slightly crisp, while its interior should be light and airy. Avoid overworking the dough; gently combine the ingredients until just blended. A very hot oven is essential. The steam interacts with the baking powder to create the biscuits ideal exterior and interior textures. Serve warm with butter.

2 cups white lily brand all-purpose flour, or cake flour (not self rising)

1-tablespoon baking powder

1-teaspoon salt

4 tablespoons cold unsalted butter, cut into cubes

$\frac{3}{4}$ to 1-cup buttermilk

1. Heat oven to 500 degrees. In a bowl, combine flour, baking powder, and salt. With a pastry cutter or two knives, cut butter into the flour mixture until it resembles coarse meal. Pour in buttermilk, and gently mix until just combined. With your hands, gently form the mixture into balls. Place in a round 8 by 2 inch cake pan.
2. Bake until golden brown, 8 to 10 minutes. Allow cooling to the touch, and serving immediately.

Cake Doughnuts

2 quarts canola oil
2 cups all purpose flour, plus more for dusting
¼ cup sour cream
1-¼ cups cake flour (not self rising)
¾ cup granulated sugar
1 ½ teaspoons baking powder
½ teaspoon baking soda
1 ½ teaspoons coarse salt
1 ½ teaspoons freshly grated nutmeg
1 packet active dry yeast or 6 ounces cake yeast
¾ cup plus 2 tablespoons nonfat buttermilk
1 extra large whole egg
2 extra large egg yolks
1-teaspoon pure vanilla extract
1 ¼ cups no melting or confectioner's sugar

1. Heat oil in a low-sided six-quart saucepan over medium high heat until a deep frying thermometer registers 375 degrees. Lightly dust a baking pan with all-purpose flour, and line a second one with paper towels. Set both aside.
2. Meanwhile, place sour cream in a heatproof bowl or top of a double boiler; set over a pan of simmering water. Heat until warm to the touch. Remove from heat; set aside.
3. In a large bowl, sift together all purpose flour, cake flour, granulated sugar, baking powder, baking soda, salt, and nutmeg. Make a large well; place yeast in center. Pour warm sour cream over yeast, and let sit 1 minute.
4. Place buttermilk, whole egg, egg yolks, and vanilla in a medium bowl; whisk to combine. Pour egg mixture over sour cream. Using a wooden spoon, gradually draw flour mixture into egg mixture, stirring until smooth before drawing in more flour. Continue until all flour mixture has been incorporated; dough will be very sticky.
5. Sift a heavy coat of flour onto a clean work surface. Turn out dough. Sift another heavy layer of flour over dough. Using your hands, pat dough until it is ½ inch thick. Using a 2-¾ inch doughnut cutter, cut out doughnuts as close

together as possible, dipping the cutter in flour before each cut. Transfer doughnuts to floured pan, and let rest 10 minutes, but not more.

6. Carefully transfer four doughnuts to hot oil. Cook until golden, about 2 minutes. Turn over; continue cooking until evenly browned on both sides, about 2 minutes more. Using a slotted spoon, transfer doughnuts to lined pan. Repeat with remaining doughnuts.
7. Gather remaining dough scraps into a ball. Let rest 10 minutes; pat into $\frac{1}{2}$ inch thick rectangle. Cut, let rest 10 minutes, and cook.
8. When cool enough to handle, sift non-melting sugar over tops; serve immediately.

Lunch Cookery:

**Salads,
Sandwiches
And Vegetarian Entrees**

WARM LENTIL AND FRISEE SALAD WITH DUCK CONFIT, LARDONS AND WALNUTS (COMPOSED SALAD)

Yield: 40 salads

Plate Components: (12" plate)

Lentil Salad	Recipe follows
Duck confit	40 ea. legs (recipe follows)
Frisee-Arugula mix	1 bx. Ea.
Red Endive or Radicchio, julienne	1 lb.
Raspberry -Walnut vinaigrette	Recipe follows
Walnuts, toasted	1 lb.

LENTIL SALAD (DAY BEFORE)

Ingredient	Amount
French Lentils, picked over	3 lbs.
<i>Bouquet Garni:</i>	
Carrot, peeled, halved	1 ea.
Leeks, halved, rinsed	1 ea.
Celery stalk, halved	1 ea.
Thyme sprigs	¼ bu.
<i>Sachet:</i>	
Garlic cloves, smashed	4 cl.
Bay leaves	3 ea.
Black peppercorns, cracked	1 tsp.
Fennel seeds, whole	2 tsp.
Slab bacon	3" square piece
Chicken stock, seasoned, to cook lentils	to cover (by 2")
<i>Mirepoix Garnish:</i>	
Olive oil, pure	4 fl. ozs.
Bacon, small dice	½ lb.
Garlic, minced	2 Tbsp.
Onions, small dice	1 lb.
Leeks, light green, whites, small dice	1 lb.
Carrots, small dice	1 ½ lbs.
Fennel bulb, small dice	2 heads
Thyme, chopped	¼ cup
Dijon mustard	¼ cup
Raspberry-walnut vinaigrette	2 cups (or to flavor well)

Parsley, chopped	¼ cup
Sage, chopped	2 Tbsp.
Sugar	1 Tbsp.
Salt, F.G.B.P.	t.t.

Method for Lentil Salad:

1. Day before service: Spread lentils on sheet tray and check for stones (cull). Wash through strainer. Place in saucepot with bouquet garni, sachet, slab bacon and chicken stock to cover by 2".
2. Simmer gently (*covered*) until just tender but not falling apart (25-35 mins.)
3. Strain, Cool and *reserve 2 cups of cooking liquid*.
4. Render the bacon in olive oil until light golden in color. Add the garlic, onions, leeks, carrots and fennel, lightly sauté to light golden brown and vegetables are *just tender*.
5. Add Dijon mustard, mix. Mix in raspberry-walnut vinaigrette stirring to emulsify with mustard. Add a little of the cooking liquid alternately with the vinaigrette.
6. Add sugar, herbs and season with salt and pepper to taste. *Serve at room temp. to warm in temperature.*

DUCK CONFIT (PREVIOUS CLASS PREPARES FOR NEXT)

Ingredient	Amount
Duck legs	40 ea.
<u>Curing mix:</u>	
Salt	4 ozs.
Light brown sugar	½ cup
4 spice powder	2 Tbsp.
Juniper berries, powdered	1 tsp.
Thyme, rough chop	1 bu.
Garlic, rough chop	1 hd.
Black peppercorns, cracked	1/4 cup
Tinted curing mix(TCM)	2 tsp.

Method for curing:

1. Trim excess fat from duck legs. Combine all curing mix ingredients in a bowl.
2. Rub all duck legs with cure mixture, layer and stack in deep hotel pan, sprinkling any extra cure mix in-between the layers.
3. Place another hotel pan on top and press, refrigerate overnight.
4. Rinse duck legs well on next day, removing all cure mix from legs. Blot dry on paper-lined sheet tray.
5. Heat the rendered duck fat to a liquid state, immerse all duck legs in fat in braising pans or deep hotel pans, heat until beginning to simmer.
6. Cover tightly with aluminum foil and place in 350° oven.
7. Cook for 2 hours or until the duck meat is very tender but does not fall off bone.
8. Carefully remove duck legs from fat, cool both duck and fat. Pour cooled fat back over

METHOD AT SERVICE:

1. Toss lettuces with vinaigrette to coat, place around the inside perimeter of rim to make a wreath-like shape.
2. Place a serving spoonful of lentil scald in center of plate, place a warm thigh of duck on lentils, then lean a leg against the thigh (bone up).
3. Garnish the greens with lardons and walnuts.

SESAME SCALLOPS AND SHRIMP ON SPINACH-ARUGULA SALAD WITH PINEAPPLE-BALSAMIC VINAIGRETTE AND MACADAMIAS

Yield: 30 portions

Plate components: (Large dinner plate)

Sesame Scallops & Shrimp	Recipe follows
Pineapple-Balsamic Vinaigrette	Recipe follows
Spinach & Arugula, cleaned	
Bacon, sm. dice, rendered golden	2 lbs.
Macadamia nuts, toasted, cracked,	1lb.
Carrots, julienne,	1 lb.
Beets, julienne,	1 lb.
Pineapple brunoise,	2 ea.
Sesame seeds, toasted	½ cup
Tarragon, parsley, chopped	¼ cup

SESAME SCALLOPS AND SHRIMP

Ingredient	Amount
Sea Scallops, cleaned	5 lbs.
16/20 Shrimp, peeled, butterflied	5 lbs.
All-purpose flour mix	3 cups + ¼ cup Old Bay
Eggs, beaten smooth	12 eggs + ½ cup milk
Panko crumb mix	3 bgs. Panko
	½ cup sesame seeds

Method:

1. Clean muscles from scallops, rinse, drain well on toweling.
2. Peel, devein and butterfly shrimp. Pound shrimp lightly to flatten.
3. Bread all seafood using *standard breading procedure*.
4. At 12:15 begin frying seafood in fryer at 350°. Hold on towel lined tray.

SPINACH:

Spinach, triple washed, spun	1 bg.
Arugula, washed, spun	2 lbs.

PINEAPPLE-BALSAMIC VINAIGRETTE:

Shallots, minced	½ cup
Garlic, minced	2 Tbsp.
Dijon mustard	¼ cup
Pineapple juice, reduced to 1 pt.	½ cn.
Balsamic vinegar	½ btl.
Pineapple, fresh, chopped	½ ea.
Brown sugar	2 Tbsp.
Olive oil, extra virgin	1 ½ cup
Salt, .FG.B.P.	t.t.

Method:

1. Place first six ingredients in blender, puree together until smooth.
2. Blend in oil, season to taste.

JULIENNE CARROTS AND BEETS:

Horse carrots, peeled	1 ½ lb.
Beets, raw, peeled	1 ½ lb.

Method:

1. Julienne the carrots and beets using the mandoline.
2. Hold separately in cold water.

MACADAMIAS:

Ingredient	Amount
Macadamia nuts, toasted, cracked	1 lb.

Method:

1. Place macadamias on parchment lined half sheet tray. Place in 325° oven.
2. Toast to light golden color, cool. Chop coarsely.

PINEAPPLE BRUNOISE:

Pineapple, peeled, eyes removed	1 ea.
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Method:

1. Slice pineapple on slicer crosswise 1/8" thick. Remove cores with biscuit cutter.
2. Cut slices into brunoise.

SALAD ASSEMBLY (AT SERVICE):

Method:

1. Toss spinach and arugula in bowl with some bacon, pineapple, macadamias, julienne vegetables and sesame seeds.
2. Add enough dressing to coat, toss, season with salt and pepper.
3. Place in P.V.C. centered on plate in tall pile.
4. Toss additional carrots and beets in vinaigrette and place on top and around salad.
5. Surround salad with fried seafood, alternating scallops and shrimp (2 AND 2 EA.) Place one scallop on top of salad.
6. Drizzle some dressing around plate between seafood. Sprinkle some tarragon-parsley mix around seafood.

ROAST TURKEY COBB SALAD WITH BLUE CHEESE OR ITALIAN - HERB DRESSING

(Composed Salad Station)

Yield: 40 portions

Plate components: (Small soup plate)

Ingredient	Amount
Roast Turkey Breast	1 1/2 ea.
Hard cooked eggs, med. dice	36 ea.
Bacon, small. dice, rendered crispy golden	8 lb.
Tomato concasse, med. dice (no seeds)	18 ea.
Avocados, ripe, medium. dice	15 ea.
Blue cheese, crumbled	2 1/2 lbs.
Romaine, med. dice, cleaned, spun	18 heads
Italian parsley, large sprigs	40 ea.
Blue cheese dressing	1 recipe follows
Italian - herb dressing	1 recipe follows

ROAST TURKEY: (DAY BEFORE)

Turkey breast, boned, trussed, skin on	2 ea.
Salt F.G.B.P.	t.t.
Oil	to sear

Method

1. Bone, truss and season turkey breast (early on Day before)
2. Sear breast in oil on all sides achieving a nice golden brown.
3. Place on racked sheet tray, skin-side up, roast @ 350°F to internal of 160°F.
4. Cool, wrap, store on meat cart.
5. Day of service, Remove skin, cut med. dice, reserve for service.
6. Give the rest of the turkey to sandwich station to make extra sandwiches.

HARD COOKED EGGS

Eggs, large	30 ea.
Water	to cover by 2"
Salt	2 Tbsp.
White vinegar	2 fl. ozs.

Method

1. Place eggs in water in pot with all other ingredients. Bring to simmer, cook for 14-15 minutes. Check one egg for doneness, **SHOCK IMMEDIATELY TO THOROUGHLY COOL! PEEL IMMEDIATELY!** Store whole. Cut into med. dice day of service.

BLUE CHEESE DRESSING

Ingredient	Amount
Blue cheese	2 lb.
Basic mayonnaise	4 1/2 pt.
Sour cream	2 1/4 pt.
Buttermilk	27 fluid oz.
Lemon juice	4 1/2 Tbsp.
Worcestershire	3 1/4 fluid oz.
Garlic, minced	3 Tbsp.
Salt, F.G.B.P.	t.t.
Blue cheese, crumbled (garnish)	1 1/2 lb.

Method

1. Combine all ingredients; mix well with immersion stick, season to taste.
2. Add crumbled blue cheese, mix thoroughly. **Taste!**

ITALIAN - HERB DRESSING

Red wine vinegar	18 oz.
Shallots, minced	4 ea.
Garlic, minced	2 Tbsp.
Red pepper flakes	1/2 tsp.
Sugar	1 Tbsp.
Olive oil, pure	2 cup
Oil, salad	3 3/4 cup
Rstd. red pepper, brunoise(or pimento)	1/2 cup (2 peppers)
Basil, chopped	2 Tbsp.
Oregano. chopped	2 Tbsp.

Ital. parsley, chopped
Salt, F.G.B.P.

2 Tbsp.
t.t.

Method

1. Whisk red vinegar, shallots, garlic, pepper flakes and sugar together, dissolve sugar.
2. Whisk in oils gradually.
3. Add red pepper brunoise, herbs, and seasoning to taste. Mix.

*****Pre-pour dressings in 4 oz. plastic soufflé cups on half sheet tray - Place out front at service (15 of each to start).**

PORK SATAY WITH SOBA NOODLE AND MEE GROB SALADS, PEANUT SAUCE (SALAD STATION)

Yield: 40 salads

Plate components: (Large Soup Bowl)

Pork Satay	80 ea.
Peanut sauce	1 recipe follows
Soba Noodle Salad	1 recipe follows
Mee Grob	1 recipe follows
Chopsticks	1 set per plate
Green onions, sliced thinly on bias	2 bu.
Leaf lettuce underliners	40 ea.

