

RECIPE MAPPING™

HOW TO TURN GOOD RECIPES INTO GREAT MENU ITEMS

A good recipe for home cooking doesn't always work out when you attempt to replicate it in the restaurant. Startup restaurateurs find out quickly that a recipe intended to yield four, six or even 10 servings might not be practical when feeding dozens or even hundreds of guests — every day.

Success in the restaurant business is often measured in pennies. Inaccurate purchase orders, wasted product and inefficient labor use are ingredients for losing money. And while your friends and family never minded waiting an extra half-hour or so for your home recipes or varia-

tions in presentation, your restaurant guests will not forgive slow service and inconsistency.

For good recipes to become great menu items, you must learn to make them pleasing to both your guests and your accountant. You must break them down into stages that assist purchasing and inventory control, organize prepping, reduce production time, and maximize yield. Then you must build them up to serve dozens of covers.

Our proprietary name for this process is RecipeMapping, and it is designed to help you add new items to your menu consistently, methodically and profitably.

Step 1 – Add Ingredients to the Master Inventory

List. Every restaurant should maintain a Master Inventory List that includes all of the ingredients that a restaurant must use in the preparation of their menu items. This list can be maintained using a spreadsheet format that includes purchasing information, such as the pack, size, and price of the ingredients — information that is useful when creating other management forms, such as inventory and order forms. But to accurately calculate the real cost to produce a menu item, the Master Inventory list should not only reflect the purchasing cost and unit of measure, but also the corresponding recipe cost and unit of measure. Any ingredient used in cooking can be expressed in one of three units of measure when using it in a recipe — weight measure (typically ounces or lbs.), volume measure (such as tsp., tbsp., cups, qts. or gal.), or by piece. Many products are purchased by weight units of measure but are measured for recipes in terms of volume (fluid) measure. To determine a true recipe unit cost, it can require measuring a pound of product to determine its recipe yield. We provide Recipe Conversion Notes to assist in this process.

Step 2 – Create the Prep Stages. Here we identify parts of the menu item that can be prepared prior to final cooking and presentation, to reduce the time from order to service. Even a simple, single menu item often requires several subrecipes that are produced in batch and become part of the routine preparation tasks. Each subrecipe is then added to the Recipe Manual for reference by the kitchen staff. The cost of each subrecipe ingredient is calculated by multiplying the number of recipe units used by the recipe unit cost listed in the Master Inventory. The subrecipe batch is then assigned its own recipe unit and cost based on total cost to produce the batch and how much it yields.

Step 3 – Calculate Menu Item Cost. Finally, the cost of the menu item is determined by calculating the cost of each recipe or ingredient needed to produce the menu item, then affixing a selling price that produces the desired profit. Restaurants should review their menu item cost every three to six months to ensure that cost expectations are accurate.

THIS MONTH'S FEATURES:

Roasted Onion Meatloaf and Three Onion Chicken Pot Pie

Author Chef Tom Bruce of Central Coast Food & Beverage worked with the National Onion Association to “map” these savory recipes, perfect for fall menu specials. For more information on the National Onion Association, please visit <https://www.onions-usa.org/>



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**NATIONAL ONION
ASSOCIATION**

MENU ITEMS

Menu items featured in our RecipeMapping department are available online at www.RestaurantOwner.com/recipe.htm.

ROASTED ONION MEATLOAF

- 1 ea. Oniony Meatloaf
- 1 ea. Roasted Onion
Garlic Mashed
- 1 ea. Green Beans and Carrots

LINE COOK INSTRUCTIONS:

1. Remove meatloaf from hot holding and cut 2 slices (1 portion).
2. Place the meatloaf on a heated service plate.
3. Add the mashed potatoes and green beans and carrots for service.



