



Chapter - XII

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MENU 1

MINESTRONE SOUP

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTIEN	FAT	CHO	CALORIES	PRESENTATION
CARROTS	0.080		KG						In individual soup cups
ONIONS	0.080		"						
LEEKs	0.040		"						
CELERY	0.020		"						
TURNIPS	0.080		"						
CABBAGE	0.040		"						
TOMATOES	0.200		"						
GREEN BEANS	0.040		"						STANDARD
PEAS	0.040		"						
SPAGHETTIS	0.050		"						
CHEESE	0.050		"						
GARLIC	0.010		"						
BASIL	0.005		"						
BUTTER	0.010		L						
OLIVE OIL	0.020		L						
SALT	0.003		KG						
METHOD									
1. Peel, Wash ,Cut all vegetables in paysanne 3/10"x 3/10"x3/10"									
2. Sauté in butter onions, leeks, celery, turnips, carrot, cabbage.									
3. Add 1l water , bring to boil, add salt.									
4. After 10 minutes, add tomatoes (skinned and seeded)									
5. Then add beans and peas									
6. Add spaghetti and finish cooking									
7. Prepare a paste with cheese, garlic, basil, oil.									
8. Stir paste in soup just before service.									



STUFFED EGGS

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTIEN	FAT	CHO	CALORIES	PRESENTATION
EGGS	6 + 1		NO						On plate with a garnish of Shredded lettuce Cucum-ber and tomato slices
OIL	0.150		L						
VINEGER	0.020		L						
MUSTARD	0.010		KG						
SALT	0.003		"						
PEPPER	0.003		"						
HERBS	½		BUNCH						
TOMATO PASTE	0.010		KG						
CHEESE	0.050		KG						
HAM	0.050		KG						
LETTUCE	1		NO						STANDARD
TOMATOES	0.100		KG						
CUCUMBERS	0.150		KG						
METHOD									
1. Hard boil 6 eggs(cook it for 15 minutes)									
2. Refresh and shell									
3. Cut into halves lengthwise. Sieve yolks									
4. Prepare mayonnaise									
5. Combine mayonnaise and yolks									
6. Chop garnishes very finely									
7. Divide filling into 3 parts									
a) Flavour with tomato									
b) Flavour with ham									
c) Flavour with herbs and cheese									
8. Fill 4 white halves with each garnish									
Serve 3 different halves per person.									

STEAMED POTATOS

INGREDEINTS	QTY	RATE	PER	AMOUNT	PROTIEN	FAT	CHO	CALORIES	Presentation In vegetable dish or besides the fish .
POTATO	0.500		KG						
SALT	0.005		"						
									STANDARD
METHOD									
1. Peel potato and wash .									
2. Turn with paring knife into barrel shape									
3. Season lightly with salt.									
4. Cook in a double steamer pan.									
5. Keep covered until service.									





SPINACH SAUTE

INGREDEINTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
SPINACH	2		BUNCH						In vegetable dish
MILK	0.2		L						
BUTTER	0.010		KG						
FLOUR	0.010		KG						
SALT	0.005		"						
PEPPER	0.003		"						STANDARD
NUTMEG	0.003		"						
METHOD									
1. Remove stalks from spinach									
2. Wash 3 times									
3. Blanch in boiling salted water until tender									
4. Refresh , drain, and squeeze out water									
5. Chop coarsely									
6. Make light béchamel									
7. Combine spinach and sauce									
8. Check for Seasoning									



MENU 2

PUREE CRECY

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION	
CARROTS	0.600		KG						In vegetable dish decorate with palette knife blade dipped in hot water.	
BUTTER	0.025		KG							
CREAM	0.050		KG							
SALT	0.005		"							
PEPPER	0.003		"							
NUTMEG	0.005		"						STANDARD	
SUGAR	0.005		"							
POTATO PARINGS	0.100		"							
METHOD										
1. S LICE THE CARROTS & ONIONS										
2. SAUTE THE SLICED ONIONS & CARROTS IN BUTTER										
3. ADD THE SPRIG OF THYME, PINCH OF SALT & SUGAR										
4. POUR ONE LITRE OF WATER/STOCK IN TO IT										
5. ADD THE RICE, BRING TO BOIL AND ALLOW TO SIMMER GENTLY UNTIL COOKED										
6. PASS THROUGH A BLENDER STRAIN.										
7. FINISH OFF WITH BUTTER.										