PORK SATAY

40 Portions (2 pieces each portion)

Ingredient	Amount
Pork tenderloin	6 ea.
cut on long bias 1/8-inch thick	80 slices
 Marinade (Day before)	
Sesame oil	1 oz.
Lemon grass, minced	2 Tbsp.
Thai sweet chili sauce	½ cup
Curry powder	1 Tbsp.
Soy sauce	1 ½ cup
Fish sauce	2 Tbsp.
Chicken stock	1 ½ cup
Bamboo Skewers, 6-inch, soak in hot water for 1 hour	80 ea.

Method

1. Combine ingredients for the marinade, Heat to simmer 2 mins. Cool. Mix with pork slices, marinate the same day that it's needed.
2. Thread pork on skewers day of service.
3. Boil any left over marinade and use as a glaze for a garnish for the plate.

COCONUT-PEANUT SAUCE: (DAY BEFORE)

Sesame oil	2 oz.
Ginger, minced	2 Tbsp.
Soy sauce	1/2 cup
Thai garlic-chili sauce	2/3 cup
Coconut milk	4 cns. (14 oz.)
Chicken stock	4 cups
Peanut butter, smooth	2 cups
Cornstarch slurry	as needed
Salt/Black pepper	

Method:

1. Sweat ginger in sesame oil until aromatic.
2. Add soy, garlic-chili sauce, coconut milk and chicken stock, simmer gently 5 mins.
3. Whisk in peanut butter, simmer 1 min.
4. Thicken with slurry to heavy nappé'. Cool.
5. Reheat over waterbath until loosened up, then bring to light simmer over direct heat. Pour into 2 oz. soufflé cups.

BUCKWHEAT NOODLE SALAD

Ingredient	Amount
Buckwheat noodles	5 pks.
Peanut oil to coat noodles	¼ Cup
Shiitake mushrooms, sautéed	1 ½ lb.
Peanut oil to sauté shiitakes	¼ Cup
Ground black pepper	t.t.
Soy sauce	¼ Cup
Bean sprouts, washed	1 lb.
Carrots, fine julienne, blanched	4 ea.
Snow peas, blanched, julienne	½ lb.
Scallions, split and cut on bias 1/4"	1 bu.
Tahini-Soy Dressing	1 recipe follows
Black and white sesame seeds	¼ Cup ea.

Method

1. Boil the buckwheat noodles until they are al dente. This will only take a minute or two. Pour in a colander and allow to drain. Toss the noodles with peanut oil to prevent them from sticking. Spread out on sheet trays to cool. DO NOT SHOCK!
2. Sauté the sliced shiitake mushrooms in the peanut oil until they are fully cooked. Add the soy sauce with some black pepper to season. Chill and reserve.
3. Prep the beans sprouts, horse carrots, peapods, scallions and Tahini-Soy Dressing as directed and reserve.
4. Roast the black and white sesame seeds together in a 350°F oven until the white sesame seeds are light golden brown. Chill salad and reserve for pick-up. Store sesame seeds at room temperature.

TAHINI-SOY DRESSING

Soy sauce	4 oz.
Sherry vinegar	3 oz.
Very finely minced ginger	1 Tbsp.
Very finely minced shallots	2 ea.
Light brown sugar	¼ Cup
Tahini paste	½ Cup
Garlic-chili sauce	1 Tbsp.
Olive oil (not extra-virgin)	.75 Cups
Sesame oil	1 tsp.
Limes, juiced	2 ea.
Salt	t.t.

Method for the Tahini-Soy Dressing

1. Combine all the ingredients and mix well. Check seasonings and store chilled.

PICK-UP AND ASSEMBLY OF THE BUCKWHEAT NOODLE SALAD

1. Toss noodles, shiitakes, bean sprouts, carrots, snow peas, scallions, and enough tahini dressing to coat, in a stainless mixing bowl. TASTE!
2. Place a rounded pile into a lettuce leaf, garnish top with toasted sesame seeds. Hold for service.
3. Grill satay just before service, serve with peanut sauce. (2 per plate)

MEE GROB

Components:

Rice stick, fried	1 pkg.
Pork scraps(from satay), julienne, seared	all
Thai garlic chili sauce	1 btl.
Bean sprouts	1 lb.
Peanuts, toasted, chopped	½ lb.
Tofu, fried, sm. dice	2 pkgs.
Cilantro, chopped	2 bu.

RICE STICK (DAY BEFORE)

Ingredient	Amount
Rice stick noodles	1 pkg.

Oil, frymax

1 gal.

Method

1. Break rice stick into 6-8" pieces, separate from each other.
2. Drop into 400°F frymax (in rondeaux) in small batches. Rice stick will puff immediately if hot enough. Fry to very slightly golden, drain on paper toweling.
3. Reserve for service.

Method for Mee Grob (Day or service)

1. Toss rice stick and all dry garnishes together in a bowl.
2. Just prior to serving, toss sweet garlic chili sauce on rice stick to barley coat.
3. Plate in pile next to soba noodle salad.

GREEK SALAD WITH GRILLED LAMB SOUVLAKI (SALAD STATION)

Yield: 40 portions

Plate Components: (Large Soup Bowl)

Greek Salad	1 recipe follows
Red Wine Vinaigrette	1 qt.
Lamb Souvlaki (kebabs)	40 ea.
Mint, Parley, oregano, chopped coarse	½ cup
Pita triangles	2 ea.

GREEK SALAD

Ingredient	Amount
Romaine lettuce, cleaned	3 pkgs.
Spinach, triple washed	1 bg.
Red onions, sliced	2 lbs.
Sweet Grape tomatoes, halved	3 pts.
Euro cucumbers, halved, sliced	3 ea.
Dry Greek olives	2 bgs.
Feta cheese	2 lbs.

RED WINE VINAIGRETTE

Red wine vinegar	18 oz.
Shallots, minced	4 ea.
Garlic, minced	2 Tbsp.
Red pepper flakes	1/2 tsp.
Sugar	1 Tbsp.
Olive oil, pure	2 cup
Oil, salad	3 3/4 cup
Rstd. red pepper, brunoise	8 ea.
Basil, chopped	2 Tbsp.
Oregano, chopped	2 Tbsp.
Ital. parsley, chopped	2 Tbsp.
Salt, F.G.B.P.	t.t.

Method

1. Whisk red vinegar, shallots, garlic, pepper flakes and sugar together, dissolve sugar.
2. Whisk in oils gradually.
3. Add red pepper brunoise, herbs, and seasoning to taste. Mix.

LAMB SOUVLAKI (KEBABS) DAY BEFORE

Ingredient	Amount
Lamb legs, cubed (1 ½")	3 legs
Oil, olive, x.v.	¾ cup
Lemon zest, grated	3 lemons
Onions, small dice	1 lb.
Garlic, minced	½ hd.
White wine	1.5 cup
Lemon juice	8 lemons
Black peppercorns, cracked	1 Tbsp.
Oregano, chopped	½ bu.
Mint, chopped	2 branch

Method

1. Sweat onions and garlic in olive oil.
2. Add white wine, reduce by 1/3.
3. Add remaining ingredients, bring to simmer, remove from heat
4. Cool THOROUGHLY, pour over and mix well with raw lamb cubes. Marinate overnight.
5. **Day of service:** Skewer lamb onto soaked skewers (4 -5 ozs.)
6. Grill seasoned kebabs at 12:15 to medium rare. Hold in hotel pan.

Method at service:

1. Toss some salad greens and some of each garnish in a bowl with enough dressing to coat. Plate in center of soup bowl.
2. Heat lamb and place 1 skewer on each salad, sprinkle with herbs.
3. Garnish with pita triangles.

**SEARED SALMON ON BABY GREENS
WITH SLICED POTATOES, GREEN OLIVES, ARTICHOKEs,
BACON AND CREAMY MUSTARD-HERB DRESSING
(SALAD STATION)**

Yield: 30 salads

Plate components: (Large Soup Bowl)

Salad Greens	1 recipe below
Salmon escalopes, 4 oz.	30 ea.
Bacon, sm. dice, rendered	2 lbs.
Green Olives, quartered	1 lb.
Artichokes, cooked, 6ths	20 ea.
New potatoes, cooked	50 ea.
Pimentos, julienne	1 cn.
Chives, minced	2 bu.
Fried Leeks	2 bu.

SALAD GREENS:

Ingredients:	Amount
Oriental mixed greens	1 ½ case
Frisee	4 heads

DRESSING:

Garlic, minced	8 cloves
Shallots, minced	5 ea.
Egg yolks, Frozen	14 fl. Ozs.
Malt vinegar	12 ozs.
Anchovy paste	4 tsp.
Dijon mustard	6 Tbsp.
Creole mustard	6 Tbsp.
Olive oil, pure	32 ozs.
Salad oil	24 ozs.
Mustard oil	t.t.
Chicken stock	as needed
Thyme, fresh, chopped	1 Tbsp.
Marjoram, fresh, chopped	1 Tbsp.

Parsley, fresh, chopped	1 Tbsp.
Salt, F.G.B.P., worch., sugar	t.t.

Method:

1. Mix the first seven ingredients and whisk together.
2. Slowly whisk in the oils to thicken the dressing.
3. Add enough stock to achieve a heavy nappe.
4. Add herbs and seasonings to taste.

POTATOES:

B Bliss potatoes, large	50 ea.
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Method:

1. Boil the potatoes in salt water until just tender. Let cool.
2. Slice, skin on, into 1/8 " slices, keeping them in consecutive order.

BACON:

Bacon, sm. dice	2 lb.
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Method:

1. Render bacon slowly to achieve a deep golden brown. Drain, reserve.

FRIED LEEKS

Leeks, fine julienne, 2"	3 bu.
Salad oil	1 ½ qt.
Salt	t.t.

Method

1. Rinse leek julienne well. Dry on paper towel.
2. Heat oil to 300° in deep saucepan.
3. Fry leeks in batches until bubbling almost stops and leeks are golden. Drain on paper towel. Season with salt.

GARLIC CRISPS:

C.I.A. french bread	1 loaf
Extra virgin olive oil infused w/ garlic	4 ozs.

Method:

1. Slice the french bread while frozen into thin bias slices. Arrange on parchment paper on a sheet tray and let sit at room temp. until they curl slightly.

2. Spray with seasoned garlic oil and bake in 350 oven until nice golden brown.
3. Reserve for service.

ARTICHOKES

Ingredient	Amount
Artichokes	20 ea.
Lemons	6 ea.
Water	to cover by 4"

Method

1. Trim artichoke leaves from outside, exposing the light yellow color. (Chef will demo).
2. Peel down stem, removing green parts. Rub with lemon immediately.
3. Squeeze the juice of 4 lemons into the water, place trimmed artichokes in lemon water.
4. Simmer artichokes in this water until they are just barely tender in the center. Remove from heat. Allow to cool in liquid.
5. Remove chokes (centers) and cut each artichoke into sixths (wedges).
6. Marinate with mustard vinaigrette.

METHOD AT SERVICE:

1. Toss greens in dressing with some bacon, olives and pimentos.
2. Place 9 ea. slices of potato around right rim of bowl. Place salad greens in the center of the plate in a concise pile next to potato border.
3. Place on 2 ea. crisps evenly spaced.
4. Place 4 ea. artichoke wedges to the left of the salad, evenly spaced.
5. Sear salmon at 12:00 golden, place one escalope on top of each salad. Place leeks on center of salmon. Sprinkle with more bacon and chives

CHOPHOUSE SALAD WITH GRILLED FLANK STEAK, BLUE CHEESE AND SPICY CUCUMBER - RANCH DRESSING (SALAD STATION)

Yield: 30 Salads

Plate components: (Large soup bowl)

Hydro Boston lettuce, cleaned, spun	15 hds.
Chopped salad garnish	1 recipe follows
Spicy Cucumber-Ranch dressing	1 recipe follows
Flank steaks, marinated, grilled	4 ea.
Caperberries, halved	60 ea.
Blue cheese, crumbled	3 lbs.
Sweet grape tomatoes, halved	3 pts.
Croutons, Pullman, med. dice	1 loaf
Dill, tarragon, parley garnish	½ cup

HYDRO BOSTON LETTUCE

Ingredient	Amount
Hydro Boston lettuce	15 hds.

Method

1. Cut core off bottoms of heads. Separate leaves gently.
2. Gently wash in sink full of cold water, spin dry.
3. Hold in hotel pan or Lexan covered with damp paper towels.

CHOPPED SALAD GARNISH

Radishes, small dice	2 bags
Euro cucumber, med. dice	2 ea.
Red peppers, sm. dice	4 ea.
Red onion, sm. dice, rinsed	2 ea.
Celery, med. dice	5 stalks
Jicama, peeled, med. dice	1 med.
Haricot verts, blanched, cut ¼"	1 ½ lbs. (*asparagus if in season)

Method

1. Mix all ingredients together. Hold for service to garnish salads.

SPICY CUCUMBER - RANCH DRESSING:

Ingredient	Amount
Mayonniase	2 qt.
Yogurt, plain	2 qt.
Euro cucumber, pled, sded, pureed	2 ea.
Garlic, minced	12 cloves
Shallots, minced, rinsed	1 cup
Dijon Mustard	4 fl. oz.
Lemon juice	4 fl. oz.
White wine vinegar	8 ozs.
Dill, chopped	½ bu.
Tarragon, fresh, chopped	1 bu.
Cilantro, fresh, chopped	½ bu.
Parsley, fresh, chopped	¼ cup
Salt, F.G.B.P., Sriracha chili sauce	t.t.

Method

1. Puree cucumbers in food processor. Strain and **reserve** juice.
2. Mix rest of ingredients together with cucumber puree. Thin with cucumber juice as necessary to achieve nice consistency dressing.
3. Season to taste with Sriracha chili sauce, salt and black pepper. **(NOT TOO SPICY!)**
Pour into 4 oz. soufflé cups.

FLANK STEAKS (DAY BEFORE)

Ingredient	Amount
Flank steaks	4 ea.
Pure olive oil	¾ Cup
Thyme, sprigs	½ bu
Garlic cloves, sliced	10 cloves
Crushed red pepper	½ Tbsp.
Bay leaves	5 ea.
Pepper, coarse	1 Tbsp.

