



A Taste of the  
*Mediterranean*



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# What is Mediterranean Cuisine?

- ★ Mediterranean climate yields for a vegetable dominant cuisine where meat is used sparingly.
  - ★ Use of many spices & herbs.
  - ★ Seafood is a prevalent source of protein.
  - ★ Key ingredients include wheat, olives and grapes, these make up the basis of many foods.
- ★ It is a product of many cultural influences and exchanges from a diverse number of countries in the Mediterranean.
    - Maghrebi ( Algeria, Libya, Morocco, Tunisia)
    - Egypt
    - Levantine (Syria, Lebanon, Jordan)
    - Turkey
    - Greece
    - Italy
    - Southern France
    - Spain



*Mediterranean Theme Meal*

## BUSCH FACULTY DINING HALL

PRE-PLATED AMERICAN STYLE SERVICE

SERVE 300+

Thursday, March 22, 2018

11:30 am - 2:00 pm





## Menu

- Roasted Red Pepper & Artichoke Pizza
- Lentil-Chickpea Burger w/ Avocado Harissa
- Sun-dried Tomato Pesto Chicken Panini
- Greek Salmon w/ Avocado Tzatziki
- Kalamata Balsamic Chicken
- Roasted Vegetables
- Crispy Oregano Potatoes
- Rice Pilaf
- Three Bean Quinoa Salad
- Baklava







# Original Recipes





# Roasted Red Pepper & Artichoke Pizza

## Ingredients

- 1 small pkg pizza crust mix
- 2 tsp canola oil
- 1 jar marinated artichokes, undrained
- 3 cups fresh baby spinach leaves
- 1 oz fresh Parmesan cheese
- 1 jar roasted red peppers, drained
- 2 garlic cloves, peeled
- 1½ shredded part-skim mozzarella cheese
- ¼ cup pitted kalamata olives
- ⅓ cup crumbled feta cheese

## Preparation

- Preheat oven to 450°F. Prepare pizza dough according to package directions; knead on floured Cutting Board 1 minute or until dough is no longer sticky.
- Brush Large Round Stone with Handles with oil. Place dough in center of stone.
- Roll dough to an even thickness to within 1/2 in. of edge of stone. Bake on lowest rack of oven 11-13 minutes or until crust is golden brown.
- Remove 1 tbsp artichoke marinade to a Prep Bowl and set aside. Drain the artichokes. Coarsely chop spinach with Chef's Knife.
- Grate Parmesan using Rotary Grater. Process Parmesan, peppers and garlic in Manual Food Processor until smooth.
- Remove stone from oven and spread sauce over crust. Top with mozzarella. Bake 2-3 minutes or until cheese is melted.
- Chop olives and artichokes using Food Chopper. Gently mix olives, artichokes, spinach and reserved marinade in medium Bamboo Fiber Bowl.
- Remove pizza from oven. Cut pizza into 12 slices. Top with spinach mixture and feta.





# Lentil-Chickpea Burger w/ Avocado Harissa

## Ingredients (Lentil-Chickpea Burger)

- 1 carrot, peeled
- ½ medium yellow or white onion
- 3 garlic cloves
- 2 cups cooked green or brown lentils
- ½ cup cooked chickpeas
- 2 large eggs
- ½ cup old-fashioned rolled oats
- Handful fresh cilantro or parsley leaves
- 1 teaspoon chili powder
- 1 teaspoon smoked paprika
- 1 teaspoon garlic chili sauce
- ½ teaspoon fine-grain sea salt
- ¼ teaspoon freshly ground black pepper
- Oat flour
- Extra-virgin olive oil, for the pan

## Ingredients (Avocado Green Harissa)

- 1 medium to large avocado, pitted and sliced
- 1 cup lightly packed mint leaves (or parsley)
- 1 cup lightly packed cilantro leaves and stems 3 jalapeños, seeded and coarsely chopped
- 2 tablespoons fresh lemon juice
- 1 garlic clove
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon fine-grain sea salt
- 3 to 4 tablespoons extra-virgin olive oil

## Toppings

- 6 buns of choice
- Dill pickles, pickled red onions, thin sliced radishes
- Greens
- Tomato slices





# Lentil-Chickpea Burger w/ Avocado Harissa

## Preparation (Lentil-Chickpea Burger)

1. Blend up some oats in your food processor using the S-blade. Blend until the oats have a fine, flour-like texture. Transfer the oats to a bowl for later.
2. To make the burgers: Use your food processor grating blade to coarsely grate the carrot. Transfer the shredded carrot to a bowl for now. Remove the grating blade and switch to the S-blade. Cut the halved onion into a few slices before adding the onion and garlic cloves to the food processor. Pulse until the onions are roughly chopped, but no more.
3. Add to the food processor: towel-dried lentils and chickpeas, eggs, oats, handful of herbs (optional), all of the spices, salt and black pepper. Process only until the mixture has the consistency of a chunky hummus. Stir in the grated carrot.
4. To prepare the burgers: Divide the lentil mixture into 6 portions and shape them into patties about 1-inch thick (if your mixture is unmanageably wet, stir in a couple tablespoons of oat flour first). Dust the patties lightly with flour on both sides.
5. To cook the burgers: Heat a thin layer of oil in a large skillet, preferably cast iron, over medium heat. Once the oil is shimmering, cook the veggie burgers in batches. Cook until the burgers are crispy on the bottoms and the mixture holds together, about 4 ½ to 5 minutes. Flip the burgers carefully with a spatula and continue cooking until the second sides are firm and brown, about 4 ½ to 5 more minutes. Transfer the burgers to a plate, then add more oil to the pan and repeat with the remaining burgers until they are all cooked through.





# Lentil-Chickpea Burger w/ Avocado Harissa

## Preparation (Avocado Green Harissa)

1. To make the avocado green harissa: First, clean out the bowl of your food processor. Then add all of the harissa ingredients to the food processor except for the olive oil. Turn on the food processor and drizzle in the olive oil while it's running.