EGGS FLORENTINE

INGREDEINTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
EGGS	5		NO						1. Spinach in oven dish
VINEGAR	0.05		L						2. Eggs on spinach
SPINACH	2		BUNCH						3. Cover spinach and egg with sauce and remaining cheese
BUTTER	0.020		KG						4. Glaze under salamander
FLOUR	0.010		KG						STANDARD
MILK	0.25		L						
CHEESE	0.050		KG						
SALT	0.005		"						
PEPPER	0.003		"						
NUTMEG	0.003		"						
METHOD									
1. Peel and blanch spinach									
2. Saute in 10 gm butter & season it									
3. Prepare mornay and adding 1 yolk + 25 g cheese to the béchamel									
4. Poach 4 eggs in water and vinegar									
5. Prepare for service.									



POTATOES SAUTE

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATOES	0.700		KG						In a vegetable dish or around meat with chopped parsley on top
BUTTER	0.020		KG						
OIL	20ml		L						
SALT	0.005		KG						STANDARD
PARSLEY	0.025		"						
METHOD									
1. Peel and wash potatoes									
2. Cut into 0.3cm thick slices. Wash									
3. Dry well									
4. Sauté directly in butter and oil									
5. Season when cooked									





MENU 3

CREAM OF MUSHROOM

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
BUTTER	0.040		KG						In individual soup bowls garnished with sautéed mushroom slices in butter
FLOUR	0.030		KG						
CREAM	0.100		LT						
FRESH MUSHROOMS	0.100		KG						
ONIONS	0.050		KG						STANDARD Thick creamy consistency with a strong flavour of mushroom served piping hot, adequately seasoned and garnished with slices of mushrooms.
CELERY	0.025		"						
LEEKS	0.025		"						
GARLIC	0.005		"						
STOCK	1		LT						
METHOD									
1. Prepare a sound vegetable stock									
2. Chop all the vegetables									
3. Saute in butter garlic, onions, celery, leeks along with the mushrooms									
4. Add the stock to it and cook till the vegetables are tender.									
5. Cool the mixture and make into puree									
6. Make a white sauce using butter, flour and milk.									
7. Add the puree to the white sauce and adjust the consistency									
8. Strain and add garnish.									

FRIED EGGS

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
EGGS	8			NOS					In individual plate and toast
SALT	0.005			KG					
PEPPER	0.005			KG					
OIL	0.050			LT					STANDARDS Neatly fried eggs. Yolk evenly centred and side up. Lightly seasoned egg white must be set.
METHOD									
1. Heat a little oil in a frying pan. Add the eggs									
2. Cook gently until lightly set									
3. Serve on a plate or a flat dish									





FRENCH FRY

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATO	0.100	KG							On a round silver dish with paper doilie DO NOT COVER.
OIL for Frying	0.500	L							
SALT	0.005	KG							
									STANDARD
METHOD									
1. Peel and wash potatoes.									
2. Pare (keep parings for soup)									
3. Cut it into baton nets 0.5cmx 0.5cmx0.5cm									
4. Rinse in cold water and drain.									
5. Fry at 140 °C until cooked.									
6. During service fry at 180° C for colour and crispiness .									



VICHY CARROT

INGREDEINTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
CARROTS	0.600		KG						In a vegetable dish with parsley
BUTTER	0.030		KG						
WATER	1		L						
SALT	0.005		KG						
SUGAR	0.003		KG						STANDARD
PARSLEY	½		BUNCH						
METHOD									
1. Peel carrots and Wash (do not soak)									
2. Slice 2mm thick.									
3. Add water to level and seasonings.									
4. Bring to the boil covered.									
5. Evaporate water. Remove lid.									
6. Swirl the pan to glaze the carrots.									