Method

1. Trim flanks of silver skin and excess fat.
2. Rub with oil and seasonings on all sides. Marinate overnight.
3. **Day of service:** At 10:00 a.m. scrape marinade ingredients off of flanks. Heat grill, swab with salad oil, Season, mark flank steaks on both sides (crosshatch).
4. Place on rack on sheet tray, roast in 350° oven to **Medium Rare. Cool.**

5. Slice thinly against the grain, serve on salads **cold**.

PLATING OF SALAD

1. Place largest leaves in the bottoms of each bowl, greenest side up, shingling them to cover entire base.
2. Sprinkle with some chopped salad garnish and croutons.
3. Shingle slightly smaller leaves 1" in from rim the first layer, sprinkle with garnishes again.
4. Repeat with slightly smaller leaves, garnish again.
5. Place 6-7 slices of the flank steak in the nooks and crannies between lettuces, keeping them curved and visible.
6. Place tomatoes and caper berries around sporadically.
7. Sprinkle with more croutons, blue cheese and herbs.
8. Place 1 souffle cup of dressing near rim of bowl in salad greens. Serve.

ROASTED VEGETABLE AND GOAT CHEESE STRUDEL ON BUTTERNUT SQUASH SAUCE WITH SNOW PEAS AND SHIITAKE MUSHROOMS (VEGETARIAN STATION)

Yield: 32 portions (8 rolls)

Plate components: (12" Plate)

Root Vegetable Strudels	8 rolls
Butternut squash sauce	1 ½ qts.
Snow peas, buttered	4 lbs.
Shiitake Mushrooms, quartered	3 lbs.
Thyme, chives, sage, parsley, chopped	½ cup

ROOT VEGETABLE FILLING

Ingredient	Amount
Olive oil, pure	1 ½ cup
White turnips, large dice	2 lb.
Yellow turnips (Rutebega), large dice	2 lb.
Carrots, cello, oblique	2 lb.
Parsnip, oblique	2 lb.
Celery root, large dice	2 lb.
Potatoes, bliss, skin on, large dice	2 lb.
Olive oil, pure	½ cup
Red onion, minced	12 ozs.
Garlic, minced	4 Tbsp.
Green cabbage, sm. dice	1 lb.
Fresh thyme, chives, parsley, chopped fine	1 tsp. ea.
Goat cheese, soft	2 logs.
Salt, F.G.B.P.	t.t.

Method:

1. Heat oil in roasting pan in 400° oven until it begins to smoke lightly.
2. Add all root vegetables (except potatoes), in oil, mix, put back in oven, roast until golden and tender, mixing occasionally. Reserve.
3. Heat 2nd olive oil, add next three ingredients, sweat them and stir well.
4. Add root vegetables (from above), and herbs; cook two mins. Cool. Crumble goat

- cheese, fold into root vegetables. Add bread crumbs to bind if necessary.
- Pack mixture into 1 1/3 full, 2" hotel pans. Score mixture into 8 equal portions lengthwise down the hotel pans. Chef will demo rolling of strudel logs (Make 8 each). Score tops with knife into four(4) portions each.

Root vegetable strudel cont:

- Brush logs with butter, place on parchment on double sheet trays.
- Bake @400° in convection oven for 15-20 mins. or until deep golden brown. Remove. Rest in warm area 10 mins.
- Cut strudels with serrated knife ON SHEET TRAY. Do not try to transfer them to cutting board!

BUTTERNUT SQUASH SAUCE

Ingredient	Amount
Oil, olive	4 ozs.
Shallots, minced	1/4 cup
Garlic, minced	2 Tbsp.
Butternut squash, peeled, rough chopped	1 ea.
White wine	1 1/2 cups
White peppercorns, crushed	1 tsp.
Bay leaf	2 ea.
Crushed red pepper flakes	1/8 tsp.
Fresh sage	1 branch
Vegetable stock	2 qt.
Cornstarch slurry	if needed
Salt, F.G.W.P.	t.t.

Method:

- Sweat shallots, garlic and squash in oil until aromatic.
- Add wine, pepper, bay and herbs and reduce by 2/3.
- Add stock, simmer ten mins. or until squash is very tender.
- Puree in blender to smooth consistency. Strain, thicken with cornstarch slurry if necessary. Season to taste.

SNOW PEAS

Snow peas, strings pulled	3 ½ lbs.
Butter, unsalted	8 ozs.
Salt, F.G.B.P.	

Method

- Blanch cleaned snow peas in boiling salted water until they are just SLIGHTLY crispy.

Shock.

2. Add service, reheat snow peas in boiling water in basket, drain, toss with butter in warm bowl with salt and pepper.

SHIITAKE MUSHROOMS

Olive oil, pure	4 ozs.
Shallots, minced	½ cup
Shiitake, quartered	3 lbs.
Salt, F.G.B.P.	t.t.

Method

1. Sweat shallots in oil until translucent.
2. Add mushrooms, sauté until tender, season with salt and pepper.

METHOD AT SERVICE

1. Coat the bottom of plate with butternut squash sauce.
2. Place a portion of strudel on plate towards 12:00 position.
3. Reheat snow peas in water, toss in butter, season, plate in a fan to front right of strudel.
4. Sauté shiitakes as directed, season, place to left of snow peas.
5. Sprinkle plate with herbs.

SHRIMP SALAD PITA POCKETS WITH PASTA SALAD AND PICKLE SPEARS (SANDWICH STATION)

Yield: 60 portions

Plate components: (Large plate)

Shrimp salad	1 recipe follows
Pita bread, cut in half (pockets)	60 ea.
Pasta salad	1 recipe follows
Lettuce leaves, to line pitas	120 leaves
Pickle spears	120 spears

SHRIMP SALAD (DAY BEFORE)

Ingredient	Amount
Titi Shrimp, cooked, drained well	3 bgs. (15 lbs.)
Onions, sm. dice	1 1/2 lb.
Celery, peeled, sm. dice	3/4 bu.
Hard cooked eggs, chopped	30 ea.
Shrimp glace, if available	t.t.
Mayonnaise	1 1/2 qt. (or to bind)
Dill, Parsley, chopped	1/4 cup
Salt, F.G.B.P, Old Bay	t.t.

HARD COOKED EGGS (DAY BEFORE)

Eggs, large	30 ea.
Water	to cover by 2"
Salt	2 Tbsp.
White vinegar	2 fl. oz.

Method for hard cooked eggs

1. Place eggs in water in pot with all other ingredients. Bring to simmer, cook for 14-15 minutes. Check one egg for doneness, SHOCK IMMEDIATELY TO THOROUGHLY COOL! PEEL IMMEDIATELY! Store whole. Cut into med. dice day of service.

Method for shrimp salad

1. Mix all ingredients together well, season to taste.

PASTA SALAD: (DAY BEFORE)

Ingredient	Amount
Farfalle pasta	4 lbs.
Broccoli florets, blanched	2 bu.
Cauliflower florets, blanched	1 hd.
Carrots, grated	1 lb.
Celery, bias cut	5 stalks
Black olives, quartered	1 can (#303)
Red peppers, sm. dice	2 ea.
Red onions, sm. dice	2 ea.
Pinenuts, toasted	1 cup
Salt, F.G.B.P.	t.t.
Basil, chopped	1 bu.
Parsley, chopped fine	3 Tbsp.
Chives, minced	1 bu.
Lemon-Garlic Vinaigrette, (2x recipe)	<i>Pro Chef, pg. 783</i>

Method:

1. Cook farfalle in salted boiling water until al dente. Strain well, toss in olive oil while hot to coat. DO NOT SHOCK!!!
2. Mix in all other ingredients. Coat with dressing (see chef), season to taste. (Add herbs day of service.)

CHILES RELLEÑOS

(Vegetarian Station)

(12" plate warmed in plate warmer)

Yield: 25 portions

FILLING (MADE THE DAY BEFORE)

Ingredient	Amount
Zucchini	1 1/2 lbs.
Red Pepper	1 1/2 lbs.
Green Pepper	1 1/2 lbs.
Pablano Peppers	2 lbs.
Spanish Onions	2 1/2 lbs.
Garlic (minced)	5 gloves
Tomato Concasse	3 1/2 lbs.
Olive Oil	2 oz.
Cheese Curd (cubed)	1 1/2 lbs.
Monterey Jack Cheese (cubed)	2 lbs.
 SPICE BLEND	
Black Peppercorns	1 Tbsp.
Whole Cloves	17 each
Cinnamon stick	1 3" piece
Dried Apples	1/2 cup
Almonds	1/2 cup
Salt	as needed

Method

1. Toast all spices, grind and reserve.
2. Cut all filling vegetables small dice except the garlic. Heat the olive oil to smoking hot and sauté the onions until soft with little color.
3. Add all of the peppers, continue cooking 5 minutes. Add the garlic cook 1 minute more.
4. Add the tomato concasse and cook over high heat to evaporate any excess moisture. At this point the mixture should be dry.
5. Remove the mixture from the heat and put into a shallow pan to cool.

6. When cooled add the cubed cheeses. Reserve this MIXTURE AND KEEP REFRIGERATED.

TOMATO BROTH (MADE THE DAY BEFORE)

Ingredient	Amount
Tomato Concasse (reserve seeds)	3 1/2 lbs.
Spanish onion (diced)	1 LBS.
Garlic (minced)	1/2 bulb
Olive Oil	3 oz.
Sachet of	
Cloves, garlic	10 each
peppercorns	20 each
bayleaves	7 each
cinnamon	2 sticks
fresh thyme	3 sprigs
Vegetable Broth	3/4 gals.

Method

1. Wring the seeds through cheese cloth and save the juice, discard the seeds.
2. Puree the tomato concasse, along with the reserved juice, onions and garlic until smooth.
3. Heat the olive oil in a large skillet and FRY the tomato puree on HIGH HEAT for 3 - 5 minutes stirring constantly to avoid scorching.
4. Add remaining ingredients bring to a simmer and cook for 5 minutes. (continuing to stir)
5. Remove the sachet bag and adjust the seasoning. Hold the finished broth in a water bath for service.

*** Lié with arrowroot as needed to stabilize it from separating.

CHILES

Ingredient	Amount
Pablano Peppers	25 each

Method

1. Blister the WHOLE peppers over a flame then seal in a bowl covered with saran to allow the steam to loosen the skins.
2. Peel the peppers keeping them whole then CAREFULLY slit the side of each pepper and remove the ribs and seeds.
3. Carefully stuff each Chile with the vegetable and cheese filling. This may be done 2 hours ahead of time.
4. Make the Batter.
5. Heat 1 1/2" of peanut oil in the large Griswold to the smoke point.
6. Just before frying begins, while the oil is heating, dust the peppers with flour.
7. Dip each pepper into the batter then carefully place in the hot oil and fry to a golden brown then drain on paper towel. Hole the fried chilies on a rack in the warmer.

START FRYING THE PEPPERS BY 12:10!

BATTER (FOR CHILES)

Ingredient	Amount
Eggs (separated)	20 each
Salt	3/4 tsp.
Flour (For dusting peppers)	2 cups
Peanut Oil	as needed for frying

Method

1. Beat egg whites in the mixer with whip attachment, to a stiff peak but not Dry.
2. Add salt then the yolks one at a time beating well after each addition until all are incorporated.
3. Batter is now ready for use.

RICE PILAF (mise en place the day befor)

Ingredient	Amount
Carolina Rice	5 lbs.
Onion (minced)	8 oz.
Butter	3 oz.
Vegetable Stock or water	5 qts.
Salt	3 tbsp.

Method

1. Make in the style of pilaf.

BLACK BEANS (prep the day before)

Ingredient	Amount
Black beans	2 lbs.
Epizote	2 large sprig
Spanish Onion	2 large
Vegetable Stock	2 gal.
Salt	4 tbsp.

Method

1. Pick over the beans, then soak over night in cold water.
2. Drain the beans and put them into a pot. Add the stock and bring to a boil.
3. Peel the onion and cut into quarters(leaving the core attached so the onion doesn't fall apart) add it to the beans.
4. Add the Epizote and simmer the beans until tender.
5. Season as needed with salt and some pepper. Drain off excess liquid and reserve the beans in a hot water bath until service.

PLATE GARNISH

Ingredient	Amount
Chive stems	2 per plate
Cilantro leaves	5 per plate
Sour cream	2 pts.

ASSEMBLY

The plate will consist of a large soup plate with a molded mound of RICE in the center with 2 CHIVE stems stuck in upright, a pool of TOMATO BROTH around it, a fried stuffed CHILE Pablano propped up against the rice, BLACK BEANS sprinkled into the broth, a dollop of sour cream on top of the chile and a few CILANTRO leaves scattered

over all.

CURRY CHICKEN WRAP WITH SPICY PINEAPPLE RELISH, THREE GRAIN SALAD AND FRIED TOSTONAS

Yeild 50 Ea.

Plate Conponenes 12" plates 50 ea.

Curry Chicken Wraps	50	ea.
Three Grain Salad	1	recipe
Lemon Vinaigrette	1	recipe
Spicy Pineapple Relish	1	recipe
Radicchio Cups	50	ea.

Curry Chicken Salad (make the day before)

Ingredients	Amount
Chicken breast, boneless, skinless	42 ea.
BBQ Spice blend	2 cup
Olive oil	1 cup
Yogurt	2 qt.
Mayonnaise	2 cups
Almonds, toasted	5 oz.
Cashews, toasted	8 oz.
Raisins, golden, plumped	8 oz.
Curry powder, toasted	4 tbl
Cayenne pepper	4 tbl
Salt	to taste
F.G.B.P	to taste

Method:

1. Clean and trim chicken breasts
2. Rub all chicken with olive oil and spice blend let marinade over night.
3. Mix yogurt and mayonnaise in mixing bowl and add the toasted curry.
4. Season yogurt mix with the cayenne pepper, salt and black pepper.
5. Plump raisins in hot water for five min. until tender.
6. Drain the raisins add to the yogurt mix.
7. Toast the almonds and cashews in a 350°f oven for 8-10 min.
8. The day of service add the nuts to the yogurt mixture.
9. The day of service mark the chicken on the grill and put on sheet trays to be finished in a 350°f oven with 10% humidity for 20 to 30 minutes.
10. After chicken is cooked and cooled cut into bite size pieces to be mixed with the yogurt mixture.

Spicy Pineapples Relish (make the day before)

Ingredients	Amount
Pineapple, small dice	1.5 ea.
Red peppers, small dice	2 ea.
Red onions, small dice	2 ea.
Jalapenos, small dice	7 ea.
Cilantro	1 bn
Rice wine vinegar	4 tbl
Oranges, juiced	2 ea.
Lemons, juiced	1 ea.

Method:

- 1.Small dice everything, mix together and let rest over night.