THREE ONION CHICKEN POT PIE

- 1 ea. Three Onion Pot Pie

LINE COOK INSTRUCTIONS:

1. Remove pot pie from hot holding.
2. If necessary, place in a 350° oven to crisp the top.
3. Plate for service.

Take Advantage of “Dish-up” Items

This month’s article was supplied by the National Onion Board. Both items are great comfort foods and simple to produce on the cook’s line. They are ideal for high volume lunch or dinner. For example, pair the pot pie with a house salad for dinner service.

There’s a great deal of advantage to these so-called “dish-up” items on menus of high-volume operations. Although they can require a bit more labor on the front end, they’re great for the cook’s line and ticket times during peak service. Work with your service staff to actively market the items. And remember that selling out an item can be a good thing.



STEP ONE: INVENTORY MASTER

| Item Description | Case Pack/Size | Purchase Unit (PU) | | Recipe Cost Unit (RU) | | | |
|--------------------------------------|----------------|--------------------|---------------|-----------------------|-------------|---------|-------|
| | | U/M | Current Price | U/M | # RU per PU | Yield % | Cost |
| * Base, beef | 6/1-lb. | Case | 54.25 | OZ-wt | 96 | 100% | 0.565 |
| ** Base, chicken | 6/1-lb. | Case | 50.74 | OZ-wt | 96 | 100% | 0.529 |
| ** Basil, fresh | 1/1-lb. | Case | 7.80 | OZ-wt | 16 | 56% | 0.871 |
| ** Bean, green fresh | 2/5-lb. | Case | 28.92 | OZ-wt | 160 | 100% | 0.181 |
| * Beef, ground 81/19 | 3/5-lb. | LB | 3.42 | OZ-wt | 16 | 100% | 0.214 |
| ** Beer, wheat | 6/12-oz. | Box | 7.10 | OZ-fl | 72 | 100% | 0.099 |
| ** Broth, chicken | 12/49-oz. | Case | 37.27 | OZ-fl | 588 | 100% | 0.063 |
| * Butter, salted | 30/1-lb. | Case | 101.24 | OZ-wt | 480 | 100% | 0.211 |
| ** Butter, unsalted | 30/1-lb. | Case | 103.07 | OZ-wt | 480 | 100% | 0.215 |
| ** Carrots, jumbo | 1/25-lb. | Case | 22.51 | OZ-wt | 400 | 81% | 0.069 |
| ** Celery, fresh | 1/6-ct. | Case | 14.32 | OZ-wt | 192 | 69% | 0.108 |
| * Cereal, oatmeal | 12/42-oz. | Case | 54.38 | OZ-wt | 504 | 100% | 0.108 |
| ** Chicken, boneless skinless breast | 4/10-lb. | Case | 87.25 | OZ-wt | 640 | 88% | 0.155 |
| ** Cream, heavy 40% | 6/0.5-gal. | Case | 47.52 | OZ-fl | 384 | 100% | 0.124 |
| * Cream, sour | 2/5-lb. | Case | 21.98 | OZ-fl | 150.4 | 100% | 0.146 |
| * Egg, shell extra-large | 1/15-dzn. | Box | 28.72 | EA | 180 | 100% | 0.160 |
| ** Flour, all-purpose | 1/50-lb. | Bag | 19.91 | OZ-fl | 1392 | 100% | 0.014 |
| *** Garlic, whole peeled | 1/5-lb. | Each | 24.99 | OZ-wt | 80 | 100% | 0.312 |
| * Ketchup | 6/#10-can | Case | 27.34 | OZ-fl | 576 | 100% | 0.047 |
| * Milk, 2% | 1/6-gal. | Case | 24.79 | OZ-fl | 768 | 100% | 0.032 |
| ** Mushroom, fresh | 1/10-lb. | case | 21.63 | OZ-wt | 160 | 100% | 0.135 |
| * Oil, olive extra-virgin | 1/2.5-gal. | each | 137.34 | OZ-fl | 320 | 100% | 0.429 |
| ** Onion, green | 1/12-ct. | Case | 14.30 | OZ-wt | 42 | 83% | 0.410 |
| ** Onion, red | 1/10-lb. | Case | 12.93 | OZ-wt | 160 | 91% | 0.089 |
| *** Onion, white | 1/10-lb. | Case | 12.67 | OZ-wt | 160 | 91% | 0.087 |
| * Onion, yellow | 1/10-lb. | Case | 9.54 | OZ-wt | 160 | 91% | 0.066 |
| *** Parsley, Italian | 1/15-ct. | Case | 14.25 | OZ-wt | 85.5 | 40% | 0.417 |
| *** Pepper, black ground | 3/5-lb. | Case | 39.89 | OZ-fl | 504 | 100% | 0.079 |
| ** Pepper, red bell | 1/5-lb. | Case | 15.90 | OZ-wt | 80 | 84% | 0.237 |
| * Pork, ground 80/20 | 1/10-lb. avg. | LB | 3.81 | OZ-wt | 16 | 100% | 0.238 |
| * Potato, russet | 1/50-lb. | Box | 23.80 | OZ-wt | 800 | 78% | 0.038 |
| *** Salt, sea fine | 12/26-oz. | Case | 47.37 | OZ-fl | 293.28 | 100% | 0.162 |
| * Sauce, soy low-sodium | 6/0.5-gal. | Case | 50.12 | OZ-fl | 384 | 100% | 0.131 |
| * Sauce, steak | 2/1-gal. | Case | 98.20 | OZ-fl | 256 | 100% | 0.384 |
| ** Thyme, fresh | 1/1-lb. | Case | 13.77 | OZ-wt | 16 | 65% | 1.324 |
| * Thyme, leaves whole | 3/27.5-oz. | Case | 37.72 | OZ-fl | 412.5 | 100% | 0.091 |