MENU 4

CREAM OF SPINACH SOUP

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTIEN	FAT	CHO	CALORIES	PRESENTATION
SPINACH	2		BUNCH						In soup bowl.
MILK	0.200		L						
BUTTER	0.010		KG						
FLOUR	0.010		KG						
SALT	0.005		KG						STANDARD
PEPPER	0.003		KG						
NUTMEG	0.003		KG						
FRESH CREAM	0.010		KG						
METHOD									
1. Remove stalks from spinach.									
2. Wash 3 times									
3. Blanch in boiling salted water until tender									
4. Refresh, drain and squeeze out water .									
5. Pass through a blender									
6. Make a light béchamel									
7. Combine spinach puree and sauce. Reheat it									
8. Season & garnish with a dash of fresh cream									

OMELLETES

INGREDEINTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
EGGS	8	NO							On plate Do not present on silver
BUTTER	0.050	KG							
OIL	0.020	L							
SALT	0.005	KG							
PEPPER	0.003	KG							
MUSHROOMS	0.100	KG							
OR HAM	0.100	KG							STANDARD
OR ONIONS	0.200	KG							
OR HERBS	0.010	KG							
METHOD									
1. Prepare garnishes									
a) Slice and sauté mushrooms									
b) Slice and sauté onions									
c) Chopped parsley									
d) Dice ham									
2. Heat 10gm of butter and 5ml oil in an omelette pan.									
3. Break 2 eggs. Beat with fork. Season.									
4. Make omelette. Fold garnish inside.									
5. Glaze all the omelettes with remaining 10gm of butter.									



HASHBROWN POTATOES

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATOES	500		KG						Served as cakes
SALT	0.005		KG						
PEPPER	0.003		GMS						
BUTTER	0.050		KG						
FRESH CREAM	0.050		KG						STANDARD
NUTMEG	0.003		KG						
METHOD									
1. Cut the potatoes into quarters. Cook the potatoes with salt in water till it is completely done.									
2. Drain out the water and return to flame and cook till the potatoes are dried without moisture									
3. Mash the potatoes and add the pepper butter and cream. Mix it well									
4. Grease the tray with butter. Add the mashed potatoes and spread it									
5. Flash in the salamander and remove.									

GREEN PEAS SAUTE

INGREDEINTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
FRESH PEAS	0.700		KG						In a round vegetable dish Sprinkle with a little chopped mint (optional)
BUTTER	0.050		KG						
SPRING ONIONS	0.100		KG						
LETTUCE	0.010		KG						
SALT	0.005		KG						
PEPPER	0.003		KG						STANDARD
SUGAR	0.003		KG						
OPT. MINT	0.010		KG						
METHOD									
1. Shell peas									
2. Peel onions. Keep white part whole.									
3. Glaze onions well with butter and sugar .									
4. Add peas and sprinkle water									
5. Season with salt and pepper.									
6. Cook for 5 min add shredded lettuce									
7. Cook until peas are tender									





MENU 5

RUSSIAN SALAD

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION	
CARROTS	0.200		KG						On a plate in bed of lettuce	
TURNIPS	0.200		KG							
PEAS	0.300		KG							
FRENCH BEANS	0.200		KG							
EGG	2		NO							
TOMATO	0.100		KG						STANDARD	
LETTUCE	0.050		KG							
PARSLEY	0.050		KG							
OIL	0.125		L							
VINEGAR	0.020		L							
MUSTARD	0.010		KG							
SALT	0.005		KG							
PEPPER	0.003		KG							
METHOD										
1. Peel and wash all vegetables.										
2. Cut carrots, turnips, French beans into 0.8cm size dices										
3. Shell peas										
4. Cook all vegetables separately in boiling salted water.										
5. Refresh and drain										
6. Wash lettuce. Blanch and cut tomato into quarters.										
7. Hard boil 1 egg.										
8. Make mayonnaise with the other egg(yolk)										
9. Combine mayonnaise and cooked vegetables.										
10. Decorate with tomato, hardboiled egg and parsley.										