Three Grain Salad

Ingredients	Amount
Basmati rice, cooked	3/4 qt.
Quinoa	3/4 qt.
Wheat berries, soaked over night	3/4 qt.
Scallions, sliced thin	1 bu.
Red onions, small dice	1 ea.
Parsley	1/4 bu

Method:

- 1.Soak wheat berries the night before in cold water in the reach-in.
- 2.Day of service cook the wheat berries in water until tender
- 3.cook the rice and the quinoa separately in boiling water until tender and sock in cold water

4. Toss the grain together and season with salt, pepper and the lemon vinaigrette

Lemon Vinaigrette

Ingredients	Amount
Lemons, zest and juiced	2 ea.
Garlic	1 ½ tbl
Shallots	2 ea.
Olive oil	1 1/2 cups

Method:

1. Sweat the garlic and the shallots in oil until tender
2. Mix all ingredients together and season with salt and pepper.
3. Check the balance and adjust if needed.

Toastonas

Ingredients	Amount
Plantains Bananas	25 ea.
Water	1 gal
Salt	1 cup

1. Peel and cut the plantains into $\frac{3}{4}$ inch pieces.
2. Soak the plantains in the salt and water for 10 to 15 minutes.
3. Fry the plantains in a 300 degree fryer or pot until soft, but no color.
4. Once they are done take something that is flat and flatten the plantains into a thin chip shape and consistence.
5. Once all are flattened re-fry the plantains at 350 degrees until golden brown. Salt the tastonas immediately after coming out of the fryer.

LEEK PIE WITH ROMESCO SAUCE, GRILLED BELGIAN ENDIVE AND VEGETABLE MEDLEY (VEGETARIAN STATION)

Yield: 30 portions

Plate components: 10" plate

Ingredient	Amount
Leek pies	5 ea.
Romesco Sauce	1 recipe follows
Grilled Belgian Endive	1 recipe follows
Vegetable Medley	1 recipe follows
Basil, oregano, parsley, chopped	¾ Cup

LEEK PIES

Dough - (Day before)

Ingredient	Amount
Flour, all purpose, chilled	4 ½ lb.
Butter, unsalted, med. dice	3 lb.
Salt	1 ½ oz.
Water, cold	1 ½ lb.

Method

1. Add butter dice to flour and salt, break by hand into slightly smaller pieces.
2. Add cold water, mix to **BARELY** incorporate. *You should see visible chunks of butter in dough.
3. Wrap, refrigerate.
4. Day of service, roll dough out to 1/16" thickness, line aluminum pie tins with dough (as for apple pie).
5. Roll out five lids (as for apple pie).

Leek Filling

Butter, unsalted	7 1/2	oz.
Leeks, light green and whites, sliced	2 1/2	bu.
Onions, sliced	1 1/4	lbs.
Garlic, minced	1 1/2	Tbsp.
Heavy cream	2 2/5	Cups
Eggs, whole	8	ea.
Egg yolks	5	ea.
Salt, F.G.B.P.		t.t.
Nutmeg, ground		pinch
Glaze:		
Eggs	1	
Milk	1/2	cup

Method for Leek Filling

1. Day before, sweat leeks, onions and garlic in butter until softened and aromatic. Cool to room temp.
2. Day of service, whisk eggs with cream, mix into leeks thoroughly, add seasonings.
3. Pour leek mixture into lined pie tins, brush eggwash glaze on edges.
4. Place dough lids on pies, trim edges, seal top and bottom doughs together and crimp edges.
5. Brush tops lightly with glaze. Roll extra dough thin, poke holes in it with fork.
6. Cut out 30 decorations, place top of pies, eggwash them also lightly.
7. Bake pies at 375°F in convection oven until golden, remove and place in regular oven at 350°F until a toothpick poked into center comes out clean. Let rest 10-15 minutes. in warm area.
8. Cut each pie into six (6) even wedges.

HAZELNUT ROMESCO SAUCE: (DAY BEFORE)

Ancho chilis	2 ea.
Roasted red peppers, pld.,sded, chopped	2 ea.
Olive oil, ex. virg.	¾ cup
Garlic, minced	3 cl.
Red wine vinegar	¼ cup
Spanish paprika	1 ½ Tbsp.
Cayenne pepper	¼ tsp.
Tomato paste	1 oz.
Hazelnuts, pld. toasted, ground	¼ lb.
Salt, F.G.B.P.	t.t.

Method:

1. Put the ancho chilis in a small saucepan, cover with water, bring to boil. Remove from heat , steep 20 mins. Remove stems and seeds.
2. Place chilis and remaining ingredients into a **BLENDER**, and puree to smooth consistency. Add water if necessary in blender. Season totaste.

GRILLED BELGIAN ENDIVE

Ingredient	Amount
Belgian endive	15 heads
Lemon juice	1 ea. lemon
Water, salted	½ gal.

Method

1. Peel down endive to form smaller, uniform heads.
2. Simmer endive in salted water with lemon juice added until **tender**. Drain, reserve.
3. Prior to service, dry, season, and grill endive creating a lattice design on each head.
4. Cut each endive head in half LENGTHWISE, marinate in lemon vinaigrette.(Below)

LEMON VINAIGRETTE

Ingredient	Amount
Lemons, juiced	4 ea.
Shallots, minced	2 ea.
Garlic, minced	3 clove
Sugar	1 Tbsp.
Olive oil, extra virgin	1 ¼ Cups
Salt, F.G.B.P.	t.t.
Basil, chopped	½ bu.

Method

1. Whisk shallots, garlic, lemon juice and sugar together.
2. Slowly whisk in oil.
3. Season to taste with salt, pepper, pres. lemon and basil.

VEGETABLE MEDLEY

Ingredient	Amount
Carrots, peeled, cut (see chef), blanch	2 ½ lb.
Zucchini, washed, cut (see chef)	2 ½ lb.
Yellow squash, washed, cut (see chef)	2 ½ lb.
Shallots, minced	½ Cup
Salt, F.G.B.P.	t.t.

Method

1. Reheat vegetables in a basket in hot water.
2. Sweat shallots in butter, drain vegetables, toss in butter, season to taste

METHOD AT PICK UP

1. Sauce bottom half of plate with Romesco sauce using squirt bottle.
2. Place a wedge of pie on sauce, place a pile of vegetable medley next to pie.
3. Place ½ endive between pie and vegetables. Sprinkle with herb mixture.

FRIED CATFISH SANDWICH WITH COLESLAW, HUSH PUPPIES AND REMOULADE SAUCE (SANDWICH STATION)

Yield: 50 portions

Plate Components: 10" plate

Ingredient	Amount
Catfish, 3 oz. portions	50 ea.
Coleslaw	1 recipe follows
Hush puppies	1 recipe follows
Buns from bakeshop	50 ea.
Remoulade Sauce (<i>New Pro Chef</i> , pg. 915)	1.5 Recipe
Breading Mise en Place	
Buttermilk	2 quarts
A-P flour	2 ½ lb.
Old Bay Seasoning Mix	½ Cup
Dry mustard	¼ Cup
Cayenne pepper	1 tsp.
Salt	1/8 Cup
Parsley, chopped	½ Cup
Peanut oil to pan fry	1 gallon
Red leaf lettuce, washed, underliner	50 leaves
10" plates, room temperature	50 ea.

MISE EN PLACE

1. Portion the fish, following a demo from the chef. Prepare the Remoulade Sauce and reserve. Soak the fish in buttermilk at 10:00.
2. Prepare the Hush puppies and Coleslaw as directed and reserve for service.
3. Split the buns in half along the "equator" and toast them lightly.
4. Combine all the ingredients for the breading.
5. Drain, flour and pan fry the fish just before service - 11:45 A.M. **Make sure they are cooked through and hot when served!!!**

COLE SLAW (DAY BEFORE)

Ingredient	Amount
Green cabbage, cored, chiffonade very fine , slicer	10 lb.
Red peppers, very fine julienne	3 ea.
Yellow pepper, very fine julienne	3 ea.
Carrot, very fine julienne	3 ea.
Red onions, minced	3 ea.

Dressing	
Sour cream	1 pint
Mayonnaise	1 pint
Cider vinegar	½ Cup
Dry mustard	3 Tbsp.
Gulden's mustard	2 Tbsp.
Canned horseradish	4 Tbsp.
Sugar	½ Cup
Salt, white pepper, Tabasco	t.t.
Whole celery seed	2 Tbsp.

Method for the Cole Slaw

1. Prep the cabbage, peppers, and onions and reserve. Combine all the ingredients for the dressing and reserve separately from the slaw. Be precise on the vegetable cuts.
2. Mix the slaw the night before. Reserve.

HUSH PUPPIES

Yield: 60 portions (3 per portion)

Ingredient	Amount
Salad oil	2 oz.
Onions, sm. dice	1 1/2 lb.
Sugar	3/4 cup
Salt	1 3/4 oz.
A.P. flour	4 lb.
Cornmeal, white	25 oz.
Baking powder	5 ozs.
Eggs, lightly beaten	22 oz.
Milk, whole	50 ozs.
Salad oil	30 ozs.

Method:

1. Sweat onions in first oil until aromatic and translucent.
2. Combine all dry ingredients in large bowl, make well in center (or Hobart w/ paddle).
3. Combine all wet ingredients. Add all at once to dry mixture.
4. Mix lightly to just incorporate into smooth batter.
5. Using two bouillon spoons (or small scoop) push batter into 325° oil. Fry to deep golden brown, taste to test texture and seasoning.
6. Fry remaining hush puppies, drain on paper toweling in hotel pan. Hold in hot box for service.

**CHAYOTE, BELL PEPPER AND PINEAPPLE CHIMICHANGA
WITH GREEN RICE, REFRIED BEANS, PICO DE GAYO
AND GUACAMOLE**

(Vegetable Station)

Yield: 30 portions

Plate components: Large dinner plate (12")

Ingredient	Amount
Vegetable Chimichangas (30 ea.)	1 recipe follows
Green rice	1 recipe follows
Pico de gayo	1 recipe follows
Guacamole	1 recipe follows
Fried tortilla chips	30 ea. blue corn tortillas
Sour cream loosened w/ milk	1 squirt bottle
Cilantro pluches	30 ea.
Green onions, thin bias cut	1 bu.

VEGETABLE CHIMICHANGAS: (DAY BEFORE)

Olive oil, pure	4 oz.
Onions, small dice	2 large
Garlic, minced	3 Tbsp.
Jalapeno, minced	2 ea.
Red peppers, small dice	2 ea.
Yellow peppers, small dice	2 ea.
Pablano peppers, rstd., sm. dice	6 ea.
Chayote, peeled, seeded, small dice	5 ea.
Jicama, pld. small dice	2 ea.
Corn on cob, cooked, cut off cob	5 ea.
Pineapple, peeled, cored, small dice	1 ea.
Cumin, ground	1 ½ Tbsp.
Coriander, ground	1 Tbsp.
Cinnamon, ground	1 tsp.
Cayenne	¼ tsp.
Salt, F.G.B.P.	t.t.
Cilantro, chopped	¼ Cup
Ital. parsley, chopped	¼ Cup

Monterey jack cheese, shredded 2 lb.

Method

1. Sweat onions and garlic in oil until aromatic.
2. Add peppers, chayote and jicama, sweat until softened.
3. Add corn niblets, pineapple, cumin, coriander, cinnamon, salt, pepper and cayenne.
4. Add herbs, mix. Cool.

CHIMICHANGA DOUGH (DAY BEFORE)

Yield: 30 portions

Ingredient	Amount
A.P Flour	4 1/2 lbs.
Masa Harina	27 oz.
Oil, vegetable	9 oz.
Water	6 3/4 Cups
Salt	3 Tbsp.

Method

1. Sift flour and masa harina together through sieve.
2. Mix in oil in hobart machine with paddle.
3. Add water, mix until a dough ball forms. Mix 5 minutes.
4. Refrigerate overnight in bowl wrapped with plastic wrap..
5. Scale into 3 oz. balls, roll into 10" tortillas (30 each).
6. Fill with filling **and cheese**, roll like an eggroll (chef will demo).
7. Pan-fry in grizwold to golden brown on all sides, transfer to racked sheet tray, hold for service.

GREEN RICE

Ingredient	Amount
Onions, medium chopped	4 ea.
Celery, chopped	6 stalks
Garlic clove, peeled, sliced	8 ea.
Poblano Chilies, rsted, pled, chopped	8 ea.
Jalapeno, rstd, peeled, seeded, chopped	2 ea.
Cilantro sprigs	1 bu.
Spinach, cleaned	1/2 Cup
Parsley sprigs	1 bu.

Water or vegetable stock, seasoned	3 qt.
Salt	2 Tbsp.
Vegetable oil	1 ½ Cups
Rice	9 Cups

Method for the Green Rice: (11:30)

1. The day before service, roast the poblano and jalapeño chilies (do this in the morning), peel, deseed and chop. Prepare the onion, celery, spinach, cilantro and parsley.
2. Sweat the onion, celery and garlic in olive oil until softened. Puree the mixture **in a blender** until smooth. Add the herbs, puree smooth.
3. In a 1 gallon rondeau (med. size), heat the oil, add the rice and gently sauté (as if making a pilaf), add the water, bring to a simmer, cover tightly with tin foil and place in a preheated 350 degree oven for 15 minutes. Remove, add puree, mix thoroughly, cover, return to oven.
4. Check rice after 5-8 minutes. If done, uncover and fluff with a fork. Check seasoning.

PICO DE GAYO

Ingredient	Amount
Tomatoes, ripe, small dice	20 ea.
Jalapeño chilies, seeded, minced	4 ea.
Red onion, small dice	2 ea.
Lime juice	6 ea.
Sugar	1 Tbsp.
Garlic, minced	2 Tbsp.
Cilantro, chopped	¼ Cup
Salt, F.G.B.P.	t.t.

Method

1. Day of service, Combine all ingredients, season to taste.

GUACAMOLE

Avocados, <u>ripe</u>	16 ea.
Onions, small dice	2 large
Tomatoes, concasse	3 large
Garlic, minced	2 Tbsp.
Lime juice	5 ea.
Cumin, ground	1 Tbsp.

Salt, F.G.B.P.
Sour cream

t.t.
2 Tbsp.

Method for Guacamole

1. Cut the avocados in half around the pit. Push the halves through a clean fry basket, holding the skin-side. Discard skins.
2. Add remaining ingredients, mix well. Taste.

FRIED TORTILLA CHIPS

Blue corn tortillas	30 ea.
Cayenne salt	t.t.

