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| **Standard Recipe Card** | |  |  | |  |  |  |  |
| STUDENT NAME:  STUDENT NUMBER |  |  |  | |  |  |  |  |
| Name of dish: | Gnocchi with roasted red pepper sauce |  |  | | Portion #: |  | 1 |  |
| Ref.source: | Book |  |  | |  |  |  |  |
| Total Cost: | $4.5 |  |  | | Portion size: | | 250g |  |
| Portion Cost: | $4.5 |  |  | | Sale Price at | | 13$ |  |
|  |  |  |  | | %27 |  |  |  |
|  |  |  |  | | ( Food Cost) | |  |  |
|  |  |  |  | |  |  |  |  |
|  | **Sales Price** | 13$ |  | | **Food Cost %** |  | 27% |  |
| **Commodities** |  |  |  | |  |  |  |  |
| Item | Specification | Weight kg/l/Unit | | Cost per kg/l/Unit | | | Actual cost |  |
| gnocchi | Pasta | 0.5 |  | | 10 |  | 0.3 |  |
| breadcrumbs | Dry goods | 0.01 |  | | 5 |  | 0.01 |  |
| red pepper sauce | Dry goods | 0.5 |  | | 10 |  | 0.3 |  |
| mozzarella | Dairy products | 0.2 |  | | 20 |  | 1 |  |
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|  |  |  |  | | Total Cost |  | $3.5 |  |
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| **Method:** |  |  |  | |  |  |  |  |
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**Principal Course**

Gnocchi

Chicken Butter

Poppadums And

Raita

Roasted Mahogany Creek Chicken

**The Dessert**

Shooter

Dark And White Chocolate

Black Forest Containers Of Terracotta

Tart Of Yuzu Curd

Range Of Australian Cheeses

Crisp Breads

Savory Biscuits

**Procedure:**

• Heat the material.

• Ignore the box directions to cook a 500g pack of gnocchi.

• Then drain and tip into a casserole dish.

• Pour over 1⁄2 batch of roasted red pepper,

• Pour over 1⁄2 batch of roasted red pepper,

• Bake for 20 minutes, until heated and golden.

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| **Standard Recipe Card** | |  |  |  |  |  |
| STUDENT NAME:  STUDENT NUMBER |  |  |  |  |  |  |
| Name of dish: | Canton – Chicken - curry |  |  | Portion #: |  | 1 |
| Ref.source: | Book |  |  |  |  |  |
| Total Cost: | $5 |  |  | Portion size: | | 300g |
| Portion Cost: | $6 |  |  | Sale Price at | | 13$ |
|  |  |  |  | %27 |  |  |
|  |  |  |  | ( Food Cost) | |  |
|  |  |  |  |  |  |  |
|  | **Sales Price** | 13$ |  | **Food Cost %** |  | 27 |
| **Commodities** |  |  |  |  |  |  |
| Item | Specification | Weight kg/l/Unit | | Cost per kg/l/Unit | | Actual cost |
| turmeric | Dry goods | 0.01 |  | 5 |  | 0.2 |
| red pepper sauce | Dry goods | 0.5 |  | 10 |  | 0.5 |
| onirn | vegs | 0.01 |  | 5 |  | 0.2 |
| boneless skinless chicken breast | meat | 0.34 |  | 5 |  | 2.4 |
| curry | Pasta | 0.5 |  | 10 |  | 0.5 |
| Veg oil | Dry goods | 0.01 |  | 5 |  | 0.2 |
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|  |  |  |  | Total Cost |  | $4 |
|  |  |  |  | Portion Cost |  | 4 |
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| **Method:** |  |  |  |  |  |  |
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1. Mix the cut chicken breast,

Warm your wok before you vape, over high temperature. Add a few tablespoons of olive oil and then, in one sheet, move the chicken to the plate. Stir-fry the chicken and extract from the crock pot until it becomes transparent. Only put back.

2.Fill the wok with another tablespoon of olive oil, then add the onions. Stir-fry for a moment, then add chicken broth, garam masala, sugar, cayenne pepper, and salts to taste.

3. With 1/2 teaspoon of water, add the remainder 1 tablespoon of cornmeal and stir until the wheat flour is dissolved. Whisk it into the combination of curry and supply, and boil for 1 min, before it thickens. Add more cornstarch liquid if the sauce isn't deep enough. Adding more chicken broth if it was too big.

4. Returning to the wok, introduce the fried chicken and whisk for another 30 seconds. Represent with a broad teaspoon and boiled rice.