STUFFED EGG CHINMAY

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTIEN	FAT	CHO	CALORIES	PRESENTATION
EGGS	7	NO							In a buttered gratin dish,
MUSHROOMS	0.200	KG							arrange eggs (3 halves)
ONION	0.100	KG							Cover with remaining
BUTTER	0.030	KG							sauce and cheese
MILK	0.250	L							Glaze under salamander
FLOUR	0.010	KG							
CHEESE	0.050	KG							
PARSLEY	0.050	KG							
SALT	0.005	KG							
PEPPER	0.003	KG							
NUTMEG	0.003	KG							
METHOD									
1. Hard-boil 6 eggs. Keep one for the mornay.									
2. Refresh and shell the eggs.									
3. Cut into half and sieve the yolks									
4. Prepare Duxelles (cook chopped onions and mushrooms in butter)									
5. Prepare mornay sauce (reserve 25gm of cheese)									
6. Mix ¼ mornay with Duxelles. Chopped parsley and sieved yolks .									
7. Garnish halves of eggs with filling.									





ROAST POTATOES

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATOES	0.800		KG						Around the meat .
BUTTER	0.025		KG						
SALT	0.005		KG						
OIL	0.002		L						
METHOD									
1. Peel and wash potatoes.									
2. Blanch for 5min. Turn the potatoes into barrel or pebble shape									
3. Drain. Do not refresh.									
4. Heat butter and oil in oven pan.									
5. Toss potatoes in fat. Add salt.									
6. Roast in the oven till done.									



CAULIFLOWER MORNAY

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
CAULIFLOWER	0.700		KG						In gratin dish(well cleaned side)
LIME	1		NO						
SALT	0.005		KG						
MILK	0.250		L						
BUTTER	0.015		KG						
FLOUR	0.010		KG						
YOLK	1		NO						STANDARD
CHEESE	0.050		KG						
PEPPER	0.003		KG						
NUTMEG	0.003		KG						
METHOD									
1. Cook cauliflower in salted acid water(lime juice)									
2. Prepare roux . Cool it.									
3. Boil milk with salt, pepper , nutmeg.									
4. Add milk to the roux. Whisk and cook for 5 min.									
5. Remove from fire and add yolk & cheese (2/3)									
6. Refresh and drain well the cauliflower.									
7. Grease gratin dish with 5gm of butter.									
8. Arrange cauliflower , coat with sauce .									
9. Sprinkle the grated(1/3) cheese and glaze in oven									





MENU 6

COLESLAW

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
CABBAGE	0.200		KG						Serve in a bed of lettuce or as an accompaniment for main course.
CARROTS	0.050		KG						
ONIONS	0.050		KG						
EGG	1		NOS						
OIL	0.120		LT						
SALT	0.005		KG						
PEPPER	0.003		KG						
MUSTARD	0.002		KG						
CAPSICUM	0.050		KG						
METHOD									
1. Prepare mayonnaise using egg and oil. Season it.									
2. Trim the outside leaves of cabbage and wash the cabbage.									
3. Cut into quarters and shred finely.									
4. Shred the carrots, capsicum and onions into fine juliennes.									
5. Blend shredded cabbage, capsicum, carrots and onion juliennes with mayonnaise.									

SCRAMBLED EGGS

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
EGGS	8		NOS						Serve in individual egg dish
MILK	0.030		LT						
SALT	0.005		KG						
PEPPER	0.003		KG						STANDARD Scrambled eggs can be served on a slice of freshly buttered toast with the crust removed
BUTTER	0.050		KG						
METHOD									
1. Break the eggs in a basin, add milk and season lightly.									
2. Whisk the mixture and set aside									
3. Melt 25gms of butter in a pan add the beaten eggs and cook till just done									
4. Remove from heat and the remaining butter.									