Method

1. Cut tortillas into 8ths.
2. Fry in 350°F oil (fryer) until crispy.
3. Season with cayenne salt. Hold for service.

PHILLY CHEESESTEAK WITH PASTA AND CUCUMBER SALADS (SANDWICH STATION)

Yield: 60 sandwiches

Plate components: 12" plate

Ingredient	Amount
Hoagie rolls	60 ea.
Philly cheesesteak mixture	1 recipe follows
Marinated cucumbers	1 recipe follows
Pasta Salad	1 recipe follows
Dill, chopped	½ bu.

PHILLY CHEESESTEAK MIXTURE

Top round of beef, sliced thinly	1 ea.
Green peppers, julienne	6 ea.
Red peppers, julienne	6 ea.
Yellow peppers, julienne	6 ea.
Onions, sliced	8 ea.
Cheddar cheese, grated	2 lb.
Provolone, grated	2 lb.
Muenster, mozzarella or combination	2 lb.

SAUCE: (TO BIND)

Ketchup	3 Cups
Cider vinegar	½ Cup
Sugar	½ Cup
Chicken stock (or water)	1 ½ Cup
Tabasco	t.t.

Method

1. Whisk all ingredients together, adding Tabasco to give a **slight** heat.
2. Heat to dissolve sugar.

Method

1. (Day before) Slice frozen top round on slicer thinly, layer on parchment paper.
2. Season meat with salt and F.G.B.P., sear with Wesson oil on 375°F griddle.
3. Sauté peppers and onions on griddle until golden. Season.
4. Mix meat, peppers, onions and sauce. Add cheeses to melt into meat, mix well, place in hot box until ready to portion into hoagie rolls (12:00)
5. Place 6 oz. of mixture into hinged hoagie roll, wrap in deli paper, return to hot box.
6. Cut on bias (through paper), poke with frill picks and plate.

KNICKERBOCKER BEAN SOUP

Yield: 60 sandwiches

Plate components (Large 12" plate)

Ham & cheese clubs	50 ea.
Knickerbocker Bean soup	50 cups
Pickle spear	50 ea.
Pepperoncini	100 ea.

HAM AND CHEESE CLUBS

Ingredient	Amount
Cure 81 ham (thin slices)	120 ea.
Swiss cheese, sliced	120 ea.
Mustard-Mayonnaise	2.5 qts.
Bacon, cooked (2 per sandwich)	120 slices
Tomatoes, sliced 1/8" thick	2 slices per sandwich (16 tomatoes)
Rye Pullman bread, lightly toasted	3 slices per sandwich (150 ea)
Iceberg lettuce leaves, cleaned, washed, spun dry	6 heads

MISE EN PLACE (DAY BEFORE)

1. Slice ham, layer between deli paper, 3 ounces each. Wrap and store for the next day.
2. Slice Swiss cheese (120 ea.)
3. Prepare one full recipe of Mayonnaise.
4. Count out the bacon and lay on sheet trays so they are ready to be cooked the next day.
Cook bacon in a 350 degree convection oven until crisp and drain on paper towels. Cut each slice in half - there are 4 half slices per order. Hold in the Cres Cor warmer.
3. Clean the lettuce, separate large outer leaves, wash and spin dry. Slice the tomatoes 1/8" thick and reserve.
4. Start toasting the bread as soon as it comes from the bakeshops.

To assemble the sandwich (Day of service)

1. Start with one slice of bread with mayonnaise.
2. Next, top with 3 oz. ham and 2 slices of cheese. Top with a toast with mayonnaise on both sides. Top with lettuce, tomato, bacon. Top with toast with mayonnaise on underside. Secure with 4 club frills and reserve uncut for service.
6. When ready to plate, cut the sandwich into four triangles and place on a 12" plate.
7. Garnish with the olives, pepperoncini and pickle slice.
8. Pour soup in HOT soup cups, place on 4" doilie on each sandwich plate. Serve.

KNICKERBOCKER BEAN SOUP

Yield: 75 ports.

BEAN SOUP INGREDIENTS:

Ingredient	Amount
Ham hocks	3 ea.
Chicken stock	3 -1/4 gals.
Navy beans	3 lbs.
Salt pork, ground	8 ozs.
Bacon fat, strained	6 ozs.
Onions, rough chop	1-1/2 lb.
Carrots, rough chop	12 ozs.
Celery, rough chop	5 stalks
Garlic, minced	6 cloves
Potatoes, rough chop	2 1/4 lbs.
Standard sachet d'epice	1 ea.
Garnish:	
Bacon fat	4 ozs.
Onions, small dice	1 ea. (large)
Carrots, small dice	1-1/2 lbs.
Celery, small dice	3/4 bu.
Chef potatoes, small dice	2 1/4 lbs.
Reserved stock from above	3 qts.
Navy beans, blanched TENDER!	1-1/2 lbs.
Ham hock meat, small dice	3 ea.
Salt, F.G.W.P., worchestershire, tabasco	t.t.
New York sharp cheddar, grated	1 1/2 lbs.
Thyme, fresh, chopped	1/2 bu.

Parsley, fresh, chopped

1/3 bu.

Method:

1. Place hocks in stock and simmer for 20 mins.
2. Add beans and simmer for 20 mins. more.
3. Render salt pork in bacon fat to a light golden color.
4. Add onions, carrots, celery, and garlic; sweat until aromatic.
5. Add sweated vegetables, potatoes, and sachet to the stock and beans, simmer until the beans are very tender.
6. Remove the hocks and sachet, strain the vegetables and beans from the stock and puree them,(with a little stock) in the **BLENDER** to a baby food consistency.
7. Reserve 3 qts. of the stock and add puree back to the balance of stock.
8. Sweat the diced onions, carrots, and celery in bacon fat (without color) until softened; add potatoes and reserved stock, simmer until tender. Add to soup with blanched beans.
9. Dice the hocks, add to soup.
10. Adjust seasoning with salt, F.G.W.P., worchestershire, and tabasco.
11. Garnish the top of each soup at service with the grated cheese and herbs.

MEDITERRANEAN SAMPLER

(VEGETABLE-FETA GRATIN, OLIVE CROSTINI, SPANIKOPITA)

(VEGETARIAN STATION)

Yield: 25 portions

Plate components (12" plate, small oval ramekins)

Vegetable Gratin	1 recipe follows
Olive Crostini	1 recipe follows
Spanikopita	1 recipe follows
Ital. parsley sprigs, large	25 ea.

VEGETABLE GRATIN

Ingredient	Amount
Oil, olive	4 ozs.
Red onions, sliced	3 lbs.
Red peppers, roasted, sm. dice	6 ea.
Green peppers, roasted, sm. dice	6 ea.
Sun-dried tomatoes, julienne	3 bgs.
Garlic, sliced, fried golden	hd.
Kolamata or nicoise Olives, pitted, chpd.	1 cup
Zucchini, sliced 1/8", blanched	2 lbs.
Yellow squash, sliced 1/8", blanched	2 lbs.
It. Eggplant, sliced 1/8", sweated	2 lbs.
Feta cheese, crumbled	2 1/2 lbs.
Basil, oregano chopped	1 bu. Ea.
Eggs, beaten	18 ea.
Heavy cream	2 qts.
Salt, F.G.B.P., nutmeg	t.t.

Method

1. Sauté onions min oil until translucent, add peppers, tomatoes, garlic and olives, stir, sweat 1 min. Season with salt ,pepper and herbs.
2. Spread this mixture evenly into the bottoms of 30 buttered oval ramekins.
3. Shingle the partially cooked squash and eggplant discs over the onion mixture to cover.
4. Sprinkle with crumbled feta cheese.
5. Beat the eggs with the cream, season with salt, pepper, nutmeg and herbs. Pour over the vegetables in ramekin to barely cover.
6. Place ramekins on sheet tray and bake at 350 until custard sets.
7. Flash under salamander to brown tops lightly. Hold in hot box.

- Place on doilie on 12" plate at service, garnish with herbs, parsley sprig and 1 olive crostini.

OLIVE CROSTINI

Ingredient	Amount
<i>Tapenade: (Day before)</i>	
Garlic	4 medium cloves
Capers (drained)	½ Cup
California black olives (#303)	2 ea. drained cans
Lemon juice	1 oz
Black pepper, ground	½ tsp.
Pure olive oil	¼ cup
Anchovy paste	1 oz (1 tube)
Black olive paste	½ Cup (See chef)

Method

- Combine and process to **medium** smooth in a food processor. Reserve.

Baguettes, sliced on long bias ¼" thick	30 slices
Butter, melted	4 ozs.

Method

- Place baguette slices on parchment lined sheet tray, brush each slice with melted butter.
- Place in 325° oven, bake until crisp and light golden in color. Cool.
- Spread each crostini with olive tapenade to generously cover surface. Sprinkle with herbs.

SPANIKOPITA (SPINACH-FETA PILLOWS – 50 EA.)

Oil, olive	2 ozs.
Onions, sm. dice	8 ozs.
Garlic, minced	2 Tbsp.
Spinach, blanched, squeezed, chopped	2 lbs. (before blanching)
Feta cheese, crumbled	10 ozs.
Cream cheese	6 ozs.
Egg, beaten	1 ea.

Dill, chopped	¼ cup
Salt, F.G.B.P.	t.t.
Filho dough, thawed	1 bx.
Butter, melted, seasoned	1 lb.

Method

1. Sweat onions and garlic in oil until aromatic.
2. Add spinach, toss together with onions. Remove from heat.
3. Mix in cheeses, egg, dill, season to taste.
4. Brush a fillo sheet with butter, place another on top and brush surface with butter again.
5. Cut sheet length-wise into five equal strips.
6. Place a small pile of spinach mixture at base of fillo strip, fold like a flag fold. (chef will demo).
7. Place on buttered parchment, brush surface with butter.
8. Bake spinach pillows at 400° on double sheet tray in convection oven until golden brown. Hold warm.
9. Serve 2 per plate along side of vegetable gratin.

ROAST BEEF AND PROVOLONE SANDWICH WITH NEW POTATO SALAD AND PICKLED MUSHROOMS (SANDWICH STATION)

Yield: 55 sandwiches

Plate components: (12" plate)

Roast Beef (4 oz. total)	20 lbs.
Provolone cheese, sliced	110 slices
Horseradish Mayonnaise	1 recipe follows
New Potato Salad	1 recipe follows
Mushrooms/Eggplant a la Greque	1 recipe follows
Hero rolls	55 ea.
Frill picks	100 ea.
Iceburg lettuce, shredded	2 ½ hds.
Tomatoes, sliced	15 ea.
Plastic soufflé cups, 4 oz.	55 ea.
Red leaf lettuce leaves, washed	50 ea.

Mise en place

1. The day before service, make the horseradish mayonnaise, roast the beef and potatoes, toss with the red wine and garlic vinaigrette. Collect the rest of the mise en place.
2. The day of service, bring the New Potato Salad to room temperature and slice the lettuce and tomatoes.
3. Slice the roast beef on the slicer #5. Scale to 5 ounces and place in a pile on a parchment lined sheet pan. Keep covered with plastic wrap so it does not dry out.

ROAST BEEF (DAY BEFORE)

Ingredient	Amount
Beef top round roasts	20 lbs.

Method

1. Season roasts with salt and pepper.
2. Sear in oil, browning on all sides, place on rack on sheet tray.
3. Roast in 375° oven to internal of 125-127°. Cool, wrap, refrigerate.

HORSERADISH MAYONNAISE

Ingredient	Amount
Pasteurized egg yolks	6 oz.
Cider vinegar	3 oz.
Water, more if needed	1 oz.
Dry Mustard	3 Tbsp.
Salt, pepper	t.t.
Lemons juiced	1 ea.
Tabasco	1 tsp.
Vegetable oil	1 ½ qt.
Horseradish, prepared	¼ Cup
Dijon mustard	¼ cup

Method for the Horseradish Mayonnaise

1. Combine all of the ingredients, except the oil and Horseradish, in a 20 quart Hobart machine.
2. Whisk all well to combine the seasonings and egg.
3. Gradually whisk in oil to form an emulsified sauce. Add the Horseradish to taste. If the mayonnaise gets too thick, thin with some water.
4. Check seasonings and adjust.
5. Store in a stainless steel container, cover and date.

NEW POTATO SALAD

Ingredient	Amount
New potatoes, washed	15 lb.
Pure olive oil	1 ½ Cup
Garlic cloves, separated	3 heads
Thyme sprigs	2 bu.
Bay leaves	6 ea.
Salt	2 Tbsp.
Pepper	1 Tbsp.

Method for Roasted New Potatoes (Day Before)

1. Preheat the oven to 375°F.
2. Toss the potatoes in a large bowl with all of the ingredients.
3. Size and evenly distribute the potatoes, garlic cloves, thyme, and bay leaves into 3 - 2" hotel pans. The potatoes should be in a single layer. Tightly cover with aluminum foil and roast until fork tender. Shake the pan occasionally in order to evenly roast the potatoes.
4. When the potatoes are cool enough to touch, slice in half (or quarters). Toss with 1 quart of Vinaigrette (below), but not the herbs. Gently toss. Taste and adjust salt and pepper.

RED WINE AND GARLIC VINAIGRETTE (DAY BEFORE)

Red wine vinegar	2 Cups
Garlic Paste	2 Tbsp.
Dijon mustard	½ cup
Pure olive oil	1 qt.
Extra virgin olive oil	1 Cups

Method for Red Wine and Garlic Vinaigrette

1. Combine the vinegar, garlic paste and mustard. Slowly whisk in the olive oils. Reserve.

ROASTED NEW POTATO SALAD (DAY BEFORE)

Ingredient	Amount
New potatoes	see above (15#'s)
Red wine and garlic vinaigrette	1 qt.
Parsley, chopped	1 Cup
Thyme, chopped	½ Cup

MUSHROOMS & EGGPLANT A LA GRECQUE': (DAY BEFORE)

Olive oil, extra virgin	¼ Cup
Onions, sm. dice	2 ea. large
Garlic, minced	8 cloves
Mushrooms, white, quartered	8 lb.
Eggplant, peeled, large dice	8 lbs.
White wine	2 Cup

Lemon zest & juice	1 ea. lemons
Oregano, fresh, chopped fine	1 bu.
Italian parsley, chopped fine	¼ Cup
Salt, F.G.B.P.	t.t.

Method

1. Sweat onions and garlic in oil until aromatic.
2. Add mushrooms and eggplant, sweat until beginning to soften and aromatic.
3. Add wine, lemon zest and juice, simmer 3-4 minutes.
4. Remove from heat when mushrooms and eggplant are just tender. Add herbs and seasoning to taste, cool. Reserve for service. Serve in ramekins.