## Assembling the burgers:

1. To assemble the burgers: Toast your buns, if you'd like. Top the lower bun with a veggie burger patty, then spread a generous amount of avocado green harissa on top. Top with crunchy condiments, greens, etc. and eat!





# Sun-dried Tomato Pesto Chicken Panini

## Ingredients

- 4 slices French or sourdough bread
- 4 thick slices of chicken breast
- 1/4 cup fresh spinach, chopped
- 1/2 artichoke heart. Chopped
- 2-3 sun-dried tomatoes
- 2 Tbsp. pesto
- 2 tsp. olive oil
- 1/4 cup shredded mozzarella cheese

## Preparation

- Brush olive oil on the bottom of all four slices of bread.
- Turn bread over and spread each slice with pesto.
- Top with cheese, then chicken, spinach, artichoke heart, sun-dried tomatoes, and more cheese.
- Place the other slices of bread on top with the olive oil side facing up.
- Place each sandwich into your panini press or indoor grill. (Alternately, you can place each sandwich in a heated frying pan).
- Press the lid down on the grill or press, and hold down firmly for 30 seconds to a minute. Be sure to use a towel over the lid to protect yourself from any escaping steam. If using a frying pan, press the sandwiches with a smaller pan on top.
- Grill until golden. Then remove, slice, and serve immediately.



# Greek Salmon w/ Avocado Tzatziki

## Ingredients (Greek Salmon)

- 24 ounces salmon, cut into 4 portions
- 2 tablespoons olive oil
- 2 tablespoons lemon juice (~½ lemon)
- 1 teaspoon lemon zest (~½ lemon)
- 1 tablespoon yogurt
- 1 clove garlic, grated
- 1 teaspoon oregano
- ¼ teaspoon salt
- ¼ teaspoon pepper

## Ingredients (Avocado Tzatziki)

- 1 large ripe avocado, mashed
- ½ cup plain Greek yogurt
- ½ cup cucumber, peeled, seeded, grated, and squeezed
- 1 clove garlic, grated
- 1 tablespoon fresh dill, chopped
- 2 tablespoons lemon juice (½ lemon)
- Salt and pepper to taste





# Greek Salmon w/ Avocado Tzatziki

## Preparation (Greek Salmon)

- Marinate the salmon in the oil, lemon juice and zest, yogurt, garlic, oregano, salt and pepper for 20 minutes before placing it on a baking dish and baking in a preheated 400 F oven until the salmon just starts to flake easily, about 10 minutes
- Serve topped with the avocado tzatziki and enjoy!

## Preparation (Avocado Tzatziki)

- Mix everything and enjoy!





# Kalamata Balsamic Chicken

## Ingredients

- 4 (6-ounce) skinless, boneless chicken breast halves
- ½ teaspoon freshly ground black pepper
- Cooking spray
- 1 cup grape tomatoes, halved
- 16 pitted kalamata olives, halved
- 3 tablespoons light balsamic vinaigrette
- 3 tablespoons crumbled feta cheese
- 2 tablespoons small basil leaves



A decorative illustration of a single orange flower with a green stem and leaves, positioned at the top left of the page.

# Kalamata Balsamic Chicken

A small decorative illustration of a green leaf with a stem, positioned to the left of the 'Preparation' heading.

## Preparation

- Sprinkle chicken evenly with pepper
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken 6 to 7 minutes on each side or until done. Transfer chicken to a serving platter; keep warm.
- While chicken cooks, combine tomatoes, olives, and vinaigrette in a medium bowl
- Add tomato mixture to pan; cook 1 to 2 minutes or until tomatoes soften. Spoon over chicken. Top evenly with cheese and basil





# Roasted Vegetables

## Ingredients

- 3 large portobello mushrooms, sliced
- 1 each medium sweet red, orange and yellow peppers, sliced
- 1 medium zucchini, sliced
- 10 fresh asparagus spears, cut into 2-inch lengths
- 1 small onion, sliced and separated into rings
- 3/4 cup grape tomatoes
- 1/2 cup fresh broccoli florets
- 1/2 cup pitted Greek olives
- 1 bottle (14 ounces) Greek vinaigrette

## Preparation

1. In a large resealable plastic bag, combine the mushrooms, peppers and zucchini. Add the asparagus, onion, tomatoes, peas, broccoli and olives. Pour vinaigrette into bag; seal bag and turn to coat. Refrigerate for at least 30 minutes.
2. Discard marinade. Transfer vegetables to a grill wok or basket. Grill, uncovered, over medium heat for 8-12 minutes or until tender, stirring frequently. Place on a serving plate;





# Crispy Oregano Potatoes

## Ingredients

- 2 pounds mixed baby potatoes
- ½ of a lemon
- 4 tablespoons olive oil
- 1-2 cloves garlic, minced
- ¼ cup fresh oregano, chopped
- 2 tablespoons grated parmesan cheese
- 2 tablespoons chopped fresh basil
- 4-6 ounces feta cheese crumbled
- Salt and pepper

## Preparation

1. Preheat the oven to 425 degrees F.
2. On a large baking sheet, toss together the potatoes, lemon, 1 tablespoon olive oil and a small pinch of salt. Transfer to the oven and roast 20 minutes or until the potatoes are fork tender. Remove the lemon from the pan and then use the back of a spatula or a fork to gently press down on the potatoes, smashing them to about 1/4 inch thickness.
3. In a small bowl combine 2 tablespoons olive oil, the garlic and oregano. Spoon the mix evenly over the smashed potatoes. Season with salt and pepper. Sprinkle with parmesan. Return the potatoes to the oven and roast another 20-25 minutes or until golden and crisp.
4. Meanwhile, finely chop the roasted lemon (peel and all) and add to a small bowl along with the remaining 2 tablespoons olive oil, the basil, and a pinch of salt.
5. Drizzle the potatoes with lemon mixture and serve with feta. Eat!