*Roasted Onion Meatloaf **Three Onion Chicken Pot Pie *** Both

The first step is to identify each ingredient for all the subrecipes and then to get the purchasing unit pack, size, and cost information from your foodservice distributor. Raw ingredients for these menu items were chosen based on availability from local distributors. Once you have the purchasing information, you're ready to calculate the number of recipe units in each purchase unit.

RECIPE CONVERSION NOTES:

Many products are purchased by the weight unit of measure but are measured for recipes in fluid measures, such as teaspoons, tablespoons or cups. Precise conversion formulas are necessary to attain accurate costs. Here are some facts we noted when calculating the number of recipe units:

- Carrots weigh 4.2 ozs. per cup, sliced.
- Diced celery weighs about 4 ozs. per cup.
- Oatmeal weighs 3 ozs. per cup.
- Sour cream weighs 8.54 ozs. per cup.
- Green onions weigh 3.5 ozs. per bunch.
- Diced onions weigh about 3.7 ozs. per cup.
- Ground black pepper weighs 0.238 oz. per Tbsn.
- Diced potatoes weigh about 5 ozs. per cup.
- Onions are part of the Allium genus which includes chives, garlic, leeks and shallot
- The flavor of a raw onion depends on the variety (genetic type and color), the time of year it was produced, soil type and growing conditions.
- Onions are the most commonly mentioned vegetable on today's menus. More than 92 percent of all foodservice operations include onions on their menus.
- Bulb onions can be yellow, red or white.

STEP TWO: PREP STAGES

Subrecipes are usually prepared ahead of time and can be components for one or several menu items.