MATCHSTICK POTATOES

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATOES	0.500		KG						Served in a platter or as an accompaniment to a main course
SALT	0.005		KG						
PEPPER	0.003		KG						
OIL(FRYING)	0.500		LT						
METHOD									
1. Select medium sized potatoes, wash ,peel and trim on all sides									
2. Cut into slices 5mm x 3mm and then into strips 5cmx3mmx3mm									
3. Dry the strips to remove moisture in a dry cloth									
4. Deep fry at 185c until golden brown and crisp									
5. Season and serve hot									

FRENCH BEAN SAUTE

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
FRENCH BEANS	0.500		KG						In a vegetable dish
BUTTER	0.020		KG						Optional serve with a
SALT	0.005		KG						quarter lemon
PEPPER	0.003		KG						
									STANDARD
METHOD									
1.	Remove ends ,pulling string								
2.	Cut lengthwise								
3.	Wash quickly								
4.	Cook in boiling salted water								
5.	Cook beans on high fire until tender but crisp								
6.	Refresh quickly , drain water								
7.	Sauté with butter. Season.								





MENU 7

WALDORF SALAD

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
APPLES	0.500		NOS						In a bed of lettuce it may be served
CELERY	0.100		GMS						
WALNUTS	0.075		GMS						
EGG (YOLK)	0.030		NOS						
OIL	0.120		ML						
SALT	0.005		KG						STANDARD
PEPPER	0.003		KG						
MUSTARD	0.002		KG						
LETTUCE	0.050		KG						
METHOD									
1. Cut the washed apples into uniform dices									
2. Cut the celery into dices and add the shelled walnuts									
3. Prepare mayonnaise sauce									
4. Bind the apple, celery and walnuts with the sauce									
5. This may be served in hollowed out apples also									

STUFFED EGGS AMERICAINE

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION	
EGGS	4		NOS						In individual plate place the toast keep the fried egg on top place bacon trashes and garnish with tomato and parsley.	
OIL	0.050		LTS							
SALT	0.005		KG							
BREAD	4		SLICES							
TOMATO	0.100		KG							
BACON	0.050		KG						STANDARD	
PARSLEY	0.050		KG							
METHOD										
1. Trim and toast bread										
2. Grill whole tomatoes and finish in the oven										
3. Grill bacon rashes										
4. Heat oil in frying pan										
5. Fry the egg with the yolk remaining as a liquid										
6. Fry parsley										





POTATOES SAUTED IN ONIONS

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATO	0.500		KG						In entrée dish served along with the main course.
ONION	0.250		KG						
FAT	0.050		KG						
SALT	0.005		KG						
									STANDARD
METHOD									
1. Peel wash and cut onions into fine slices									
2. Cook slowly in 25gms. of oil until tender and nicely brown									
3. Prepare the potatoes by cutting them into 3mm slices									
4. Half cook the potatoes									
5. Add the sliced potatoes into nicely browned onions and toss together until lightly browned									
6. Serve sprinkled with chopped parsley									



RATAUTOUILLE

INGREDIENTS	QY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
MARROW	0.200		KG						Serve in an entrée dish.
BRINJAL	0.200		KG						
TOMATOES	0.200		KG						
OIL	0.050		ML						
ONION	0.050		KG						
GARLIC	1		NO						STANDARD
RED CAPSICUM	0.050		KG						
GREEN CAPSICUM	0.050		KG						
SALT	0.005		KG						
PEPPER	0.005		GMS						
PARSLEY	0.005		GMS						
METHOD									
1. Peel and cut the marrow and brinjal into dices									
2. Peel, remove seeds and roughly chopped the tomatoes									
3. Finely chop onions and garlic									
4. Make dices of red and green capsicum									
5. Take a pan add oil ,add the chopped onions cook for 5 to 7 minutes									
6. Add the garlic and brinjal season lightly with salt and pepper									
7. Allow to cook for 4-5 minutes add the capsicum and tomato									
8. Cook for 20-30 minutes until tender									
9. Mix in the chopped parsley and correct the seasoning									





MENU 8

JARDINIERE DE LEGUME

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
CARROTS	0.200			KG					Presentation in a vegetable dish.
TURNIPS	0.200			KG					
FRENCH BEANS	0.100			KG					
PEAS	0.400			KG					
BUTTER	0.050			KG					STANDARD
SALT	0.005			KG					
PEPPER	0.003			KG					
METHOD									
1. Peel and wash vegetables									
2. Cut in batonnets (sticks) 0.8cm x 0.8cm x 3cm									
3. Shell peas									
4. Cook each vegetable in boiling salted water.									
5. Preheat vegetables in butter.									
6. Season with salt & pepper.									