# Rice Pilaf

## Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 1/2 cups uncooked white rice, rinsed and drained
- 1 (14.5-ounce) can diced tomatoes (including the liquid)
- 1 3/4 cups chicken or vegetable broth
- 3/4 teaspoon dried basil
- 1 teaspoon salt
- dash of pepper
- 1 (15-ounce) can chickpeas, rinsed and rained

## Preparation

1. Heat the olive oil in a stockpot over medium heat for 1-2 minutes. Add the onion and cook until softened, about 7-9 minutes. Add the garlic and cook for 1 minute, stirring to prevent it from sticking.
2. Add the rice and cook, stirring, for 1 minute. Add the tomatoes (including the liquid), broth, basil, salt, and pepper, and bring to a boil. Once it boils, reduce the heat to low and simmer, covered, for 20-25 minutes, or until the liquid has been absorbed and the rice is tender.
3. Turn off the stove. Add the chickpeas to the stockpot, cover, and let sit for 10 minutes. Fluff the rice and stir in the slivered almonds. Optional: top with feta and parsley.





# Three Bean Quinoa Salad

## Salad:

- 1 cup quinoa
- 2 cups water
- ½ lb. green beans, trimmed and snapped into 2-inch pieces
- 1 (15 oz) can of garbanzo beans (chickpeas), drained and rinsed
- 1 (15 oz) white beans, drained and rinsed
- 1 red bell pepper, seeds removed and chopped
- 1 yellow bell pepper, seeds removed and chopped
- 1 cup chopped seedless cucumber
- 1 cup grape tomatoes, cut in half
- ¼ cup diced red onion
- ¼ cup crumbled feta cheese
- ⅓ cup kalamata olives, pitted and sliced in half
- ¼ cup chopped fresh basil

## Dressing:

- ¼ cup olive oil
- 1 tablespoon balsamic vinegar
- 2 garlic cloves, pressed
- ¼ teaspoon dried basil
- ¼ teaspoon dried oregano
- Kosher salt and freshly ground black pepper





# Three Bean Quinoa Salad

## Preparation:

1. In a medium saucepan, bring quinoa and water to a boil. Cover, reduce heat to low, and simmer until for 15 minutes, or until quinoa is tender. Remove from heat and let stand for 5 minutes, covered. Remove lid and fluff with a fork. Transfer quinoa to a large bowl.
2. Meanwhile, blanch the green beans. Bring a large pot of salted water to a boil. Add the green beans and cook until tender crisp, about 2 minutes. Drain the green beans and place in a bowl of ice water. Drain well and pat dry.
3. Add the green beans, garbanzo beans, white beans, peppers, cucumbers, tomatoes, red onion, feta cheese, olives, and basil to the bowl with the quinoa.
4. In a small bowl, whisk together the olive oil, balsamic vinegar, garlic, basil, oregano, salt, and pepper. Pour dressing over the salad and gently stir until salad is coated with dressing. Season with additional salt and pepper. Serve.



# Baklava

## Ingredients

### *For the baklava:*

- 1 lb. of chopped nuts (almonds, walnuts, or pistachios are best, or use a combination of them)
- 1 lb of phyllo dough
- 1 cup of butter, melted
- 1/3 cup of sugar
- 1 teaspoon of ground cinnamon
- 1/3 teaspoon of ground cloves

### *For the syrup:*

- 1 cup of water
- 1 cup of sugar
- 1/2 cup of honey
- 2 tablespoons of lemon juice
- 1 cinnamon stick
- Finely ground pistachios for garnish





# Baklava

## Preparation

1. Lightly grease a 9x13 pan and set the oven to 350°F.
2. Thaw the phyllo dough according to manufacturer's directions (this may take overnight). When thawed, roll out the dough and cut the dough in half so the sheets will fit in the pan. Cover with a damp towel to keep it from drying out.
3. Process the nuts until in small, even sized pieces. Combine with sugar, cinnamon, and cloves. In a separate bowl, melt the butter in the microwave.
4. Place a sheet of phyllo dough into the pan. Using a pastry brush, brush the phyllo sheet with melted butter. Repeat 7 more times until it is 8 sheets thick, each sheet being "painted" with the butter.
5. Spoon on a thin layer of the nut mixture. Cover with two more sheets of phyllo, brushing each one with butter. Continue to repeat the nut mixture and two buttered sheets of phyllo until the nut mixture is all used up. The top layer should be 8 phyllo sheets thick, each sheet being individually buttered. Do not worry if the sheets crinkle up a bit, it will just add more texture.
6. Cut into 24 equal sized squares using a sharp knife. Bake at 350°F for 30-35 minutes or until lightly golden brown, and edges appear slightly crisp.
7. While baking, make the syrup. Combine the cinnamon stick, sugar, lemon juice, honey, and water in a saucepan. Bring to a boil, then reduce to medium low heat and let simmer for 7 minutes and slightly thickened. Remove the cinnamon stick and allow to cool.
8. Spoon the cooled syrup over the hot baklava and let cool for at least 4 hours. Garnish with some finely crushed pistachios of desired.





# Expansion



# Roasted Red Pepper & Artichoke Pizza

**To Complete:**

Initial serving #: 6

Initial Portion size: 7.3 oz.

Desired serving #: 30

Desired portion size: 7.3 oz

Multiplying factor: 5

Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty OR Lab Manual ,p.51-60)

Step 2: Calculate the total original recipe yield (weight in ounces)

Step 3: Calculate the portion size (weight in ounces)

Step 4: Calculate the multiplying factor

Step 5: Multiply each ingredient by multiplying factor

Step 6: Convert ingredients to purchase units

Original Recipe				Expanded Recipe	
INGREDIENTS	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
Pizza crust mix	6.5 oz	6.5	5	32.5	2 # 1 oz
Canola oil	2 tsp (10 mL)	0.33	5	1.65	2 oz
Marinated artichokes, undrained	6.5 oz	6.5	5	32.5	2 # 1 oz
Fresh baby spinach leaves	3 cups	2.4	5	12	12 oz
Parmesan cheese, grated	1 oz	1	5	5	5 oz
Roasted red peppers, drained	12 oz	12	5	60	3 # 12 oz
Garlic cloves, peeled	2 cloves	0.33	5	1.65	1.65 oz
Shredded part-skim mozz. cheese	1.5 cups	6.86	5	34.3	2 # 3 oz
Pitted kalamata olives	1/4 cup	5.97	5	29.85	1 # 14 oz
Crumbled feta cheese	1/3 cup	1.33	5	6.65	6.65 oz
<b>TOTAL Weight</b>		<b>43.22 oz</b>			