ROASTED ONION MEATLOAF

| National Onion Association | | |
|---|--------------------|--|
| Onion Meatloaf | | Batch |
| INGREDIENTS | MEASURE | PROCEDURE |
| Onion, yellow | 3 lbs. medium dice | 1. Using a large sauté pan or rondo, melt the butter over medium heat. 2. Add the onions, salt, pepper and thyme and continue to cook. 3. When the onions are soft and translucent, remove from the heat and cool to room temperature. 4. Combine the remaining ingredients in a large mixing bowl. 5. Add the cooled onions and mix thoroughly by hand until all ingredients are blended. 6. Form the mixture into 4 loaves and place into loaf pans. 7. Using a still oven, bake at 350° until firm, about 50-55 minutes. Internal temperature should read 165° minimum. 8. Allow the loaves to cool for 20-25 minutes before removing from the loaf pans for service. 9. Hold on the steam table for service. |
| Butter, salted | 2 ozs. | |
| Salt, sea fine | 1 Tbsn. | |
| Pepper, black ground | 1 tsp. | |
| Thyme, leaves whole | 1 Tbsn. | |
| Cereal, oatmeal | 4 cups | |
| Milk, 2% | 1½ cups | |
| Parsley, Italian | ½ oz. chopped | |
| Egg, shell extra-large | 6 ea. | |
| Ketchup | 1½ cups | |
| Sauce, soy low-sodium | ¼ cup | |
| Base, beef | 1 oz. | |
| Garlic, whole peeled | 2 ozs. minced | |
| Sauce, steak | ½ cup | |
| Beef, ground 81/19 | 4 lbs. | |
| Pork, ground 80/20 | 4 lbs. | |
| TOOLS/EQUIP.: Ounce/pound scale, measuring cup, measuring spoons, French knife, large sauté pan or rondo, stainless steel service spoon, large mixing bowl and 4 loaf pans. STATION: Prep cook YIELD: About 24 2-cut portions SHELF LIFE: 2 days | | |

| Recipe Cost | | | |
|----------------|---------|---------|----------|
| RU | # of RU | RU Cost | Cost |
| OZ-wt | 48 | 0.066 | \$ 3.15 |
| OZ-wt | 2 | 0.211 | \$ 0.42 |
| OZ-fl | 0.5 | 0.162 | \$ 0.08 |
| OZ-fl | 0.16 | 0.079 | \$ 0.01 |
| OZ-fl | 0.5 | 0.091 | \$ 0.05 |
| OZ-wt | 12 | 0.108 | \$ 1.29 |
| OZ-fl | 12 | 0.032 | \$ 0.39 |
| OZ-wt | 0.5 | 0.417 | \$ 0.21 |
| EA | 6 | 0.160 | \$ 0.96 |
| OZ-fl | 12 | 0.047 | \$ 0.57 |
| OZ-fl | 2 | 0.131 | \$ 0.26 |
| OZ-wt | 1 | 0.565 | \$ 0.57 |
| OZ-wt | 2 | 0.312 | \$ 0.62 |
| OZ-fl | 4 | 0.384 | \$ 1.53 |
| OZ-wt | 64 | 0.214 | \$ 13.68 |
| OZ-wt | 64 | 0.238 | \$ 15.24 |
| | | - | \$ - |
| | | - | \$ - |
| Total | | | \$ 39.02 |
| RU | | | EA |
| # of RU | | | 24 |
| RU Cost | | | \$ 1.63 |

CHEF'S NOTE: Allowing the meat to cool in the loaf pans allows it to absorb the moisture lost during the cooking process. When making sausage, meat loaf, etc. for the first time cook a small portion on the griddle to ensure the correct flavor profile.

| National Onion Association | | |
|--|---------------------------|--|
| Roasted Onion Garlic Mashed | | Batch |
| INGREDIENTS | MEASURE | PROCEDURE |
| Onion, white | 1 batch | 1. Combine the onions, garlic and olive oil in a medium mixing bowl. Blend well and transfer to a baking dish. 2. Cover with foil and bake at 350° for 45 minutes, remove from heat and keep covered. 3. While the onions are baking, place the potatoes in a medium stockpot and cover with water. 4. Bring the potatoes to a simmer and cook over low heat until tender. 5. Strain the potatoes using a colander and immediately place in a stand mixer. 6. Add the roasted onions, butter, sour cream and seasonings. 7. Mix on lower speed until all ingredients are well blended. Increase the speed to fluff the potatoes. 8. Drop the bowl and scrape with a rubber spatula. 9. Whip again until smooth and fluffy, adjust the seasonings as necessary. |
| Garlic, whole peeled | ¼ lb. chopped | |
| Oil, olive extra-virgin | ½ batch (about 5 fl. oz.) | |
| Potato, russet | 1 qt. | |
| Water | 4 Tbsn. | |
| Butter, salted | 12 ozs. diced | |
| Cream, sour | 4 ozs. chopped | |
| Salt, sea fine | 8 ozs. chopped | |
| Pepper, black ground | 3 cups | |
| | | |
| | | |
| TOOLS/EQUIP.: Ounce scale, measuring spoons, cup and quart measures, French knife, baking dish with cover or foil, medium stockpot, colander and table-top stand mixer. STATION: Prep cook YIELD: About 24 3-oz. portions SHELF LIFE: 1 shift | | |