POACHED EGGS

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
EGGS	4		NOS						Serve with the slice of whole grain bread or unbuttered toast.
SALT	0.005		KG						
PEPPER	0.005		KG						
BREAD	4		SLICES						
VINEGAR	0.005		LT						STANDARD
METHOD									
1.	Carefully break eggs into a shallow pan containing gently boiling water								
2.	Add the vinegar into the boiling water								
3.	Simmer until egg white has set firmly for about 2-3 minutes								
4.	Remove carefully with the help of perforated spoon								
5.	Serve on a toast								
6.	Season with salt and pepper								

CROQUETTE POTATOES

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATOES	0.5		KG						Serve in a platter.
BUTTER	0.020		KG						
FLOUR	0.050		KG						
EGG	2		NOS						
BREADCRUMBS	0.100		KG						
OIL FOR FRYING	0.500		LT						STANDARD
SALT	0.005		KG						
PEPPER	0.005		KG						
NUTMEG	0.002		KG						
METHOD									
1. Boil potatoes in salted water. Drain well.									
2. Return to flame and cook til dry.									
3. Add the egg yolk, nutmeg, salt and pepper and mix well.									
4. Shape into cylinders 5 cm X 2 cm cylinder shape.									
5. Roll in flour, beaten egg white and then bread crumbs.									
6. Fry in medium hot oil (185°c) till the potatoes are golden brown drain and serve.									

SAUTEED FRESH GREEN PEAS AND CARROTS

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
GREEN PEAS	0.200		KG						In entrée dish.
CARROT	0.200		KG						
LETTUCE	0.050		KG						
BUTTER	0.025		KG						
SALT	0.005		KG						STANDARD
PEPPER	0.005		KG						
METHOD									
1. Cook the green peas in boiling water til tender. Drain and refresh.									
2. Cut carrots into dices (size of the green peas) and cook them.									
3. Take a pan add the butter, toss the carrots and green peas.									
4. Season lightly with salt and pepper.									
5. Add shredded lettuce (optional).									





MENU 9

CREAM OF TOMATO

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
TOMATOES	0.500		KG						Serve in a soup bowl with a dash of cream and croutons.
ONIONS	0.100		KG						
CARROT	0.100		KG						
BUTTER	0.050		GMS						
FLOUR	0.050		GMS						
VEGETABLE STOCK	1.250		LT						STANDARD
GARLIC	0.005		KG						
PEPPERCORNS	0.003		KG						
BAY LEAF	1		NO						
THYME	0.005		KG						
SALT	0.005		KG						
PEPPER	0.005		KG						
BREAD	1		NO						
METHOD									
1. Heat butter add the chopped garlic, onions and carrots, sauté.									
2. Add the chopped tomatoes and cook for 5 minutes till soft.									
3. Add the stock and cook till the vegetables are done.									
4. Make a white sauce using flour, butter and milk.									
5. Pass the vegetables in a blender and make a purée out of it.									
6. Add it to white sauce heat in a double boiler and serve hot with fried croutons.									

EGGS WITH CREAM

INGREDEINTS	QTY	RATE	PER	AMOUNT	PROTIEN	FAT	CHO	CALORIES	PRESENTATION
EGGS	4		NO						In the cooking dish along with the garnish.
BUTTER	0.025		KG						
CREAM	0.050		ML						
SALT	0.005		KG						
PEPPER	0.005		KG						
MUSHROOM	100		KG						STANDARD
ASPARGUS	100		KG						
METHOD									
1. Line 4 ramequins with butter.									
2. Break a whole egg into each.									
3. Season with salt and pepper.									
4. Allow the cream to boil gently season it.									
5. Cook eggs in oven or in bain-marie.									
6. When done add a spoon of cooked cream on top.									
7. Garnish with asparagus tips or sautéed sliced mushrooms.									