# Lentil Chickpea Burger (50 servings)



<b>To Complete:</b>	Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty OR Lab Manual ,p.51-60)
Initial serving #: 6	Step 2: Calculate the total original recipe yield (weight in ounces)
Initial Portion size: 5 oz.	Step 3: Calculate the portion size (weight in ounces)
Desired serving #: 50	Step 4: Calculate the multiplying factor
Desired portion size: 5 oz.	Step 5: Multiply each ingredient by multiplying factor
Multiplying factor: 8.3	Step 6: Convert ingredients to purchase units

INGREDIENTS	Original Recipe			Expanded Recipe	
	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
Carrot, peeled	1 whole	4 oz	8.3	33.2 oz	2 lb 1 oz
onion	1/2	2 oz	8.3	16.6 oz	1 lb 1 oz
garlic, cloves	3 cloves	0.5 oz	8.3	4.15 oz	4.15 oz
lentils, cooked	2 cups	14.2 oz	8.3	117.86 oz	7 lb 6 oz
chickpeas, cooked	1/2 cup	3.2 oz	8.3	26.56 oz	1 lb 11 oz
eggs, large	2	4 oz	8.3	33.2 oz	18 eggs
old-fashioned rolled oats	1/2 cup	1.5 oz	8.3	12.5 oz	12.5 oz
cilantro	1/4 cup	.33 oz	8.3	2.75 oz	2.75 oz
chili powder	1 tsp	0.08 oz	8.3	0.66 oz	0.66 oz
smoked paprika	1 tsp	0.08 oz	8.3	0.66 oz	0.66 oz
garlic chili sauce	1 tsp	.17 oz	8.3	1.41 oz	1.4 oz
sea salt, fine-grain	1/2 tsp	0.11 oz	8.3	0.91 oz	0.91 oz
black-pepper, ground	1/4 tsp	0.02 oz	8.3	0.17 oz	0.17 oz
TOTAL Weight		30.19			



# Toppings (50 servings)



<b>To Complete:</b>	Step 1: Convert all original ingredients to wt
Initial serving #: 6	Step 2: Calculate the total original recipe yield (weight in ounces)
Initial Portion size: 5 oz.	Step 3: Calculate the portion size (weight in ounces)
Desired serving #: 50	Step 4: Calculate the multiplying factor
Desired portion size: 5 oz	Step 5: Multiply each ingredient by multiplying factor
Multipling factor: 8.3	Step 6: Convert ingredients to purchase units

INGREDIENTS	Original Recipe			Expanded Recipe	
	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
Burger Buns	6 buns	6 buns	8.3	50 buns	50 Buns
Tomato	12 slices	16 oz	8.3	132.8 oz	8 lb 5 oz
Arugula	2 cups	5.3 oz	8.3	44 oz	2 lb 12 oz
pickles	1/2 cup	5 oz	8.3	41.5 oz	2 lb 10 oz
red onions, pickled	1 med	4 oz	8.3	33.2 oz	1 lb 1 oz
radishes	5 radishes	1.8 oz	8.3	14.94 oz	15 oz
<b>TOTAL Weight</b>		<b>32.1</b>			



# Avocado Harissa (50 servings)



<b>To Complete:</b>	Step 1: Convert all original ingredients to wt
Initial serving #: 6	Step 2: Calculate the total original recipe yield (weight in ounces)
Initial Portion size: 2.5 oz.	Step 3: Calculate the portion size (weight in ounces)
Desired serving #: 50	Step 4: Calculate the multiplying factor
Desired portion size: 2.5 oz	Step 5: Multiply each ingredient by multiplying factor
Multiplying factor: 8.3	Step 6: Convert ingredients to purchase units

INGREDIENTS	Original Recipe			Expanded Recipe	
	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
Avocado	1 med	8 oz	8.3	66.4 oz	4 lb 2 oz
Mint	1 cup	1.33 oz	8.3	11.04 oz	11 oz
cilantro	1 cup	1.33 oz	8.3	11.04 oz	11 oz
lemon juice	2 tbsp	1.0 fl oz	8.3	8.3 fl oz	8.3 fl oz
garlic, clove	1 clove	0.17 oz	8.3	1.41 oz	1.41 oz
cumin	1/2 tsp	0.04 oz	8.3	0.33 oz	0.33 oz
coriander	1/2 tsp	0.03 oz	8.3	0.25 oz	0.25 oz
sea salt	1/2 tsp	0.11 oz	8.3	0.9 oz	0.9 oz
EVOO	4 tbsp	2.0 fl oz	8.3	16.6 fl oz	1 pt 1 fl oz
Jalapeno	1 1/2 peppers	1.5 oz	8.3	12.5 oz	12.5 oz
TOTAL Weight		15.51			



# Sundried Tomato Pesto & Chicken Panini



<b>To Complete:</b>	Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty OR Lab Manual ,p.51-60)
Initial serving #: 2	Step 2: Calculate the total original recipe yield (weight in ounces)
Initial Portion size: 12.33 oz.	Step 3: Calculate the portion size (weight in ounces)
Desired serving #: 20	Step 4: Calculate the multiplying factor
Desired portion size: 12.33 oz	Step 5: Multiply each ingredient by multiplying factor
Multiplying factor: 10	Step 6: Convert ingredients to purchase units