| Recipe Cost | | | |
|----------------|---------|---------|---------|
| RU | # of RU | RU Cost | Cost |
| OZ-wt | 15 | 0.087 | \$ 1.31 |
| OZ-wt | 3 | 0.312 | \$ 0.94 |
| OZ-fl | 0.5 | 0.429 | \$ 0.21 |
| OZ-wt | 40 | 0.038 | \$ 1.53 |
| OZ-fl | 128 | - | \$ - |
| OZ-wt | 6 | 0.211 | \$ 1.27 |
| OZ-fl | 8 | 0.146 | \$ 1.17 |
| OZ-fl | 0.5 | 0.162 | \$ 0.08 |
| OZ-fl | 0.16 | 0.079 | \$ 0.01 |
| | | - | \$ - |
| | | - | \$ - |
| | | - | \$ - |
| Total | | | \$ 6.51 |
| RU | | | EA |
| # of RU | | | 24 |
| RU Cost | | | \$ 0.27 |

CHEF'S NOTE: The key to good mashed potatoes is not letting the potatoes cool. Add hot ingredients whenever possible and mix immediately.

STEP TWO: PREP STAGES

THREE ONION CHICKEN POT PIE

| National Onion Association | | | Recipe Cost | | | |
|---|--------------------------|---|----------------|---------|---------|----------|
| Three Onion Pot Pie | | | Batch | | | |
| INGREDIENTS | MEASURE | PROCEDURE | RU | # of RU | RU Cost | Cost |
| Butter, salted | 8 ozs. | 1. Heat a medium rondo over low heat, add the butter. 2. Add the vegetables and cook over medium heat until they begin to soften. 3. Add the chicken and continue to cook for 3-4 minutes. 4. Add the flour and blend the mixture using a stainless-steel service spoon. 5. As soon as the flour is absorbed, add the heated stock in small batches. Stir often with the spoon. 6. When all the stock has been incorporated, bring to a simmer and allow to cook for 10-15 minutes to bind the roux. 7. Adjust seasoning as necessary, and remove from the heat. Allow to cool to room temperature. 8. Divide the pie filling equally into the 24 crocks. 9. Cover each crock with pie dough, crimp the edges, and cut 3 slots in the top to allow the steam to escape. 10. Place the pies in a 375° still oven and bake for 45 minutes or until the tops are well browned. 11. Place the pies in hot holding for service, pies may need to go through the oven again to crisp the crust. | OZ-wt | 8 | 0.211 | \$ 1.69 |
| Onion, white | 15 ozs. medium dice | | OZ-wt | 15 | 0.087 | \$ 1.31 |
| Onion, red | 15 ozs. medium dice | | OZ-wt | 15 | 0.089 | \$ 1.33 |
| Onion, yellow | 15 ozs. medium dice | | OZ-wt | 15 | 0.066 | \$ 0.98 |
| Carrots, jumbo | 20 ozs. peeled and cut | | OZ-wt | 20 | 0.069 | \$ 1.39 |
| Mushroom, fresh | 16 ozs. quartered | | OZ-wt | 16 | 0.135 | \$ 2.16 |
| Celery, fresh | 20 ozs. cross cut | | OZ-wt | 20 | 0.108 | \$ 2.16 |
| Pepper, red bell | 12 ozs. medium dice | | OZ-wt | 12 | 0.237 | \$ 2.84 |
| Chicken, boneless skinless breast | 4 lbs cooked, large dice | | OZ-wt | 64 | 0.155 | \$ 9.91 |
| Flour, all-purpose | 1½ cups | | OZ-fl | 12 | 0.014 | \$ 0.17 |
| Pot Pie Sauce Stock | | | EA | 1 | 10.208 | \$ 10.21 |
| Pie Dough, Savory | | EA | 1 | 4.061 | \$ 4.06 | |
| | | | | - | \$ - | |
| | | | | - | \$ - | |
| TOOLS/EQUIP.: Ounce scale, French knife, medium rondo and stainless steel service spoon. | | | Total | | \$ | 38.22 |
| STATION: Line cook | | | RU | | EA | |
| YIELD: About 24 10-oz. portions | | | # of RU | | 24 | |
| SHELF LIFE: 2 days | | | RU Cost | | \$ 1.59 | |

