

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: Guacamole

Ingredient	Ingredient Spec	Quantity	Measure	Unit Cost	Total Cost
Avocado	roughly mashed	553	grams		\$0.00
Red onion	finely minced	2	tbsp.		\$0.00
Lime	freshly juiced	1	each		\$0.00
Salt		0.50	tsp.		\$0.00
					\$0.00
					\$0.00
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					\$0.00
					\$0.00
					\$0.00

Method of Preparation:
 1. Combine all the ingredients and gently fold to avoid overworking avocado.
 Cover and refrigerate until ready to assemble.

Yield Amount:	20
Yield Measure:	Order
Shelf Life (in days):	
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	20
Portion Cost	\$0.00

Recipe Cost Out For: Chipotle Sauce

Ingredient	Ingredient Spec	Quantity	Measure	Unit Cost	Total Cost
Chipotle in Adobo Sauce	8 oz. can	1.00	each		\$0.00
Mango puree	frozen	3.00	tsp.		\$0.00
Salt		1.00	tsp.		\$0.00
Cumin		1.00	tsp.		\$0.00
Water		0.50	cup		\$0.00
Honey		2.00	tsp.		\$0.00
Lime	juiced	2.00	each		\$0.00
Tomatoes	fresh, produce	161.00	grams		\$0.00
Avocado Oil		1	tsp.		\$0.00
Shrimp in marinade	see shrimp marinade recipe	1	recipe		\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00

Method of Preparation:

1. Combine all ingredients in a blender or vitamix until creamy. Set aside until ready to use.
2. To prepare, heat a large skillet with 2 tbsp. avocado oil. Set temp to high. Sautee shrimp until slightly pink and add the sauce. Cook until sauce thickens and shrim cooks or about 2 minutes.

Yield Amount:

Yield Measure: **Order**

Shelf Life (in days):

Recipe Written Date:

Tools & Supplies:

Photo:



Food Safety Notes:

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- * Wear gloves or use suitable utensils when
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Recipe Cost	\$0.00
Yield	0
Portion Cost	#DIV/0!

Recipe Cost Out For: Mango Hot Sauce

Ingredient	Ingredient Spec	Quantity	Measure	Unit Cost	Total Cost
Onion	yellow, diced	0.50	each		\$0.00
Garlic	minced	2.00	cloves		\$0.00
Avocado oil		1.00	tbsp.		\$0.00
Salt		0.25	tsp.		\$0.00
Mango		4.00	tbsp.		\$0.00
Mango Habanero Sauce	Ventura Foods Sauce Craft product	1.00	tbsp.		\$0.00
Blazin' Ghost Pepper Sauce	Ventura Foods Sauce Craft product	1.00	tbsp.		\$0.00
Apple Cider Vinegar		0.25	cup		\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00
					\$0.00

Method of Preparation:

1. Sweat onion and garlic in oil and cook for 15 minutes.
2. Add salt mango puree, mango habanero sauce, blazin ghost pepper sauce and vinegar and return to stove to cook for 5 more minutes.
3. Blend until smooth.
4. Cool and transfer to small / 4mL pipettes for serving.

Photo:

Yield Amount:

Yield Measure: **Order**

Shelf Life (in days):

Recipe Written Date

Tools & Supplies:

Food Safety Notes:

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- * 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
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Yield	0
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Portion Cost	#DIV/0!
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