Original Recipe				Expanded Recipe	
INGREDIENTS	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
French/sourdough bread	4 slices	4	10	40	2 # 8 oz
Chicken breast	4 thick slices	16	10	160	10 #
Fresh spinach, chopped	1/4 cup	0.2	10	2	2 oz
artichoke heart, chopped	1/2 heart	1	10	10	10 oz
Sundried tomatoes	2-3	0.5	10	5	5 oz
Pesto	2 Tbsp	1	10	10	10 oz
Olive oil	2 tsp	0.33	10	3.3	3.3 oz
Mozzerella cheese, shredded	1/4 cup	1.14	10	11.4	11.4 oz
TOTAL Weight		24.67			



# Greek Salmon w/ Avocado Tzatziki

<b>To Complete:</b>	Step 1: Convert all original ingredients to wt				
Initial serving #: 4	Step 2: Calculate the total original recipe yield (weight in ounces)				
Initial Portion size: 6 oz.	Step 3: Calculate the portion size (weight in ounces)				
Desired serving #: 150	Step 4: Calculate the multiplying factor				
Desired portion size: 5 oz	Step 5: Multiply each ingredient by multiplying factor				
Multiplying factor: 31.25	Step 6: Convert ingredients to purchase units				
Original Recipe				Expanded Recipe	
INGREDIENTS	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
Salmon	24 oz	24	31.25	750	46 # 14 oz.
Olive oil	2 tbsp	1	31.25	31.25	1 pt 15 fl. oz.
Lemon juice	1/2 lemon	1.6	31.25	50	3.13 #
Lemon zest	1/2 lemon	1.6	31.25	50	3.13 #
Yogurt	1 tbsp	0.5	31.25	15.625	16 fl. oz.
Garlic clove, grated	#1	0.17	31.25	5.3125	5 oz.
Oregano	1 tsp	0.166667	31.25	5.20834375	5 oz.
Salt	1/4 tsp	0.04166665	31.25	1.302082813	1 oz.
Pepper	1/4 tsp	0.04166665	31.25	1.302082813	1 oz.
Large ripe avocado	#1	8	31.25	250	15 # 10 oz.
Plain Greek yogurt	1/2 cup	4	31.25	125	3 qt 1 pt. 13 fl. oz.
Cucumber	1/2 cup	4	31.25	125	7 # 13 oz.
Garlic clove, grated	#1	0.17	31.25	5.3125	5 oz.
Fresh dill, chopped	1 tbsp	0.5	31.25	15.625	15 oz.
Lemon juice	1/2 lemon	1.6	31.25	50	3.13 #
Salt & pepper to taste	0	0	31.25	0	0
TOTAL Weight		47.3900003		1480.937509	





# Kalamata Balsamic Chicken



<b>To Complete:</b>	Step 1: Convert all original ingredients to wt
Initial serving #: 4	Step 2: Calculate the total original recipe yield (weight in ounces)
Initial Portion size: 12 oz.	Step 3: Calculate the portion size (weight in ounces)
Desired serving #: 150	Step 4: Calculate the multiplying factor
Desired portion size: 10 oz.	Step 5: Multiply each ingredient by multiplying factor
Multiplying factor: 31.25	Step 6: Convert ingredients to purchase units

	Original Recipe			Expanded Recipe	
INGREDIENTS	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
Skinless boneless chicken breast	24 oz.	24	31.25	750	46 # 14 oz.
Freshly ground black pepper	1/2 tsp	0.08333333	31.25	2.604165625	3 oz.
Cooking spray	0	0	31.25	0	0
Grape tomatoes, halved	1 c	8	31.25	250	15 # 11 oz.
Pitted kalamata olives, halved	#16	2.8	31.25	87.5	5 # 8 oz.
Light balsamic vinaigrette	3 tbsp	1.5	31.25	46.875	1 qt. 15 fl. oz.
Crumbled feta cheese	3 tbsp	1.5	31.25	46.875	2 # 14 oz.
Small basil leaves	2 tbsp	1	31.25	31.25	1 # 15 oz.
<b>TOTAL Weight</b>		<b>38.8833333</b>		<b>1215.104166</b>	

# Roasted Vegetables



# Crispy Oregano Potatoes



To Complete:crispy oregano smashed potato	Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty OR Lab Manual ,p.51-60)
Initial serving #: 5	Step 2: Calculate the total original recipe yield (weight in ounces)
Initial Portion size: ?? oz.	Step 3: Calculate the portion size (weight in ounces)
Desired serving #: 200	Step 4: Calculate the multiplying factor
Desired portion size: 9 oz	Step 5: Multiply each ingredient by multiplying factor
Multiplying factor: 40	Step 6: Convert ingredients to purchase units

INGREDIENTS	Original Recipe			Expanded Recipe	
	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
mixed baby potatoes	2 pounds	32 oz	40	1280	80#
lemon	1/2 of a lemon	2 oz	40	80	5#
olive oil	4 tablespoons	2 oz	40	80	5#
garlic, clove, minced	1-2 cloves	0.33 oz	40	13.2	13.5 oz
fresh oregano, chopped	1/4 cup	0.33 oz	40	13.2	13.5 oz
salt					
pepper					
grated parmesan cheese	2 tablespoons	0.25 oz	40	10	10 oz
fresh basil, chopped	2 tablespoons	0.125 oz	40	5	5 oz
feta cheese, crumbled	4-6 ounces	6 oz	40	240	15#
TOTAL Weight		43.035			



# Rice Pilaf w/ tomato

<b>To Complete: Mediterranean Rice Pilaf</b>	Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty OR Lab Manual ,p.51-60)
Initial serving #: 6	Step 2: Calculate the total original recipe yield (weight in ounces)
Initial Portion size: ?? oz.	Step 3: Calculate the portion size (weight in ounces)
Desired serving #: 200	Step 4: Calculate the multiplying factor
Desired portion size: 10 oz	Step 5: Multiply each ingredient by multiplying factor
Multiplying factor: 33.3	Step 6: Convert ingredients to purchase units