VEGETABLE POT PIE (VEGETARIAN STATION)

Yield: 20 portions

Plate components (large crock, 10" doiled underliner)

Pot pie mixture	1 recipe below
Puff pastry lids	20 ea.
Ital. parsley sprigs, large	20 ea.
Olive oil	¼ cup
Ingredient	Amount
Flour, A.P.	¾ lbs.
Oil	½ lb.
Vegetable stock	1 ¼ gals.
Sachet, with cardamom	1 large
Onions, medium dice	1 ½ lb.
Garlic, minced	¼ cup
Cello carrots, bias cut	1 ½ lb.
Celery stalks, bias cut	1 ½ lb.
Yukon gold potatoes, peeled, med. dice	2 lb.
White turnips, medium dice	1 lb.
Yellow turnips, medium dice	1 lb.
Mushrooms, quartered	1 ½ lb.
Peas	½ bag
Green beans, bias cut in half	1 lb.
Salt and white pepper, cayenne	t.t.
Italian parsley, chopped	1/2 Cup volume
Thyme, sage, chopped	2 Tbsp. ea.
Heavy cream	1 Cup
Puff pastry dough	4 sheets
Ceramic crocks	22 ea.

Pot Pie

1. ****The day before you serve the dish, make the vegetable stock. (Recipe below)**
2. Make the pale roux. Add the roux to the 2.5 gallons of the reduced vegetable stock to make a velouté sauce - use the immersion mixer. Bring to a boil and simmer at least half an hour. Meanwhile prep the remainder of the ingredients.
3. Blanch and shock the green beans. Sweat the onions, garlic, celery, carrots, turnips and mushrooms. Add white wine, reduce by 1/3. After the velouté has simmered half an hour, add potatoes and simmer VERY SLOWLY until all are almost tender. Add the

sweated vegetables, cook until tender, then add the beans and peas. Adjust the salt, pepper and cayenne, add the chopped herbs.

4. Ladle the pot pie mixture into the ceramic crocks filling three-fourths the way.
5. Drop a pre-cooked pastry lid on top (below), garnish with Italian parsley sprig.

VEGETABLE STOCK (3 GAL.)

Ingredient	Amount
Vegetable oil	8 oz.
Onions, chopped	2 lb.
Leeks, chopped	2 lb.
Garlic, chopped	2 bu.
Celery, chopped	2 lb.
Green cabbage	1 lb.
Mushrooms (or scraps)	2 lb.
Carrots, chopped	2 lb.
Tomatoes, chopped	3 Cups
Cloves	4 ea.
Fennel seed	2 Tbsp.
Cardamom, grnd.	1 Tbsp.
Coriander seed, crushed	2 Tbsp.
Bay leaves	4 ea.
Black peppercorns, crushed	1 Tbsp.
Water	4 gals.

Method

1. Sweat vegetables (except tomatoes) in oil until aromatic but not colored.
2. Add water, tomatoes, and aromatics and simmer 30 - 45 minutes. Strain.

PUFF PASTRY LIDS

Ingredient	Amount
Puff pastry sheets	4 ea.
Egg, beaten	2 ea.
Milk	2 oz.
A.P. flour	to roll dough

Method

1. Roll puff pastry sheet to 1/16" thick.
2. Brush top of sheet with eggwash, score surface with a fork to make a lattice pattern.

3. Cut into large circles using the lid of a crisco container as a guide.
4. Transfer circles to a parchment lined sheet tray, place another sheet of parchment on top, then another sheet tray.
5. Bake in 375°F convection oven until deep golden brown, (25 each)

GRILLED HONEYCUP MUSTARD CHICKEN SANDWICH WITH PEPPER JACK, ORANGE-CRANBERRY COMPOTE AND CUCUMBER SALAD (SANDWICH STATION)

Yield: 50 sandwiches

Plate components: 12" plate

Dills buns, toasted	50 ea.
Chicken breasts, grilled, glazed	50 ea.
Honeycup Mustard marinade	1 recipe follows
Honeycup mayonnaise	1 qt.
Orange-Cranberry Compote	1 recipe follows
Cucumber Salad	1 recipe follows
Leaf lettuce, cleaned	50 leaves

CHICKEN BREASTS

Ingredient	Amount
Chicken breasts, boneless, skinless	50 ea.
Pepper Jack cheese, sliced	50 slices

HONEY-MUSTARD MARINADE:

Gulden's spicy brown mustard	3 cups
Dijon mustard	1 1/2 cup
Creole mustard	3 jars
Cider vinegar, wash out jars with it!	6 ozs.
Light brown sugar	1 1/2 lb.
Honey	9 ozs.
Mustard oil	3 ozs.

Method:

1. Mix all ingredients in saucepan, heat to simmer, mixing thoroughly. Cool.
2. Pour and rub 3/4 of marinade all over chicken breasts. Marinate overnight. Reserve remainder for service.
3. Grill Chicken breasts at 12:00, making nice lattice grill marks. Place on rack on sheet tray. Brush with marinade, place in 375° oven until just barely pink inside (medium well). Brush on more marinade as needed while in oven.
4. Place finished breasts in hotel pan, top each breast with a slice of Pepper Jack.
5. Place in oven to melt cheese, hold in hot box for service.

ORANGE-CRANBERRY COMPOTE

Ingredient	Amount
Cranberries, frozen	6 bags
Oranges, zested, segments	12 ea.
Orange juice	2 cup
Sugar	4 cup
Triple sec, optional	6 ozs.
Sachet: 2 clove, 1 cinn. stick	1 ea.

Method

1. Combine all ingredients except orange segments in a saucepot, stir to combine.
2. Heat to simmer, cover, cook gently for 15-20 mins. stirring occasionally.
3. When berries begin to burst and liquid begins to thicken, remove and stir in orange segments. Adjust sweetness if necessary.
4. Cool. Serve in plastic soufflé cups.

CUCUMBER SALAD:

European cucumbers, peeled, ½ moons	16	each
Onions, quartered, sliced thinly	5	each
Sour cream	2	cups
Mayonnaise	3	cups
Sugar	2	Tbsp.
White vinegar	1 1/4	cup
Salt, F.G.B.P.		t.t.
Cayenne		pinch
Dill, chopped	1/2	bu.

Method:

1. Mix all ingredients together, season to taste.
2. Place each portion on leaf lettuce at service.

**Wallenpaupack High School
School of Culinary Arts**

**SERVICE MANUAL
FOR
THE RESTAURANT**

The degree to which a restaurant operation meets or exceeds a guest's expectations can establish the reputation of the restaurant. And the restaurant's ability to continue to meet or exceed the expectations of the guests positively strengthens that reputation. Any guest who enters a restaurant has needs, wants, desires and expectations. If we have marketed to a specific market segment and someone from the targeted market enters the restaurant, we have a match, and the guest's expectations may be met, exceeded or unmet. If the needs, wants, and desires of a particular guest are mismatched with the restaurant's concept, the restaurant may still be able to meet or even exceed the guest's expectations. When this happens, the guests feel that they have really won! The restaurant wins too.

In a survey, individual customers were asked what single factor best describes service. The top four answers were personal attention, dependability, promptness, and employee competence in that order. William B. Martin condensed quality service to two dimensions supported by categories of actions that define his two dimensions.

Procedural Dimension

Accommodation
Anticipation
Timeliness
Organized Flow
Communication
Customer feedback
Supervision

Convivial Dimension

Attitude
Attentiveness
Tone of Voice
Body Language
Tact
Naming Names
Guidance
Suggestive selling
Problem solving

The manager's task is to identify the behavior and action that the restaurant's market demands. One restaurant may appeal to a different market than another restaurant, and any one restaurant may appeal to different market segments at different times during the day, meal, or week (sometimes referred to as day-part). The successful manager is one who has been able to determine what her guests want, whether through sophisticated research or by intuition. The successful manager has also been able to hire and communicate these service standards to the restaurant's service staff.

A server's ability to deliver excellent service depends upon a service orientation that begins with **attitude**. The attitude can be seen or evidenced only by the server's **behavior**, which is a result of the attitude that drives that behavior. A manager will find it difficult, it not impossible, to change a server's attitude. However, the manager can prescribe certain behavior sets through training and can reinforce the desired behavior by rewarding appropriate server behaviors. Nonetheless, the thousands of individual behaviors and interactions with guests that a server engages in during the day can hardly be specifically directed or managed. This lack of control over these behaviors leads to employee **empowerment**. Empowering employees means allowing the employee, at the very moment that a decision needs to be made to satisfy a guest's need, want, or desire, to exercise his or her own judgment in satisfying the guest's need.

The 10 Most Important Behaviors for Servers as Scored by Guests

1. A server is clean (no body odor, bad breath, dirty hands or is not clean shaven.)
2. A server covers his nose and mouth when he needs to sneeze or cough around food.
3. A server responds and renders aide when she sees a guest choking on food or fainting in the dining room.
4. A server gets exactly what the guest orders from the kitchen (that is, she gets the order right.)
5. A server asks how guests would like their meat prepared (rare, medium, or well done.)
6. A server practices good basic, professional mannerisms and communication skills. Hello, your welcome, thank you, please, etc
7. Items on the buffet are refilled often to avoid customers have the "bottom of the barrel."
8. A server selects a clean glass to serve a beverage in.
9. A server handles flatware by the handle rather than by the food contact surface.
10. A server quickly cleans a table when guests are seated at a dirty table in her station.

The Ten Most Important Behaviors for Servers as Scored by Restaurant Professionals

1. A server gets exactly what the guest orders from the kitchen (that is the server gets the order right.)
2. A server is clean (no body odor, bad breath, dirty hands or is not clean shaven.)
3. A server practices good basic, professional mannerisms and communication skills. Hello, your welcome, thank you, please, etc.
4. A server covers his nose and mouth when he needs to cough or sneeze around food.
5. A server has a customer comes first attitude.
6. A server comes to work in the proper uniform.
7. A server knows which tables are in their station.
8. When closing at night, servers clean all soiled areas and stock adequately for the morning shift.
9. A server smiles when approaching the table for the first time.
10. A server is well organized.

By comparing the ratings of guests to those of a restaurant's management and service staff, the significant differences in what staff think is important and what guests think is important, we can determine how well we are meeting or not meeting the guests' needs. As you can see, professionals do not feel as strongly about the importance of certain service behaviors as the guests do. The important fact is that, In the eyes of our guests, we may not be training our service staff to be as effective in their in their jobs as they might otherwise be. Manager should modify their standards and training programs to empower the service staff to please the customers and satisfy the guests' wants, needs, desires, and expectations.

When someone comes into your restaurant, she is looking for something more than satisfying the basic hunger or thirst need. Today's sophisticated restaurant guests are looking for far more than gustatory satisfaction when they choose a place to dine. **They are seeking an experience - a sensory envelope of sight, sound, taste, smell, and touch that matches a mood or reinforces and image of self. As the mood and the image vary, so does the restaurant experience: It can be funky or formal, casual or opulent, low key or charged with drama.**

After the professional restaurateur (who develops the concept) and the architect, interior designer, and the contractor have created the intended experience, the direct responsibility of satisfying that "something else" rests with the service personnel (servers) and the manager. It is incumbent upon the manager (for his survival, as well as that of his staff) to satisfy the guest so that she has a positive experience by having her expectations met or exceeded so that she chooses to return to the establishment. Indeed, she may tell many others of her experience.

Training

Every restaurant has a training program; however, many operations are not proactively involved in training. Employees learn the answers to the following questions in an organized training program.

How do we meet our standards?

How do you know what is expected of you?

How can you decrease accidents?

How do you learn the correct serving procedures?

How do you learn to up-sell in the dining room?

How do you learn to provide correct wine service?

What about safety and sanitation?

How do you satisfy the guest?

How can you adapt to today's rapid changes?

Every person hired must go through an orientation program. Many new employees are very uncomfortable in a new job, and the orientation program should serve, among other things, as a gradual introduction to the organization as well as to the job.

Job Descriptions

Director of Service (Maitre d'hotel, Host, Headwaiter)

For service to function smoothly, the individual directly responsible for the service staff and the tasks must possess a considerable amount of knowledge and finesse. If the host greeting guests is stuffy, the other service personnel are apt to follow her style.

Correspondingly, if the host is a cordial, warm person, other service staff will tend to emulate her. The larger the business becomes, the more dependent owner/managers become on the staff. Each food service establishment has a standard of service quality and certain tasks that must be accomplished to support the service quality standards.

At *The Restaurant*, it is the director's job during service (from 11:00 PM to 1:00 PM or from 6:00 PM to 9:00 PM) to stand at the podium and greet each guest, escort them to their table, pass out menus, and point out the wine list. Upon seating the guests, it is the director's job to immediately inform the waiter that he/she has a table. Do not assist the waiters in the serving of food and beverages because this will keep you from your duties at the podium.

Job Summary: Greets guests, supervises and directs the efforts of captains, servers and bus personnel. The host must ensure that gracious service is given to all guests.

Work Responsibility: The director is responsible for service in the dining room, *coordinating* the kitchen and dining room staffs, and ensuring that proper service techniques are being followed.

Specific Tasks:

- Supervises captains, server, and bus personnel.
- Assigns pre-opening side duties to service staff.
- Takes guest reservations; handles details for private functions.
- Schedules service staff for duty.
- Assigns service stations to service staff.
- Updates POS machine; oversee clock-ins
- Ensures that par stock items are at proper level. Requisitions or secures linen; condiments; various supplies such as sugar, salt, pepper, etc.; and requisitions additional china, silver, or glassware, if required.
- Informs management, maintenance, or housekeeping personnel of required actions: paint touch-ups, carpet cleaning, faulty electrical systems, broken furniture, etc.
- Greets guests and escorts them to appropriate tables (balancing stations).
- Handles guest complaints and has total responsibility to make suggestions to guests for food or beverage.
- Ensures that all closing duties are completed and that all tables are reset.
- After consulting with captain, dismisses service personnel at appropriate time.

Reports to: Restaurant manager (Instructor).

Special considerations: The director must remain cheerful and professional under the most adverse conditions or any difficult situations that occur in the dining room. The personality of the establishment rests with the director.

Opening Checklist for the Director of Service

- Record names and assign stations on dining room station assignments & duties sheet.
- Check total reservations and tables that must be set or reset. Memorize names and number in each party.
- Check function sheets for private party setting and details.
- Assign side duties on station assignment sheet to service personnel and check that each is properly attired and in full uniform.
- Requisition all par-stock supplies required (i.e., linen and condiments).
- Supervise table setting check and opening side duties.
- Specify time for menu briefing.

