

– Culinary

While we have been out of class an instructor in Colorado has recently completed 46 5-minute videos for ProStart students. Since this is the curriculum that we use I have attached the link below for you to view. These videos serve as a chapter introduction for all 44 chapters in both books. The Project that you are working on involves some information from both. The 2 videos you will need to view to complete this portion of the product are:

Level 1, Chapter 14, Culinary Math & **Level 2, Chapter 9, Food costing,**

YouTube Channel Videos:

<https://www.youtube.com/playlist?list=PLogrScrubp6kVgHqCuEpn89bfQypAqgle>

<https://www.youtube.com/watch?v=nCj2izR42bM&list=PLogrScrubp6lxkeNAMgR6miLYfq0WRPc>

Remember if you have any questions e-mail me: Cathy.Mellard@dcctc.org

The next step in the Project is going to be costing and pricing your menu. Remember, you only need to cost and get a real menu price for the (1) One menu item that you choose during last week's assignment. I have attached examples from the SC ProStart competition rules packet.

1. **Costing:** For one (1) of the twelve (12) menu items, teams will prepare and provide costing information. Costing information should be typed and submitted on the official recipe and costing template.

Acknowledgements and sources must be listed on each recipe.

- a) Small amounts of dry spices and herbs may be priced as 1% of the total recipe cost.

Oil for frying may be priced at 2% of the total recipe cost.

2. **Menu Pricing:** Prices must also be developed for the same one menu item costed in item above– calculated at a 33% food cost percentage. The menu price may be rounded up after applying the 33% food cost percentage for a more realistic menu price. For example, if the menu price is calculated to be \$7.67, it would be acceptable to have a price of \$7.95 or \$8.00. However, the final calculation before rounding must be indicated on the menu pricing template.

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Exhibit C Recipe Example

School Name	Dorchester County Career & Technology Center
Educator Name	Chef Mellard

Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces
Cooking Method(s)	Sauté		
Recipe Source	Lagasse, E. (n.d.) Retrieved from http://www.foodnetwork.com/recipes/emeril-lagasse/ratatouille-recipe0.html		

Ingredients	
Item	Amount
Olive oil	¼ c
Yellow onion, small dice	1 ½ c
Garlic, minced	1 tsp
Eggplant, medium dice	2 c
Thyme	½ tsp
Green bell pepper, diced	1 c
Red bell pepper, diced	1 c
Zucchini squash, diced	1 c
Yellow squash, diced	1 c
Tomatoes, peeled, seeded, and chopped	1 ½ c
Basil, chiffonade	1 tbsp
Parsley, chopped	1 tbsp

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Salt and black pepper	TT
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Procedure

Set a large 12-inch sauté pan over medium heat and add the olive oil.
Once hot, add the yellow onions and garlic to the pan.
Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes.

Remainder of procedures...

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Exhibit D Recipe Cost Example

School Name	DCCTC		
Educator Name	Chef		
Menu Item	Ratatouille		
Number of Portions	6	Portion Size	5 ounces

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Olive oil	51 oz / 6.375 c	\$16.79	\$2.634 / cup	¼ cup	\$0.658
Yellow onion, small dice	1 lb / 4 cup	\$1.40	\$0.35 / cup	1 ½ cup	\$0.525
Garlic, minced	1 head	\$0.50	\$0.10 / tsp	1 tsp	\$0.100
Eggplant, medium dice	1 lb / 3 cup	\$2.05	\$0.683 / cup	2 cup	\$1.367
Thyme	1 bunch / 18 tsp	\$2.09	\$0.116 / tsp	½ tsp	\$0.058
Green bell pepper, diced	1 lb / 4 cup	\$2.30	\$0.575 / cup	1 cup	\$0.575
Red bell pepper, diced	1 lb / 4 cup	\$1.07	\$0.268 / cup	1 cup	\$0.268
Zucchini squash, diced	1 lb / 2.5 cup	\$1.93	\$0.772 / cup	1 cup	\$0.772
Yellow squash, diced	1 lb / 2.5 cup	\$1.93	\$0.772 / cup	1 cup	\$0.772
Tomatoes, peeled, seeded, and chopped	1 lb / 2 cup	\$2.40	\$1.20 / cup	1 ½ cup	\$1.80
Basil, chiffonade	1 bunch / 1 cup	\$1.54	\$0.096 / tbsp	1 tbsp	\$0.096
Parsley, chopped	1 bunch / ½ cup	\$0.53	\$0.066 / tbsp	1 tbsp	\$0.066

Subtotal	\$7.057
1 % for small amounts of spices (Q Factor)	\$0.071
Total Recipe Cost	\$7.128

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Portion Cost	\$1.188
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Exhibit E – Culinary Menu Price Example

Culinary teams must complete this form prior to the competition. Make five (5) copies to include in the folders turned in at Product Check-in.

School Name	Awesome School
Educator Name	Chef Jane Doe

Menu Category	<input checked="" type="checkbox"/> Starter	<input type="checkbox"/> Entree	<input type="checkbox"/> Dessert
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Recipe	Portion Cost
Ratatouille	\$1.188
Couscous (from additional recipe and costing sheets)	\$0.972
Garnish (from additional recipe and costing sheets)	\$0.127

Total Plate Portion Cost	\$2.287
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Menu Price at 33% Food Cost	\$6.930
Actual Price on Menu	\$9.00