INGREDIENTS	Original Recipe			Expanded Recipe	
	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
olive oil	2 tablespoons	1 oz	33.3	33.3	2#, 2 oz
onion, diced	1 whole	4 oz	33.3	133.2	6#, 6 oz
garlic, minced	2 cloves	0.33 oz	33.3	10.99	11 oz
uncooked white rice	1 1/2 cups	10.287 oz	33.3	342.56	21#, 7 oz
tomatoes, diced, canned	1 can	14.5 oz	33.3	482.85	30#, 3 oz
chicken or vegetable broth	1 3/4 cups	14 fl oz	33.3	466.2	29#, 3 oz
basil, dried	3/4 teaspoon	0.012 oz	33.3	0.40	0.40 oz
salt	1 teaspoon	0.22 oz	33.3	7.33	8 oz
pepper	dash				
chickpeas, rinsed and drained	1 can	15 oz	33.3	499.5	31#, 4 oz
parsley, chopped	(optional)				
TOTAL Weight		59.349 oz			



# Three Bean Quinoa Salad



# Baklava



<b>To Complete:</b>	Step 1: Convert all original ingredients to wt
Initial serving #: 24	Step 2: Calculate the total original recipe yield (weight in ounces)
Initial Portion size: 2.7 oz.	Step 3: Calculate the portion size (weight in ounces)
Desired serving #: 64	Step 4: Calculate the multiplying factor
Desired portion size: 2.7 oz	Step 5: Multiply each ingredient by multiplying factor
Multiplying factor: 2.7	Step 6: Convert ingredients to purchase units

INGREDIENTS	Original Recipe			Expanded Recipe	
	Original Measurements	CONVERTED MEASUREMENTS	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS	PURCHASE UNITS
Walnuts	1 lb	16 oz	2.7	43.2 oz	2 lb 11 oz
Phyllo Dough	1 lb	16 oz	2.7	43.2 oz	2 lb 11 oz
Butter	1 cup	8 oz	2.7	21.6 oz	1 lb 6 oz
Sugar	1 1/3 cup	9.47 oz	2.7	25.57 oz	1 lb 10 oz
Cinnamon	1 tsp	0.08 oz	2.7	0.22 oz	0.22 oz
Cloves, ground	1/3 tsp	0.03 oz	2.7	0.08 oz	0.08 oz
Water	1 cup	8 oz	2.7	21.6 oz	1 pt 6 fl oz
Honey	1/2 cup	6 oz	2.7	16.2 oz	1 lb
Lemon juice	2 tbsp	1 fl oz	2.7	2.7 fl oz	2.7 fl oz
Cinnamon stick	1 stick	0.1 oz	2.7	0.27 oz	0.27 oz
TOTAL Weight		64.68			





# Costing



# Roasted Red Pepper & Artichoke Pizza

Recipe: Pizza- Mediterranean Roasted Red Pepper

Number of Portions: 30

Portion Size: 1 slice, 7.3 oz

Cost per portion: \$1.84

Ingredients	Recipe Quantity (EP)			Cost			Total Cost
	Weight	Volume	Count	APC/Unit	Yield %	EPC/Unit	
<i>Pizza crust mix</i>	6.5 oz			\$0.15/oz	100%	\$0.15/oz	\$0.98
<i>Canola oil</i>	.33 oz			\$.56/lb	100%	\$.56/lb	\$0.01
<i>Marinated artichokes</i>	6.5 oz			\$8.89/lb	100%	\$8.89/lb	\$3.61
<i>Fresh baby spinach leaves</i>	2.4 oz			\$3.56/lb	100%	\$3.56/lb	\$0.53
<i>Parmesan cheese, grated</i>	1 oz			\$0.28/oz	100%	\$0.28/oz	\$0.28
<i>Roasted red peppers</i>	12 oz			\$0.28/oz	100%	\$0.28/oz	\$3.38
<i>Garlic cloves, peeled</i>	.33 oz			\$1.67/lb	100%	\$1.67/lb	\$0.03
<i>Shredded part-skim Mozz. Cheese</i>		6.86 oz		\$1.65/lb	100%	\$1.65/lb	\$0.71
<i>Pitted Kalamata olives</i>	5.97 oz			\$0.18/oz	100%	\$0.18/oz	\$1.08
<i>Crumbled feta cheese</i>	1.33 oz			\$0.31/oz	100%	\$0.31/oz	\$0.42
<b>Total Cost:</b>							<b>\$11.03</b>





# Costing: Lentil-Chickpea Burger w/ Avocado Harissa



Recipe:	<u>Lentil-Chickpea Burger w/ Avocado Harissa</u>
Number of Portions:	<u>50</u>
Portion Size:	<u>5 oz</u>
Cost per portion:	<u>\$2.78</u>



Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
Carrot	33.2 oz	2.08 lb			\$0.38/lb	70%	\$0.54/lb	\$1.12
Onion	16.6 oz	1.04 lb			\$0.19/lb	88%	\$0.22/lb	\$0.23
Garlic	5.56 oz	0.35 lb			\$1.91/lb	88%	\$2.40/lb	\$0.84
Lentils	58.93 oz	58.93 oz			\$0.53/oz	100%	\$0.53/oz	\$31.23
Chickpeas	26.56 oz	26.56 oz			\$0.04/oz	100%	\$0.04/oz	\$1.06
Eggs	18 eggs			1.5 dozen	\$1.36/dozen	100%	\$1.36/dozen	\$2.04
Old-fashioned rolled oats	12.5 oz	12.5 oz			\$0.06/oz	100%	\$0.06/oz	\$0.75
Cilantro	13.75 oz	13.75 oz			\$0.22/oz	100%	\$0.22/oz	\$3.03
Chili powder	0.66 oz	0.66 oz			\$0.55/oz	100%	\$0.55/oz	\$0.34
Smoked paprika	0.66 oz	0.66 oz			\$0.36/oz	100%	\$0.36/oz	\$0.24
Garlic chili sauce	1.4 oz	1.4 oz			\$0.53/oz	100%	\$0.53/oz	\$0.74
salt	1.81 oz	0.11 lb			\$0.20/lb	100%	\$0.20/lb	\$0.02
black pepper	0.17 oz	0.01 lb			\$11.15/lb	100%	\$11.15/lb	\$0.11
Avocado	66.4 oz			12 avocados	\$1.35/each	67%	\$2.01/each	\$24.12
Mint	11 oz	11 oz			\$1.20/oz	100%	\$1.20/oz	\$13.20
Lemons, juice	8.3 fl oz			9 lemons	\$0.10/each	41%	\$0.24/each	\$2.16
Cumin	0.33 oz	0.33 oz			\$0.41/oz	100%	\$0.41/oz	\$0.14
Coriander	0.25 oz	0.25 oz			\$0.78/oz	100%	\$0.78/oz	\$0.20
Jalapeno	12.5 oz	12.5 oz			\$0.23/oz	80%	\$0.29/oz	\$3.63
Tomato	132.8 oz	8.3 lb			\$1.00/lb	99%	\$1.01/lb	\$8.38
Pickles	41.5 oz	41.5 oz			\$0.09/oz	100%	\$0.09/oz	\$3.74
Red onions	33.2 oz	2.08 lb			\$0.43/lb	88%	\$0.49/lb	\$1.02
Radishes	14.94 oz	0.93 lb			\$2.13/lb	94%	\$2.27/lb	\$2.11
Arugula	44 oz	2.75 lb			\$3.56/lb	88%	\$4.05/lb	\$11.14
Burger buns	50 buns			50 buns	\$0.50/bun	100%	\$0.50/bun	\$25.00
EVOO	16.6 fl oz		0.13 gal		\$19.83/gal	100%	\$19.83/gal	\$2.58
<b>Total Cost:</b>								<b>\$139.17</b>

# Sundried Tomato Pesto & Chicken Panini

Recipe: **Mediterranean Panini**

Number of Portions: 20

Portion Size: 12.33 oz.

Cost per portion: \$2.89

Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
<i>Sourdough bread</i>		4 oz			\$0.38/oz	100%	\$0.38/oz	\$1.52
<i>Chicken breast</i>		16 oz			\$0.18/oz	100%	\$0.18/oz	\$2.80
Fresh spinach		.2 oz			\$3.56/lb	100%	\$3.56/lb	\$0.04
Artichoke heart		1 oz			\$8.89/lb	100%	\$8.89/lb	\$0.56
Sundried tomatoes		.5 oz			\$0.56/oz	100%	\$0.56/oz	\$0.28
Pesto		1 oz			\$0.40/oz	100%	\$0.40/oz	\$0.40
Olive oil		.33 oz			\$0.15/oz	100%	\$0.15/oz	\$0.05
Mozzerella cheese		1.14 oz			\$1.65/lb	100%	\$1.65/lb	\$0.12
<b>Total Cost:</b>								<b>\$5.77</b>



# Greek Salmon w/ Avocado Tzatziki

Recipe: Greek Style Salmon with Avocado Tzatziki

Number of Portions: 150

Portion Size: 5 oz.

Cost per portion: \$6.55

Ingredients	Recipe Quantity (EP)			Cost			Total Cost
	Weight	Volume	Count	APC/Unit	Yield %	EPC/Unit	
Salmon	0.3125 #			\$5.14/#	100%	\$5.14/#	\$1.61
Olive oil		1 fl. oz.		\$0.15/fl. oz.	100%	\$0.15/fl. oz.	\$0.15
Lemon juice & zest	0.2 #			\$3.21/#	100%	\$3.21/#	\$0.64
Plain Greek Yogurt		4.5 fl. oz.		\$0.07/fl. oz.	100%	\$0.07/fl. oz.	\$0.33
Garlic clove, grated	0.34 oz.			\$0.10/oz	100%	\$0.10/oz.	\$0.03
Oregano	0.17 oz.			\$0.71/oz	100%	\$0.71/oz	\$0.12
Salt	0.5 oz.			\$0.01/oz.	100%	\$0.01/oz.	\$0.01
Pepper	0.05 oz.			\$0.70/oz.	100%	\$0.70/oz.	\$0.04
Large ripe avocado, mashed			1	\$1.30/each	67%	\$1.94	\$1.94
Cucumber, peeled, seeded, squeezed	0.25 #			\$1.51/pound	84%	\$1.80/pound	\$0.45
Fresh dill, chopped	0.5 oz.			\$2.46/oz.	100%	\$2.46/oz.	\$1.23
<b>Total Cost:</b>							<b>\$6.55</b>



# Kalamata Balsamic Chicken

Recipe: Kalamata-Balsamic Chicken with Feta

Number of Portions: 150

Portion Size: 10 oz.

Cost per portion: \$10.20

Ingredients	Recipe Quantity (EP)			Cost			Total Cost
	Weight	Volume	Count	APC/Unit	Yield %	EPC/Unit	
Skinless boneless chicken breast half	6 oz.		1	\$1.10/each	100%	\$1.10/each	\$1.10
Freshly ground black pepper	0.08 oz.			\$0.70/oz.	100%	\$0.70	\$0.06
Cooking spray			1	\$5.88/each	100%	\$5.88/each	\$5.88
Grape tomatoes, halved	0.5 pt.			\$1.15/pt.	99%	\$1.15/pt.	\$0.58
Pitted kalamata olives, halved			16	\$5.55/can	100%	\$5.55/can	\$0.32
Light balsamic vinaigrette		1.5 fl. oz.		\$0.23/fl. oz.	100%	\$0.23/fl. oz.	\$0.35
Crumbled feta cheese	1.5 oz.			\$0.52/oz.	100%	\$0.52/oz.	\$0.78
Small basil leaves	1 oz.			\$1.13/oz.	100%	\$1.13/oz.	\$1.13
<b>Total Cost:</b>							<b>\$10.20</b>



# Roasted Vegetables



# Crispy Oregano Potatoes



Recipe: **Crispy Oregano Smashed Potato**  
 Number of Portions: 200  
 Portion Size: 9 oz  
 Cost per portion: \$3.38