MASHED POTATOES

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATOES	0.400		KG						Piped around fish dish or can be served as an accompaniment.
YOLK	1		NO						
BUTTER	0.050		KG						
SALT	0.005		KG						
PEPPER	0.005		KG						
NUTMEG	0.002		KG						STANDARD
METHOD									
1. Peel and cook potatoes starting in cold water									
2. Add salt									
3. Drain and dry potatoes in the oven.									
4. Mash by pressing. Do not over mix.									
5. Add butter, yolk, salt, pepper, nutmeg.									
This mixture can be									
a) Piped around a dish.									
b) Piped into a choux shape and baked.									
c) Cigar shaped and crumbed then fried (croquettes).									

BRAISED CABBAGE

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
CABBAGE	0.500		KG						In a vegetable dish along with the stock.
CLOVES	0.005		KG						
CARROTS	0.100		KG						
ONIONS	0.100		KG						STANDARD
WHITE STOCK	0.250		LT						
METHOD									
1.	Quarter the cabbage, remove the centre stalk & wash								
2.	Retain four leaves & shred the remaining								
3.	Blanch the leaves & shredded cabbage								
4.	Lay the blanched leaves & stuff with shredded cabbage								
5.	Wrap the cabbage & place in a tray								
6.	Half fill with the stock, add bouquet garni								
7.	Cook till done for about 1 hour.								



MENU 10

MULLIGATAWNY SOUP

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTIEN	FAT	CHO	CALORIES	PRESENTATION
MUTTON	0.200		KG						Serve garnished with boiled rice& cubes of meat.
COCONUT	1		NO						
LIME	1		NO						
CURRY LEAVES	0.005		KG						
OIL	20		L						
TOMATOS	0.100		KG						
GARLIC	0.005		KG						STANDARD
ONION	0.100		KG						
GINGER	0.005		KG						
CINNAMON	0.003		KG						
CORRIANDER	0.010		KG						
CUMIN	0.010		KG						
FENNEL	0.010		KG						
TURMERIC	0.001		KG						
FENUGREEK	0.001		KG						
BOILED RICE	0.055		KG						
SALT	0.005		KG						
METHOD									
1. Clean and cut meat into small pieces and water and cook till meat is tender and cooked.									
2. Roast and powder coriander, fennel, cumin along with turmeric, fenugreek, cinnamon.									
3. Slice onions& tomatoes. Crush garlic & ginger. Add it to the meat with powder.									
4. Strain the stock and serve the pieces of meat as garnish.									
extract a thick coconut extract and add it to the stock, Heat fat in a pan and fry sliced onions till brown and crisp and add it to the stock. Finish off with lime juice.									

SCRAMBLED EGGS PORTUGAISE

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
EGGS	8		NO						In a vegetable dish
BUTTER	0.020		KG						Put remaining tomato in
CREAM	0.050		L						the centre Chopped
SALT	0.005		KG						parsley on tomato
PEPPER	0.005		KG						
ONION	0.050		KG						
GARLIC	0.010		KG						STANDARD
TOMATOES	0.200		KG						
OIL	0.020		L						
BUNCH OF HERBS	0.050		KG						
SUGAR	0.005		KG						
PARSLEY	0.050		KG						
METHOD									
1. Peel and chop the onions, garlic and tomatoes.									
2. Heat oil. Cook onion and add tomatoes.									
3. Add garlic, salt, pepper, sugar and herbs.									
4. Cook until reduced (20 min). Remove herbs.									
5. Mix eggs and butter. Season.									
6. Cook over double boiler till creamy.									
7. Add cream.									
8. Mix in half of the tomato portugaïse.									





STRAW POTATOES

INGREDIENTS	QTY	RATE	PER	AMOUNT	PROTEIN	FAT	CHO	CALORIES	PRESENTATION
POTATOES	0.500		KG						In a bread basket.
SALT	0.005		KG						
PEPPER	0.005		KG						
REFINED OIL	0.500		LT						
									STANDARD
METHOD									
1. Cut potatoes into in thin strips(resembles straw)									
2. Dry potatoes in clean duster to remove excess moisture									
3. Deep fry till crisp. Remove, season with salt & pepper									
4.									
5.									





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