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| **Standard Recipe Card** | |  |  |  |  |  |
| STUDENT NAME:  STUDENT NUMBER |  |  |  |  |  |  |
| Name of dish: | BBQ BACKED CHICKEN |  |  | Portion #: |  | 1 |
| Ref.source: | Book |  |  |  |  |  |
| Total Cost: | $5 |  |  | Portion size: | | 300g |
| Portion Cost: | $6 |  |  | Sale Price at | |  |
|  |  |  |  | % |  |  |
|  |  |  |  | ( Food Cost) | |  |
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|  | **Sales Price** | 13$ |  | **Food Cost %** |  | 30% |
| **Commodities** |  |  |  |  |  |  |
| Item | Specification | Weight kg/l/Unit | | Cost per kg/l/Unit | | Actual cost |
| bone-in, skin-on chicken pieces | meat | 2kg |  | 4.00$ | kg | 8 |
| kosher salt | Dry goods | 2 teaspoons |  | 1.90$ | kg | 0.1 |
| garlic powder | Dry goods | 1 teaspoons |  | 13.50$ | kg | 0.3 |
| barbecue sauce | Dry goods | 4 nos |  | 13.60$ | kg | 0.25 |
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|  |  |  |  | Total Cost |  | 8.65 |
|  |  |  |  | Portion Cost |  | 2.16 |
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| **Method:** |  |  |  |  |  |  |
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1. Heat the oven to 400 °F

Heat the oven to 400 °F

2. With salt and garlic powder, season the chicken.

3. Roast the skin-side down chicken for twenty-five minutes.

4. Simmer on the burner to minimize the barbecue sauce.

Increase the temperature of the oven to 450 ° Forn-hight and brush with the decreased

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| **Standard Recipe Card** | |  |  |  |  |  |
| STUDENT NAME:  STUDENT NUMBER |  |  |  |  |  |  |
| Name of dish: | Biryani |  |  | Portion #: |  | 1 |
| Ref.source: | Book |  |  |  |  |  |
| Total Cost: | $10 |  |  | Portion size: | | 300g |
| Portion Cost: | $10 |  |  | Sale Price at | | 10$ |
|  |  |  |  | % |  |  |
|  |  |  |  | ( Food Cost) | |  |
|  |  |  |  |  |  |  |
|  | **Sales Price** | 10$ |  | **Food Cost %** |  | 60% |
| **Commodities** |  |  |  |  |  |  |
| Item | Specification | Weight kg/l/Unit | | Cost per kg/l/Unit | | Actual cost |
| tomato puree | Dry goods | 1.5teaspoon |  | 20 |  | 0.1 |
| cumin seeds | Dry goods | 1 and 1/2 teaspoon |  | 5 |  | 0.1 |
| 800 grams chicken thighs | Dry goods | 0.8 |  | 3.5 |  | 0.3 |
| basmati rice | Dry goods | 0.480 |  | 3.5 |  | 1.68 |
| white onion | vegs | 0.32 |  | 2 |  | 0.6 |
| Green chilli | vegs | 3 and 1/4 |  | 8 |  | 2 |
| 256 grams tomato | vegs | 0.256 |  | 4 |  | 1 |
| ginger paste | Dry goods | 1.5teaspoon |  |  |  |  |
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|  |  |  |  | Total Cost |  | $11.78 |
|  |  |  |  | Portion Cost |  | $3 |
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| **Method:** |  |  |  |  |  |  |
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Move 1 , take a big bowl to caramelise the meat, place Greek yoghurt, turmeric, chilli powder in a small bowl along with salts as per your preference. Using just a spoon to blend it properly and then apply the chicken thighs to the mix and brush with the mix. Hold it aside for around 20-thirty min, so that the chicken consumes the yoghurt mixture adequately. To render saffron milk, even soak saffron in the milk and hold it aside.

Move 2 Meanwhile, in a depth bath, pour processed oil, leaving it on a medium flame. Connect the cumin and green cardamom seeds and sauté for approximately two min. If finished, add the chopped onion instantly and fry it directly for 2-3 min .. Making sure they do not flame it, then add tomatoes and tomato puree as well as fry for another five minutes when another onion begins to get brown in colour.

Stage three Next, apply the sliced green chilies and ginger-garlic mixture to the mixture, frying the mixture for a minute period. Then apply the cilantro powder and, when stirring as well as cooking the masala, switch the flame to medium-low. Add the sauteed chicken easily and blend for a bit so that the juices are fully absorbed by the ingredients.

Fourth step Once again, switch the flame to medium and burn-through for around 5-6 mins only to turn it to low heat. Cover and cook for 5 minutes with a lid. During the whole process, focus on keeping stirring, or the chicken could stick to the bottom, finally getting caught burnt. If you think the consistency too dense, you should add only a little water.

Phase 5 Toggle the flame off until finished, add half of both the boiled rice to the pan and leave the remainder aside until necessary. Sprinkle soaked saffron with milk along with garam masala, leaves of mint and coriander. Place the remaining rice over the whole layer and garnish it with efficient that are the same.

