

Collin College

Food Prep Practicals - Ingredient Costs.

Chicken	6 oz. portion	Soup	6 oz. portion
Pork	6 oz. portion	Sauce	2 oz. Portion
Broccoli	4 oz. portion	Tomato Sauce	6 oz. portion
Asparagus	4 oz. portion		
Pasta	3 oz. Portion	# 10 can = 105 fl. Oz. or 6 lb. 10 oz.	

Ingredient	Cost	Unit	Yield
anchovy paste	\$0.44	oz.	
anchovy fillets	\$0.59	oz.	
apples green	\$0.71	lb.	85.0%
asparagus	\$4.70	lb.	90.6%
bacon	\$3.27	lb.	
balsamic vinegar	\$3.67	liter	
bananas	\$1.02	lb.	66.2%
basil, fresh	\$3.72	8-oz.	80.0%
basil, dried	Q		
bay leaf	\$2.16	oz.	
beef stew meat	\$3.86	lb.	
black olives	\$3.62	lb.	
black peppercorns	\$1.08	oz.	
Boston lettuce	\$1.29	head	80.0%
brandy	\$0.30	oz.	
bread crumbs	\$1.04	lb.	
bread, loaves	\$0.99	lb.	
broccoli floret	\$2.53	lb.	62.8%
brown veal stock	\$12.00	gal.	
brussel sprouts	\$2.96	lb.	88.7%
butter, unsalted	\$2.69	lb.	75.0%
capers	\$7.50	pt.	
cardamom ground	\$2.24	oz.	
carrots	\$0.29	lb.	81.3%
cashews	\$7.95	lb.	
cauliflower	\$2.88	head	60.0%
celery	\$1.28	lb.	68.8%
cheddar cheese	\$3.25	lb.	
chervil, fresh	\$25.00	lb.	52.9%
chick peas	\$1.75	lb.	
chicken breast	\$3.00	lb.	
chicken leg quarters	\$0.69	lb.	
chicken stock	\$10.00	gal.	
chives	\$16.75	lb.	95.0%
cilantro	\$2.00	lb.	46.4%
cinnamon	Q		
cider vinegar	\$0.06	oz.	
corn, fresh on cobb	\$0.85	ea.	
corn, frozen kernel	\$0.97	lb.	
coriander, ground	Q		
cumin, ground	Q		
crab meat	\$16.75	lb.	
demi glaze	\$25.25	gal.	
dill weed, fresh	\$7.56	lb.	44.4%
egg	\$0.13	ea.	
eggplant	\$1.61	lb.	84.2%
extra virgin olive oil	\$20.79	gal.	
fish stock	\$1.74	gal.	
flour, AP	\$0.38	lb.	
fresh tomatoes 6X6	\$1.66	lb.	98.4%
frozen peas	\$2.75	2-lb.	
garlic	\$2.26	lb.	88.1%
ginger	\$2.07	lb.	70.0%
grapefruit	\$0.91	lb.	52.6%
grapes red	\$2.89	lb.	93.8%
green beans	\$1.75	lb.	88.1%
green cabbage	\$0.49	lb.	80.0%
green pepper	\$1.90	lb.	81.3%
green peppercorns	Q		
green onions	\$0.20	oz.	82.9%
gruyere cheese	\$7.97	lb.	
heavy cream	\$4.23	qt.	
honey	\$0.21	oz.	
jicama	\$1.31	lb.	81.3%
leek	\$0.29	oz.	43.8%

Ingredient	Cost	Unit	Yield
lemon	\$0.27	ea.	49.0%
lemon juice	\$3.78	qt.	
lima beans	\$2.38	lb.	40.0%
lobster, meat	\$22.00	lb.	
mango	\$1.55	lb.	68.8%
mayonnaise	\$13.44	gal.	
milk	\$5.49	gal.	
nutmeg	Q		
mushrooms	\$2.25	lb.	93.8%
mustard, Dijon	\$0.31	oz.	
mustard, dry	\$4.84	lb.	
mustard, whole grain	\$1.59	lb.	
olive oil, Pomace	\$15.29	gal.	
onion white	\$0.44	lb.	90.0%
onion yellow	\$0.30	lb.	90.0%
oranges	\$1.36	lb.	62.5%
oregano, dried	Q		
pesto sauce	\$1.00	oz.	
paprika	\$0.38	oz.	
parmesan cheese	\$12.00	lb.	
parsley italian(5.7oz.)	\$0.61	bunch	52.9%
pasta, dried	\$1.00	lb.	
pearl onions	\$6.98	lb.	84.5%
pimento	\$0.13	oz.	
pork loin	\$4.00	lb.	
pork rib chop	\$5.96	lb.	
pork stew meat	\$2.95	lb.	
potatoes, russett	\$0.35	lb.	78.1%
radishes	\$1.90	lb.	95.0%
red cabbage	\$0.67	lb.	80.0%
red onions	\$0.41	lb.	90.0%
red pepper	\$2.70	lb.	84.4%
red potatoes	\$0.86	lb.	90.0%
red wine	\$8.49	gal.	
red wine vinegar	\$6.64	gal.	
rice, white converted	\$0.50	lb.	
rice wine vinegar	\$13.59	gal.	
Romaine lettuce	\$1.74	head	75.0%
salad oil	\$16.00	gal.	
salt	\$0.62	lb.	
sesame oil	\$17.87	gal.	
sirloin steak, beef	\$5.00	lb.	
shallots	\$2.50	lb.	90.6%
shrimp (21-25ct)	\$9.50	lb.	75-80%
snow peas	\$3.24	lb.	93.8%
sour cream	\$1.27	lb.	
sugar	\$0.90	lb.	
strawberries	\$3.20	qt.	91.9%
soy sauce	\$11.72	gal.	
tarragon, fresh	\$13.38	lb.	80.0%
tenderloin, beef	\$11.27	lb.	
thyme, dried	Q		
thyme, fresh	\$11.04	lb.	65.0%
tomato, diced in can	\$5.19	# 10 can (see above)	
tomato juice	\$4.01	gal.	
tomato paste	\$12.00	gal.	
tomato puree	\$4.88	# 10 can (see above)	
turnip	\$0.75	lb.	81.3%
white pepper	\$0.64	oz.	
white vinegar	\$4.00	gal.	
white wine	\$8.00	gal.	
white wine vinegar	\$6.00	gal.	
worcestershire sauce	\$11.83	gal.	
yellow squash	\$2.79	lb.	97.0%
zucchini	\$2.38	lb.	93.8%