CHEF'S NOTE: Pot pies are wonderful comfort food, you can always bake smaller batches based on volume. The sauce and the filling can also be combined to order, heated and topped with a pre-baked top if desired.

| National Onion Association | | | Recipe Cost | | | |
|---|----------------------------|--|----------------|---------|---------|---------|
| Pie Dough, Savory | | | Batch | | | |
| INGREDIENTS | MEASURE | PROCEDURE | RU | # of RU | RU Cost | Cost |
| Flour, all-purpose | 5 cups | 1. Place 3 cups of flour and 2 tsp. salt in a commercial food processor. 2. Pulse/bump the processor 2-3 times to combine the flour and salt. 3. Scatter the chilled butter over the top and blend until dough begins to form. This should only take a few seconds, take care not to overmix. 4. Scrape the bowl and add the remaining flour. 5. Pulse the blender 4-5 more times until the dough is a bit broken up and crumbly. 6. Place in a mixing bowl and gradually add the ice water in small batches. Using a rubber spatula, work the dough as you go. 7. When the dough holds together place on a work table and divide into 24 small balls. 8. Cover with plastic wrap and chill for 1 hour. 9. Roll the dough out to fit the crocks used for the pies. | OZ-fl | 40 | 0.014 | \$ 0.57 |
| Salt, sea fine | 2 tsp. | | OZ-fl | 0.33 | 0.162 | \$ 0.05 |
| Butter, unsalted | 1 lb. chilled and cubed ½" | | OZ-wt | 16 | 0.215 | \$ 3.44 |
| Water | ¾ cup, very cold | | OZ-fl | 6 | - | \$ - |
| | | | | | - | \$ - |
| | | | | | - | \$ - |
| | | | | | - | \$ - |
| | | | | | - | \$ - |
| | | | | | - | \$ - |
| | | | | | - | \$ - |
| | | | | | - | \$ - |
| TOOLS/EQUIP.: Measuring cup, measuring spoons, ounce scale, commercial food processor, mixing bowl and rubber spatula. | | | Total | | \$ | 4.06 |
| STATION: Prep cook | | | RU | | EA | |
| YIELD: Enough dough for about 24 pot pies. | | | # of RU | | 1 | |
| SHELF LIFE: 2 days | | | RU Cost | | \$ 4.06 | |

CHEF'S NOTE: A single menu item may have several "subrecipes," and a recipe card should be created for each step.