Phase 6

Finally, cover the lid, turn the flame to medium-low and cook the rice for around 5 minutes. Put it off until finished and let the biryani remain covered for approximately another 10 minutes. Serve hot, together with raita or indeed any chutney of your preference.

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| **Standard Recipe Card** | |  |  |  |  |  |
| STUDENT NAME:  STUDENT NUMBER |  |  |  |  |  |  |
| Name of dish: | Chicken brest topped |  |  | Portion #: |  | 1 |
| Ref.source: | Book |  |  |  |  |  |
| Total Cost: | $10 |  |  | Portion size: | | 300g |
| Portion Cost: | $10 |  |  | Sale Price at | | 10$ |
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|  | **Sales Price** | 10$ |  | **Food Cost %** |  | 60% |
| **Commodities** |  |  |  |  |  |  |
| Item | Specification | Weight kg/l/Unit | | Cost per kg/l/Unit | | Actual cost |
| chicken broth | 1/2 cup | 2 |  | 0.2 |  | 4 |
| white wine, or more chicken broth | Dry goods | 1/4 cup |  | 15 |  | 1 |
| chicken breast halves, pounded to thin | meat | 4 boneless |  | 3.5 |  | 3.5 |
| bacon | meat | 4 strips |  | 12 |  | 4 |
| butter, divided | Dry goods | 3 tablespoons |  | 4 |  | 0.2 |
| sliced mushrooms | vegs | 4 ounces |  | 12 |  | 1 |
| all-purpose flour | Dry goods | 1/4 cup |  | 1 |  | 3 |
| mozzarella cheese |  | 4 slices |  | 6 |  | 1 |
| salt and pepper | Dry goods |  |  |  |  |  |
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|  |  |  |  | Total Cost |  | $13.9 |
|  |  |  |  | Portion Cost |  | 3.48 |
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| **Method:** |  |  |  |  |  |  |
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Cook the pasta until fried but not crisp (put it in the oven the bacon or roast it). Drain yourself and put back.

Among sheet of aluminum foil, put chicken breasts and lightly pound to an even depth, around 1½ inch. Slather with black pepper all over and gently sprinkle with the starch.

Heat 2 teaspoons of butter over moderate flame in a wide skillet or saute pan.

Cook meat on either side, until tender to cooked through, by butter for around 4 to 6 minutes.

Remove the chicken and put it aside on a tray.

Apply 1 teaspoon of butter to the pan and sauté until soft with the sliced mushrooms.

Return to the skillet 1/2 cup of heavy cream and wine (or much more chicken broth) and remove the browned bits; cook for 2 minutes, stirring.

Put the chicken back in the pan and finish it with 2 bacon bits each. Spoon out over chicken bits with several of the mushrooms.

Topping a cheese sandwich or grated cheese with each chicken.

Place chicken breasts about 8 to 12 ounces from the warm under a hot oven before the chicken is cooked.

Using hot grilled pasta or rice to eat.

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| **Standard Recipe Card** | |  |  |  |  |  |
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| **Method:** |  |  |  |  |  |  |
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| **Standard Recipe Card** | |  |  |  |  |  |
| STUDENT NAME:  STUDENT NUMBER |  |  |  |  |  |  |
| Name of dish: |  |  |  | Portion #: |  |  |
| Ref.source: |  |  |  |  |  |  |
| Total Cost: |  |  |  | Portion size: | |  |
| Portion Cost: |  |  |  | Sale Price at | |  |
|  |  |  |  | % |  |  |
|  |  |  |  | ( Food Cost) | |  |
|  |  |  |  |  |  |  |
|  | **Sales Price** |  |  | **Food Cost %** |  |  |
| **Commodities** |  |  |  |  |  |  |
| Item | Specification | Weight kg/l/Unit | | Cost per kg/l/Unit | | Actual cost |
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| **Standard Recipe Card** | |  |  |  |  |  |
| STUDENT NAME:  STUDENT NUMBER |  |  |  |  |  |  |
| Name of dish: |  |  |  | Portion #: |  |  |
| Ref.source: |  |  |  |  |  |  |
| Total Cost: |  |  |  | Portion size: | |  |
| Portion Cost: |  |  |  | Sale Price at | |  |
|  |  |  |  | % |  |  |
|  |  |  |  | ( Food Cost) | |  |
|  |  |  |  |  |  |  |
|  | **Sales Price** |  |  | **Food Cost %** |  |  |
| **Commodities** |  |  |  |  |  |  |
| Item | Specification | Weight kg/l/Unit | | Cost per kg/l/Unit | | Actual cost |
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