- Assign reservations to tables.
- Get menu briefing and specials pricing from chef or his representative. All service staff should be present. Check menu items for shortages or excesses.
- Check windows (blinds, drapes), lights, and air-conditioning.
- Check for proper number of clean linens and condition of menus.
- When ready for service: open doors (assuming set service periods) and begin seating guest.
- During service circulate dining room. Check for courteous, prompt, and correct service: water filled; butter/bread supplied; condiments available; proper service of all items; table cleared of unused and unnecessary silverware, china, or glassware; table crumbed; coffee hot.
- Checks are paid as guests leave.
- Bid guests farewell. Check with server or captain to ensure guests have not left belongings. Assists guests with coats or jackets.
- Supervise closing duties and release staff as required.

Opening Duties:

Kitchen:

- Ice refilled / water pitchers filled.
- Regular and decaffeinated coffee made, creamers filled, tea bag supply adequate, cups and saucers available.
- Ice tea (made) filled, fresh lemon wedges available.
- Roll area prepared: baskets, napkins or cloths.
- Trays clean and lined with napkins.
- Tray-jacks in place; white wine stands in place.
- Supply of folded napkins available.
- Supply of service napkins available.
- Butter preset: individual portions broken out and iced.
- Ketchup, mustard, mayonnaise and other condiments available.
- Plates, underliners, glassware, silverware restocked.

Dining Room:

- Plates, underliners, glassware, silverware, napkins all restocked in waiter's station.
- Point plate made.
- Candles, condiments, sugar, salt, pepper supplied and restocked.
- Table check: aligned, balanced; proper number of settings, evenly spaced on tables; silverware spotless, settings neat and correct; center settings proper, neat and balanced.

The checklist serves an additional function. If the director cannot be present for a particular service period, his substitute will have an excellent guide to follow. The

checklist may also serve as a guide for other management personnel (instructor) to evaluate the director.

Greeting and Seating Guests

Greeting and seating the guests requires a particular flair on the part of the host. The host's behavior is critical to establishing the environment the restaurant intends to project. Some guests feel uncomfortable when they first enter a restaurant. It is up to the host to greet them with a smile and in a cordial manner. He should look directly at the host of the party, making positive eye contact. This is necessary to let the guest know that you are talking to him. Since many hosts must eventually check the reservation sheet or begin finding a table at which to seat the guests, they forget to establish eye contact with the guest. An appropriate greeting should follow or be coincident with eye contact, "Good evening (afternoon), Sir (Madame)." At this point the host should pause allowing the guest(s) to speak. The host should not assume a table for one, two, or ask for whether the guest had reservations at this initial greeting time. After the guest responds, "Table for two," or "Reservations for Lee Jones," then the host should answer, "How many in your party," or "Yes, sir/madam," or "Yes, Ms. Jones."

During this brief meeting the host should be unencumbered. He should have nothing in his hand - no menus, pen, or pencil. He should be standing upright, not using the host's stand as a crutch. If necessary the host should assist in removing coats that have not been checked. After assisting with the coats, the host should glance at the reservation sheet (if necessary), check off on the reservation sheet that the Jones party is in the house, locate a suitable table, and escort the guests to the table. Immediately after the initial greeting, the host should inquire if there have been any changes in the number in the party for whom reservations have been made. Another table might be more suitable if the party has changed size.

At no time should the guest(s) be left standing in the dining room without escort. If there is any doubt in the host's mind, he should excuse himself **before** inviting the guests to follow, locate a suitable table visually, and then invite the guest(s) to be seated. When escorting guests to a table, the restaurant's host should accomplish all administrative tasks (gathering menus, locating a suitable table, etc.) before inviting the guest to follow. When he has finished doing this, he should look the host of the party directly in the eye again, offer an inviting gesture with his hand (not his finger) and make a suitable comment, "Would you follow me please, sir." As the restaurant's host ventures into the dining room, he should walk slowly and after a few steps should turn to see if the guest(s) are in fact following. It is very embarrassing for the host to have walked the length of the dining room alone while the guests are still standing at the entrance.

After seating all guests, the host should pass menus, attempt to establish eye contact and excuse himself by voicing some suitable comment. He should check back to the table within five minutes (absolute maximum) to ensure that a server have approached the table to begin service.

The host should be available throughout the duration of the meal. He should not spend time in the kitchen unless absolutely necessary. After the guests have been served the main course, the host should check the table. He should not inquire about the meal unless spoken to by one of the guests, but he should make it obvious that he is available for comment. It is trite for the host to say, "How was your meal?"

Seat parties or more than two at larger tables; it is easier to pick up settings than to lay them. Always pick up additional place settings if no additional guests are expected. In addition to following appropriate rules of etiquette, this is a nonverbal cue that alerts other servers as to the specific table configuration. Research indicates that the restaurant will achieve a better seating utilization over time if tables are occupied when available - even if the party being seated has fewer guests than the table is configured for. Holding a four-top and causing a couple to wait for a vacant two-top annoys the guest and, in the long term, decreases the total number of guests served and the restaurant's productivity.

Dining Room Captain

Job summary: Provides proper greeting and service, coordinates the tasks of two or more service staff members, including servers and dining room attendants (bussers) in the dining room. The captain is the leader of the service team.

Work responsibility: The captain is responsible for gracious and proper service usually at his station and acts as a guide or mentor to the other waiters. Before service, the captain guides and works with the other waiters with the opening duties. In addition to this the captain will work with the instructor on the wine inventory and preparation of wines for service.

Reports to: Instructor or Dining Room Director

Special Considerations: The captain must be capable of performing all tasks required of a server, teaching these tasks, and directing the efforts of the servers.

Specific Tasks: See Server (below).

Server (Waiter/Waitress)

Job Summary: Sets tables, prepares dining room for service, and serves meals to guests. She or he must know proper rules of etiquette in order to furnish gracious service.

Work Responsibilities: The server is responsible for gracious and proper service at the assigned station.

Specific Tasks:

1. Reports to captain or host to receive necessary instructions for the shift and for any menu changes.
2. Sets assigned tables and ensures that service area is stocked (linen, silver, glassware, china, etc.). Sets up any special displays that may be used for that meal period.
3. Greets guests and may assist captain or host in seating guests. Serves butter, fills water glasses, serves wine utilizing responsible beverage practices, answers questions about menu items and makes suggestions about dishes and wines if customers so request or desire.
4. Writes orders on check, inputs into POS or computer and turns in order to cooks with consideration to timing of preceding courses. Picks up all food and all other needed items from various stations.
5. Replenishes wine, water and butter and bread supply.

6. Observes guests to fulfill any additional requests such as extra napkins and to perceive when meal has been completed.
7. After all the guests have finished each course and before the next one is served, server should remove all soiled dishes.
8. When guests have finished meal, table should be cleared. Guests may be asked if he wants to have leftover food wrapped for takeaway.
9. Server may now present check and again inquire to see if the guest is satisfied. Server may receive immediate payment and may take check to make change from own server bank ***not in the presence of the guest.***
10. May reset table at the conclusion of the meal and ensures that table or counter is clean and sanitized before resetting.
11. Server checks out cash or charge receipts, coupons, house charges, or gift certificates to balance server bank.
12. Server will perform other tasks as directed by the instructor.

Reports to: Captain, Director, Instructor

Special Considerations: Every server must be thoroughly familiar with the establishment's menu and wine list. Every server must know how to pronounce names of foreign preparations on the menu and what beverages best compliment them. Every server must know proper methods of serving meals of all kinds. In a meal consisting of several courses (and especially when accompanied by wines), the server needs to learn how to achieve proper timing between courses and must know which wine goes with what course. To prevent the guest from feeling neglected, the server needs to know how long it takes to complete each course so as to be able to regulate the service of several different tables at the same time.

Server's Personal Equipment: Bottle opener/corkscrew; 2 ball-point pens, service napkin.

Checklist for Setting a Table

Tables

1. Check table for proper position in the room; check alignment and spacing.
2. Check table balance (use cork if table is uneven, not matchbooks).
3. If tablecloths are not used, ensure that the table grain or decor is facing in the proper direction.

Tablecloth

1. Center silencer or undercloth on table; make sure it is clean.
2. Center tablecloth on table; make sure the fold lines are straight and that proper size is being used. The cloth should extend a minimum of 10 inches beyond the edge of the table, but should not touch the floor. Be sure the tablecloth is “face up,” that is, shiny or crest side up and that hems on the edge are always away from the face (hems down).
3. Some operations set two cloths, one of which will remain on the table throughout the service period.

China, Glassware, and Silverware

A **cover** describes an individual place setting (24 inches x 15 inches minimum).

1. Tables should be set by balancing the individual **place settings** and the **center settings** (sugar, salt/pepper, flowers). Each center setting should match, throughout the dining room, the placement and organization of the center settings of like tables.
2. Do not handle silver by food contact surface; carry on a plate (point plate) covered with a clean cloth or in a clean service cloth.
3. Handle glassware by the stem; never grasp by the rim.
4. Covers should face each other for an even number of settings. Odd numbers face an open space.
 - a. If two places are set at a banquette, they should face the dining room.
 - b. Covers are set between table legs whenever possible.
 - c. Chairs should just touch the tablecloth when placed at the table.
5. Balance additional condiments if preset (i.e., butter, sour cream, salsa, dressings).
6. Place forks on left, tines up. The dinner fork is placed closest to the plate with the salad fork next to it. If using a fish fork, it would go to the left of the salad fork, on the outside.
7. Place knives and spoons to right with knife edges facing the plate, and spoons up and to the right of (outside) the knives.
8. Lay silver at right angles to the cover. Although silver may be placed following the contour of a round table, this destroys the appearance at the top of the cover.
9. Place silverware evenly $\frac{1}{2}$ inch from edge.
10. Dinner knife and fork are placed next to the plate.
11. Place individual butter plates to the side of the forks.

12. Carry stemmed glassware inverted in the hands with stems between finger, and carry regular glassware only by the base.
13. Place water glass centered on and one inch above the knife closest to the dinner plate.
14. Iced tea spoons should not be preset.
15. Crackers, bread, butter and water should never be preset if following formal etiquette.
16. Place napkin in middle of cover on top of showplate (if used). If menu is preset (or menu item) set napkin on B&B plate or in water glass.

Order of Service

1. Tables set ready for service.
2. Host seats guests and presents menus.
3. Greet guests with a genuine smile.
4. Pour water for each guest. Refill water glasses when less than 2/3 full. Refill all glasses to the same level all around the table.
5. Serve butter.
6. Serve bread now.
7. Take food order from host or from the left side of each guest.
8. Offer wine list and/or suggestions. Take wine order.
9. Serve appetizer (center of cover).
10. Serve wine if matched with appetizer or soup.
11. Remove appetizer dish.
12. Serve soup in center of cover.
13. Remove soup dishes.
14. Serve salad; offer rolls or bread; remove salad dishes.
15. Serve entree; place in center of cover. If side dishes are served, place on left of cover. Offer rolls or bread again.
16. Remove main course dishes using the following order.
 - a. Condiments.
 - b. Dinner plates.
 - c. Vegetable dishes.
 - d. Empty wine glasses.
 - e. Extra silver
17. Crumb table.
18. Present dessert (by menu or verbally).
19. Serve dessert course (center of cover).
20. Remove dessert course.
21. Serve coffee (if not yet served).
22. Present check.
23. Thank guest.
24. Help guest as they rise to leave and check that no personal articles are left behind, and bid guests farewell.
25. Clear table and reset.

Clearing the Table with Guests Seated

1. Clear all dishes with the right hand and from the right side. Leave the water goblet and the silver required for dessert and coffee on the table.
2. Clear dishes completely from one person before proceeding to the next. Do not inconvenience the guest by reaching across or in front of the guest, and keep the plates lower than the guest's eyes while in the vicinity of the table before raising for removal.
3. Ensure that all table trash, empty portion-pack containers, and other items are clear frequently.

Resetting the Table with Guests Seated

1. Carry clean silverware from the kitchen to the dining room on a cocktail tray or dinner plate covered with a napkin or service cloth. If resetting from a side stand, also use a plate or cocktail tray.
2. Lay the silver per standard etiquette - forks on the left and knives and spoons on the right side of the cover. Grasp the edges of the utensil, *never* touch the food contact surface, and avoid fingerprinting the handle.
3. Approach guest from side on which you are laying the silver on the table. Do not reach across or otherwise inconvenience the guest.

Note: Do not use any silverware that has dropped on the floor.

A Server's Checklist

- Follow the order of service.
- Follow the operational procedures.
- Condiments to accompany items before guest needs to ask.
- Water glasses full.
- Bread and butter supply adequate.
- Trays with soiled dishes cleared frequently.
- Serve food the way each guest order it (in other words, get it right).
- Help the guest(s) order if he/she needs any assistance with the menu.
- All unnecessary silver, glassware and china are removed.
- Refill wine glasses frequently (half-full for white, quarter full for red).
- Continue to follow up with service, but do not bug the guest.
- **Smile.**

Opening Duties for Service Personnel

Restaurant Director will create a task sheet each day and post. This sheet must be written legibly.

1. Tables moved to proper position and balanced.
2. All silverware is polished with damp cloth and free of water spots.
3. All glassware is steamed and polished free of water spots.
4. All condiments (for table center) are filled and wiped clean.
5. Tables are set according to reservations and Director's plan.
6. Coffee/Tea station is set:
 - a. Creamers are filled (six) and in cooler.
 - b. Lemon wedges are cut (according to standards) and in a bain marie over ice.
 - c. Coffee cups and saucers are wiped and stacked in waiter's station.
 - d. Coffee spoons are polished and on point plate.
 - e. Regular and Decaf. Coffee is made at 6:00 PM and put in thermos. One server will be assigned to thermos refill for remainder of evening.
7. Point plate is set up on large dinner plate with polished silverware (instructor will demo).
8. 20 white wine glasses (steamed) in freezer.
9. Fill small ice machine. At 6:00 PM fill water pitchers, iced tea pitchers (no ice), coffee thermos'.
10. Napkin tub must be left full (75 napkins) for the next day.
11. Captain chills appropriate white wines, justifies perpetual inventory with instructor.
12. Dining Room is vacuumed.
13. Flower vases are wiped clean.
14. Restock condiments in waiter's station.
15. Bread baskets are set up with proper napkins. Give to pastry station.
16. For dinner, clean votives and refill with candles, if necessary.
17. Clean service trays (large and small) and line large trays with white napkins.
18. Set water glasses and red wine glasses in waiter's station.
19. Service cloths are folded into triangles (eight).
20. Set wine buckets with napkins; fill two with ice (no water).
21. Dining Room is set by:
 - Lunch - set by 10:45 AM
 - inspection at 10:45 AM
 - waiter's meeting at 10:50 AM
 - break at 11:00 - 11:20 AM
 - service at 11:30 AM
 - Dinner - set by 5:15 PM
 - inspection at 5:15 PM
 - waiter's meeting at 5:20 PM

break at 5:30 PM - 5:50 PM
service at 6:00 PM

Closing Duties for Service Personnel

The director will delegate the following closing duties along with the opening duties.