STEP TWO: PREP STAGES CONTINUED

THREE ONION CHICKEN POT PIE

| National Onion Association Pot Pie Sauce Stock | | | Batch | | | | Recipe Cost | | | | |
|---|-----------------------|--|-------|---------|---------|---------|----------------|----|-------|--|--|
| INGREDIENTS | MEASURE | PROCEDURE | RU | # of RU | RU Cost | Cost | | | | | |
| Beer, wheat | 1 cup | 1. Combine all ingredients in a large saucepot. 2. Bring to a simmer, and hold for 6-8 minutes stirring frequently with a wire whisk. | OZ-fl | 8 | 0.099 | \$ 0.79 | | | | | |
| Cream, heavy 40% | 3 cups | | OZ-fl | 24 | 0.124 | \$ 2.97 | | | | | |
| Broth, chicken | 4 cups | | OZ-fl | 32 | 0.063 | \$ 2.03 | | | | | |
| Base, chicken | 1 oz. | | OZ-wt | 1 | 0.529 | \$ 0.53 | | | | | |
| Thyme, fresh | ¼ oz. finely chopped | | OZ-wt | 0.25 | 1.324 | \$ 0.33 | | | | | |
| Parsley, Italian | ½ oz. finely chopped | | OZ-wt | 0.5 | 0.417 | \$ 0.21 | | | | | |
| Basil, fresh | 1½ oz. finely chopped | | OZ-wt | 1.5 | 0.871 | \$ 1.31 | | | | | |
| Pepper, black ground | 1 tsp. | | OZ-fl | 0.16 | 0.079 | \$ 0.01 | | | | | |
| Salt, sea fine | 1 Tbsn. | | OZ-fl | 0.5 | 0.162 | \$ 0.08 | | | | | |
| Garlic, whole peeled | 1 oz. finely chopped | | OZ-wt | 1 | 0.312 | \$ 0.31 | | | | | |
| Onion, green | 4 ozs. sliced | | OZ-wt | 4 | 0.410 | \$ 1.64 | | | | | |
| | | | | | - | \$ - | | | | | |
| TOOLS/EQUIP.: Ounce scale, cup measure, measuring spoons, French knife, large saucepot and wire whisk. | | | | | | | Total | \$ | 10.21 | | |
| STATION: Line cook | | | | | | | RU | EA | | | |
| YIELD: Sauce for about 24 pot pies. | | | | | | | # of RU | 1 | | | |
| SHELF LIFE: 2 days | | | | | | | RU Cost | \$ | 10.21 | | |

STEP THREE: CALCULATE COSTS

The final step for turning the recipe into a menu item is to add the cost of the ingredients needed to produce it. Calculating the cost of each recipe needed to produce the menu item makes it easy to cost out the finished menu item and affix a selling price that is profitable.

| Menu Item: Roasted Onion Meatloaf | | | | |
|--|----------|-----------------------------|---------------------|-----------|
| Item Description: Lean beef and pork slow roasted and served with housemade roasted onion and sour cream mashed potatoes, green beans and carrots. | | | | |
| Recipe Unit | Quantity | Ingredient | Unit Cost | Extension |
| EA | 1 | Oniony Meatloaf | 1.63 | 1.63 |
| EA | 1 | Roasted Onion Garlic Mashed | 0.27 | 0.27 |
| EA | 1 | Green Beans and Carrots | 0.28 | 0.28 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| EA | 1 | Plate cost (Q-cost) | 0.35 | 0.35 |
| | | | Total Cost | 2.53 |
| | | | Menu Price | 12.00 |
| | | | Gross Profit | 9.47 |
| | | | Food Cost % | 21.08% |

| Menu Item: Three Onion Chicken Pot Pie | | | | |
|--|----------|---------------------|---------------------|-----------|
| Item Description: Made in house with our own pie dough topping. We make 24 each day so when they're gone-they're gone! | | | | |
| Recipe Unit | Quantity | Ingredient | Unit Cost | Extension |
| EA | 1 | Three Onion Pot Pie | 1.59 | 1.59 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| | | | 0.00 | 0.00 |
| EA | 1 | Plate cost (Q-cost) | 0.35 | 0.35 |
| | | | Total Cost | 1.94 |
| | | | Menu Price | 12.00 |
| | | | Gross Profit | 10.06 |
| | | | Food Cost % | 16.19% |