

Ingredients for each component of the dish

All menu items should be done in Grams

We should determine the serving size & yield for each one, so maybe for 10 guests or however many we will be cooking for in Providence

Recipe Cost Out For:

Pan Fried Halibut

	Ingredient Spec	Quantity	Measure	Unit Cost	Total Cost
Garlic	powder	2.00	tsp		\$0.00
Onion	powder	1.00	tsp		\$0.00
Black pepper		0.25	tsp		\$0.00
Salt		1.00	tbsp		\$0.00
Potato starch		2.00	tsp		\$0.00
Rice flour		0.50	cup		\$0.00
Paprika		0.25	tsp		\$0.00
Chili powder		0.25	tsp		\$0.00
Halibut	2 inch fillet portions	20	each		\$0.00
Avocado Oil	for frying				\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00

Method of Preparation:

1. Combine the dry mix.
2. Cut halibut fillet into 2 inch fillets. Dredge in dry mix and fry in avocado oil

Yield Amount:

1

Yield Measure:

Order

Shelf Life (in days):

1

Recipe Written Date

Tools & Supplies:

Photo:



Food Safety Notes:

- * Wash hands before food preparation and when
- * Wear gloves or use suitable utensils when
- * Hold cold foods at 40°F or less.
- * Hold hot foods at 140°F or more.
- * Record temperatures of potentially hazardous foods at least three times daily.
- * Rinse all produce and immerse in a produce wash in a sanitized prep sink.

Recipe Cost

\$0.00

Yield

1

Portion Cost

\$0.00

Recipe Cost Out For:

Pickle Red Cabbage

	Ingredient Spec	Quantity	Measure	Unit Cost	Total Cost
Chili powder		1.00	tsp		\$0.00
Distilled vinegar		2.00	cups		\$0.00
Balsamic vinegar		0.50	cup		\$0.00
Cumin		1.00	tsp		\$0.00
Mustard seed		1.00	tsp		\$0.00
Ground ginger		1.00	tsp		\$0.00
Garam masala		1.00	tsp		\$0.00
Water		0.50	cup		\$0.00
Honey		2	tbsp		\$0.00
Red cabbage	shredded	600	grams		\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00

Method of Preparation:

1. Combine all the ingredients except cabbage and cook in low heat until simmering. Remove from heat and allow to cool completely.
2. Once fully cooled. Add shredded red cabbage and refrigerate until ready to use.

Yield Amount:	1
Yield Measure:	Order
Shelf Life (in days):	1
Recipe Written Date	

Tools & Supplies:

Photo:

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Recipe Cost	\$0.00
Yield	1
Portion Cost	\$0.00