1. All closing duties must be finished and checked by Director before service personnel can turn in bank and paperwork.
2. Coffee station is broken down:
 - a. Creamers are cleaned.
 - b. Lemons are put away for tomorrow in deli cooler.
 - c. Butter portions are in deli cooler.
 - d. Thermos' are emptied and sent through dishwasher.
 - e. Coffee machine in kitchen is completely cleaned and turned off.
3. All glassware is washed and in racks (in kitchen).
4. All silverware is washed, counted and in drawers. It is the responsibility of the captain to make sure these drawers are locked and the end of every shift.]
5. Tables and chairs are completely wiped down with a sanitizing cloth.
6. Salt and pepper shakers are refilled and wiped down and put away.
7. Sweetener containers are refilled (sent through dishwasher every Saturday night) and put away.
8. Wipe down wine buckets and put away.
9. Wipe down all trays; sanitize.
10. Completely organize waiter's station (restock cabinets); wipe down.
11. Wipe down tray jacks and store in waiter's station.
12. Director will check station.
13. Instructor will take bank and paperwork.

Role-Play Exercises

Role-Play #1

Customer: You waited 10 minutes for your order to be taken; your coffee was not hot when served; your main course was undercooked; you did not get any butter for your rolls; and you were offered a refill on coffee only once. Your check is \$4.59, and you do not feel that you got either the food or service promised in the advertising. The restaurant is near your work, and you would like to return again, but not if it is going to be like this time.

Cashier: You have had an extremely busy rush, the head server is home sick, and there are several new people on the schedule. This customer comes in to the restaurant often and usually finds something to complain about.

Role-Play #2

Manager: One of your best servers is coming in for work half hour early this evening so she can talk to you. She sounded upset on the phone. Mary does an excellent job. She is honest, reliable, and has helped you train other servers.

Server: The new server, Polly, is a thief. Ever since she started working, your tips and the tips of the other servers have been decreasing. Polly always seems to cash in large sums of change at the end of the night. You have not actually caught her in the act, but one of the other servers said she saw Polly take a tip off a table that was not hers. You think your manager should know.

Role-Play #3

You are an assistant restaurant manager. Your host is incapable of handling a large crowd, and there are convention delegates swarming into your restaurant. You were helping seat guests and answering the phone for reservations. Mr. Alexander's secretary called for reservations, and you told her you were filled to capacity. She informed you that Mr. Alexander was already on his way over! He is a regular and very important customer! When Mr. Alexander entered, you told him that you could not seat him for his five guests. He became quite indignant. To make matters worse, the host remarked to you in Mr. Alexander's presence, "You could have seated Mr. Alexander if you had just planned things a little better." The host has always been envious of you. What do you do?

Role-Play #4

You are a shift supervisor in a coffee shop. A guest just got up from his table and grabbed a handful of paper napkins from the counter. Gladys (a middle-aged waitress with ten years longevity) proceeded to reprimand the guest and remove the napkins. The guest explained that his two children were messy eaters, and he needed the napkins. Gladys showed no sympathy to the guest. The guest registered a complaint to you personally.

How do you handle the guest? How do you handle Gladys?

Role-Play #5

You are a young assistant food and beverage manager at a 125-seat restaurant. In addition to your responsibility for supervising dinner (6:30-10:30 PM), you volunteered to supervise the training program your corporate headquarters has designed for service personnel. You have great rapport with almost all of your service staff. However, Gertrude has refused to cooperate with the standardized system you are teaching. She informs you that she has been “quite successfully” waiting tables for 22 years. Her tips are better than you average server’s tips. Your manager has told you, “Get Gerty up to standard or get rid of her!” Firing Gerty is not an alternative.

What would you do? What factors need to be taken into consideration?

Sales is a Service Function

Selling is the personal or impersonal process of assisting and persuading a prospective customer to purchase a commodity or service, or to act favorably upon an idea that has commercial significance to the seller. The first thing that a salesperson in any industry must do is sell himself or herself. There are certain things a person can do to accomplish this.

One must be interested in one's job and in people and must have a neat, clean appearance.

- Shoes: clean, shined.
- Hair: neat, clean, restrained.
- Body: clean, if fragrance is used, only use a small amount.
- Fingernails: clean, short, neutral or very light nail polish.
- Makeup: light lipstick, no heavy eye makeup.
- Teeth: clean and polished, unstained, and straight with none missing.
- Jewelry: none is best, but wedding ring and simple watch are maximum acceptable.
- Uniform: Clean, unstained.
- And a smile!

Army officers at West Point rated the appearance of entering cadets solely on the basis of each cadet's statement of his name and home address, taking 5 to 10 seconds per cadet. The combined ratings correlated positively with the aptitude for service ratings made by peers and superiors after 14 weeks at the Academy. People's opinions based on momentary first impressions are positively related to overall service success. Appearance and manner can and do affect ratings of job performance.

It is important, therefore, that each individual working in the front of the house have a neat, clean appearance and a pleasant manner. The guest's impression of the establishment and of his service person is determined, in part, by his first impression of the server.

Service personnel in some restaurants are called sales personnel. This has both pros and cons, as it will remind servers that their job can be improved upon if they are good at selling in the dining room. On the other side, this terminology may remind the service person to be overly aware that he is a salesperson and not involved with giving service. But good service sells, and excellent selling is felt as good service.

In a study of server behavior, sociologists Suellen R. Butler and William E. Snizek found that pressure selling increases the check average and hence tips. On different occasions they subjected some diners to high-pressure sales and others to no sales, and found that selling does increase the tip, which gives the server a measure of control over the guest-server relationship. However, caution should be exercised. High-pressure sales may increase the check average for the moment, but will the guests return? In other words, this may be a short-term effort and damage the long-term effectiveness and profitability of the operation. Managers should also be aware that servers operate in an independent environment, since they obtain more of their reward structure (financial and psychological) from the guest than from management. It is easy to convince service personnel that higher sales actually put money in their pockets as well as benefiting management. In fact, the server gets much more of the sales dollar than does ownership.

This example shows each server where the restaurant's total sales dollars are going. Additionally, the increase in sales should be computed on a weekly and monthly basis to make a larger impression on the server.

Nonselling Check

Check with Positive Sales Effort

\$10 entree

\$3 Cocktail

\$3 Appetizer

\$10 Entree

\$4 wine (per person)

\$2 dessert (per person)

\$3 After-dinner beverage

\$10

\$25

$4.7\% \times \$6 = .28$

$15\% \times \$10 \sim \1.50

$4.7\% \times \$25 = 1.18$

$15\% \times \$25 = \3.75

Difference that goes to management

Additional gratuity that goes to server

In the example above, even if you only increased your sales by 2 dollars per person, you serve 20 people in an evening. This figures out to 30 dollars extra per week, or 120 more dollars per month. In addition to making the service person happier by increasing sales, the guest will enjoy her dinner more. Wine complements the food - it makes the food taste better. An after-dinner espresso or cappuccino, brandy, or dessert wine can be that final touch that distinguishes a very good meal from an absolutely superb meal - one that the guest feels is incomparable to anything she has had in the past. Additionally, the guest perceives quiet, non-aggressive selling as attentive service. Servers should not try to sell too much. If a particular establishment enjoys a very rapid and high guest turnover, increasing the residence

time (or delaying the guest) by offering dessert, cordials, coffees, and so forth, may prevent the establishment from maximizing revenue. Also, it will increase the time that other guests must wait for a seat and can certainly cause guest frustration. High-volume, causal-theme restaurants, such as Pizzeria Uno, Applebee's, TGI Friday's, Bennigan's, Olive Garden, and Red Lobster do not take reservations and may have one table (or more of guests waiting in the bar for seating in the dining room. A similar situation exists in a diner or coffee shop operation that depends on rapid guest turnover; extending the residence time may decrease profitability. Plus sales or add-on sales may not necessarily increase the guest's residence time.

What Does the Service Staff Need to Know to Sell

The staff must know the basic ingredients and preparation of the menu items. They must know the quality of the raw products used. Is the fruit fresh? Is the soup homemade? What grade of beef is used (prime, choice, etc.)? Is the seafood fresh, fresh frozen, or convenience? The service staff must know when to play up certain items on the menu. Many low-cost steak houses would not do well in advertising the source or quality of the beef they use. The term fresh frozen may be used to describe certain items such as brook trout.

The staff must know the time required to prepare the various menu items, especially made-to-order items. Made-to-order items are just that: they are made when the guest places the order (this is a la carte) - priced separately.

The staff must know that ready-to-serve items are prepared in advance and what the ready-to-serve menu items are, so that if a guest is in a hurry, they may suggest these items. The chef should inform the host and he or she in turn should inform each service staff member of the menu items that are ready-to-serve, and how long each of the made-to-order items will take.

The staff should know when to offer another cocktail. The time to offer the second drink is when the first drink is three-quarters finished. The guest will then feel that he has the time to drink another before he is served his entree. Regular drinkers usually do not need coaxing, but the casual or social drinker can be offered and sold this second cocktail at the right time with a fair amount of success. If servers present menus, they could bring the menus when asking for the next drink order. If servers do not present the menus, some other task can be accomplished (filling water, serving butter or relishes, etc.) as an unobtrusive excuse to approach the table. The time to suggest another bottle of wine is when the first bottle has just been emptied and the main course has either not yet been served or is just being served.

The staff must know the various accompaniments to the various menu items. At this time, high profit a la carte items can be suggested. "Sir, our sautéed

mushrooms are fresh and would really taste good with your steak.” The staff must be instructed and made aware of all the various a la carte accompaniments to menu items to increase sales and profitability. Manager must inform all service staff personnel what the accompaniments would be for each menu item during the menu briefing. Jim Sullivan, a well-known restaurant sales speaker, recommends a three-minute session with the service staff to increase add-on, complementary menu items or desserts sometimes highlighting the daily sales special.

The staff must carry through with order taking. Carrying through with order taking means that the service person must back up to the beginning of the menu, taking control of the guests’ ordering in a quiet way, and suggest appetizers and hors d’oeuvres as in the preceding example. When the server approaches the guest for an order, the guest will probably say, “I’ll have a steak, medium rare.” It is up to the service person to say, “Would you care for a shrimp cocktail?” The service person should make specific suggestions. “Would you like an appetizer?” does less for the guest than suggesting any specific food item. “Appetizer” means little; “shrimp cocktail” means something specific.

Timing is also very important when suggesting appetizers. If the guest appears to be in a rush, he would be less likely to order an appetizer. If, on the other hand, the entree selected by the guest will take some time to prepare the server would indicate this and offer an appetizer. “Madam, the veal cordon bleu will take about 20 minutes to prepare; may I suggest a small dish of our sautéed chicken livers, which I’ll bring to you quickly?” The guest will perceive the server’s behavior as good, attentive service. If a waiter forgets to offer an appetizer, he could return to the table saying that he had placed the guest’s order in the kitchen and that it should be ready in (blank) number of minutes. “Would you care for a cup of our French onion soup now? he might ask.

The staff should know menu terminology and descriptive words for the menu items. A poorly managed restaurant was noted as having a most unappetizing term, “disjointed chicken,” as a description on their menu. The service person should be aware of the terminology he or she is using to describe certain dishes. Managers will be well advised to furnish several descriptions for the various menu items so that a server will have this terminology available.

The staff must know the correct and proper service for all menu items. This practice may also improve relations between service and production. The chef is very concerned and proud of the appearance of the food he/she prepares, and the server can destroy her work. If the server presents a delicately decorated sauced menu item to a guest and carelessly slants the plate when setting it down, covering the plate with the sauce or destroying the design, the result is a poor plate presentation.

The staff should be able to anticipate the guest's likes and dislikes. This is a difficult thing to do, but no harm is done if the server misreads the guest. If a guest is overweight, the waiter may suggest a low-fat or low-calorie menu item but should simultaneously offer a high-fat item or high-calorie dish so as not to offend the guest. If the restaurant caters to the general public, a stew or meat and potatoes may be suggested to a construction worker. Each item of the menu may not appeal to the server, but the server should never show distaste for a guest's selection.

The staff must know the proper service technique for wine. If the service person does not feel comfortable opening a bottle of wine in front of the guest, he will hesitate selling a bottle of wine for fear that he will be embarrassed. Management's responsibility is to teach the proper service procedures, as this will instill confidence in the server. Servers who are adept at opening wine will want to sell more. Servers enjoy showing their better side. If a server can put on a little show by properly and professionally handling and opening a wine bottle, this increases his tip for two reasons. First, the check is increased, and second, the guest perceives this as professional, attentive service. If wine is served promptly, the guests may drink more, and this increases sales, and gives the guests more enjoyment of the meal.

Wine is a plus sale (add-on sale) when nothing else can be sold. The guest has already ordered her meal and all its food accompaniments. Unlike appetizers, dessert, and beverages that are served before or after the meal, the wine is served with the meal and greatly increases profit. The sale of wine usually does not increase residence time (the average amount of time a guest sits in a chair).

When the wine bottle is empty and the guests are still eating, the server should not whisk away the wine bottle or wine bucket, but should bring another bottle, without having to be asked by the guest, and offer it to the host at the table.

A Quick Reference Checklist for Increasing Sales in the Dining Room

- | | |
|--|--|
| * A nice phone voice. | * Leave a copy of the menu on the table. |
| * Know menu terminology and descriptive words. | * Anticipate the guest's needs. |
| * Serve wine promptly | * Know the major ingredients, quality, prep. |
| * Don't let staff get discouraged. | * Don't force a sale. |
| * Know how to sell wine. | * Know time required to prepare items. |
| * Suggest cocktails or appetizers | * Smile |
| * Know ready-to-serve items | * Know the correct and proper service for all items. |
| * Carry through with order taking | * Have a good appearance. |
| * Know accompaniments to items | * Never show distaste for a guest's choice. |

* Be accurate with the guest's order.