Ingredients	Recipe Quantity (EP)			Cost			Total Cost	
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %		EPC/Unit
<i>mixed baby potatoes</i>	2 pounds	32 oz			0.25/lb	81%	0.20/lb	\$0.40
<i>lemon</i>	1/2 lemon	2 oz			0.58/lb	100%	0.58/lb	\$0.07
<i>olive oil</i>	4 tablespoons	2 oz			18.92/gal	100%	18.92/gal	\$0.30
<i>garlic, clove, mined</i>	1-2 cloves	0.33 oz			1.67/lb	100%	1.67/lb	\$0.03
<i>fresh oregano, chopped</i>	1/4 cup	0.33 oz			1.54/oz	100%	1.54/oz	\$0.51
<i>salt</i>								
<i>pepper</i>								
<i>grated parmesan cheese</i>	2 tablespoons	0.25 oz			0.28/oz	100%	0.28/oz	\$0.07
<i>fresh basil, chopped</i>	2 tablespoons	0.125 oz			1.13/oz	100%	1.13/oz	\$0.14
<i>feta cheese, crumbled</i>	4-6 ounces	6 oz			0.31/oz	100%	0.31/oz	\$1.86
* Convert to the Unit you find for Pricing								
<b>Total Cost:</b>								<b>\$3.38</b>







# Three Bean Quinoa Salad



# Baklava



Recipe:

**Baklava**

Number of Portions:

64

Portion Size:

2.7 oz

Cost per portion:

\$0.63

Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
Walnuts, chopped	43.2 oz	2.7 lb			\$4.82/lb	100%	\$4.82/lb	\$13.01
Phyllo Dough	43.2 oz	2.7 lb			\$6.50/lb	100%	\$6.50/lb	\$17.55
Butter	21.6 oz	1.35 lb			\$2.42/lb	100%	\$2.42/lb	\$3.27
Sugar	25.57 oz	1.60 lb			\$0.59/lb	100%	\$0.59/lb	\$0.94
Cinnamon	0.22 oz	0.22 oz			\$1.39/oz	100%	\$1.39/oz	\$2.22
Cloves, ground	0.08 oz	0.08 oz			\$1.17/oz	100%	\$1.17/oz	\$0.09
Honey	16.2 oz	1.01 lb			\$1.97/lb	100%	\$1.97/lb	\$1.99
Lemons	2.7 fl oz			3 lemons	\$0.10/each	41%	\$0.24/each	\$0.72
Cinnamon stick	0.27 oz	0.27 oz			\$1.44/oz	100%	\$1.44/oz	\$0.39
* Convert to the Unit you find for Pricing								
<b>Total Cost:</b>								<b>\$40.18</b>



# Forecasting

Item	Forecast
Roasted Red Pepper & Artichoke Pizza	30 servings
Lentil-Chickpea Burger w/ Avocado Harissa	50 servings
Sun-dried tomato Pesto & Chicken Panini	20 servings
Greek Salmon w/ Avocado Tzatziki	150 servings
Kalamata Balsamic Chicken	150 servings
Roasted Vegetables	200 servings
Crispy Oregano Potatoes	200 servings
Rice Pilaf	200 servings
Three Bean Quinoa Salad	40 servings
Baklava	64 servings



# Grocery List



## Dairy

Item	Amount
Eggs, large	1 dozen + 6 eggs
Plain Greek yogurt	8 lbs 13 oz
Parmesan cheese, grated	1 lb
Mozzarella cheese, shredded	2 lbs 15 oz
Feta cheese	15 lb 15 oz

## Meat & Fish

Item	Amount
Salmon	46 lb 14 oz
Skinless boneless chicken breast	56 lb 14 oz.



# Grocery

Pesto	10 oz
Sourdough bread, sliced	40 slices
Sun Dried tomatoes	5 oz
Quinoa, dry	2 lb
White beans	5 lb
Olive oil	1 gal
white rice, uncooked	21 lb 7 oz
Diced tomatoes, canned	30 lb 3 oz
Vegetable broth	3 gal 2 qt 18 fl oz
Pickles, sliced	2 lb 10 oz
Greek Vinaigrette	2 gal 1 qt 20 fl oz
Burger buns	50 buns

Coriander	0.25 oz
EVOO	1 qt 1 pt 13 fl oz
Red onions, pickled	1 lb 1 oz
Oregano, dried	5.1 oz
Pitted kalamata olives	10 lb 14 oz
Light balsamic vinaigrette	1 qt 15 fl oz
Balsamic vinegar	2.5 fl oz
Basil, dry	0.5 oz
Pizza dough mix	2 lb 1 oz
Canola oil	2 oz
Roasted red peppers	3 lbs 12 oz
Marinated artichokes	2 lb 11 oz

Lentils, cooked	7 lb 6 oz
Chickpeas (canned)	38 lb
Old-fashioned rolled oats	12.5 oz
Chili powder	0.66 oz
Smoked paprika	0.66 oz
Garlic Chili Sauce	1.4 oz
Sea Salt	13 oz
Black pepper	4.5 oz
Lemon juice	8.3 fl oz
Cumin	0.33 oz

# Produce

Red Peppers	8 lb 13 oz
Orange Peppers	7 lb 6 oz
Yellow Peppers	8 lb 13 oz
Zucchini	7 lb
Baby Potatoes	80 lb
Asparagus	11 lb
Broccoli	3 lb
Spinach, baby	14 oz
Green beans	2 lb 8 oz

Arugula	2 lb 12 oz
Oregano, fresh	13.5 oz
Basil, fresh	2 lb 7 oz
Radishes	15 oz
Grape tomatoes	23 lb 11 oz
Cucumbers	9 lb 8 oz
Lemons	11 lb 4 oz
Dill, fresh	15 oz
Portobello Mushroom	12 lb 8 oz

Carrots	2 lb 1 oz
Onion	13 lb 7 oz
Garlic	2 lb 12 oz
Cilantro, fresh	13.75 oz
Avocado	19 lb 13 oz
Mint, fresh	11 oz
Red onion	6 oz
Tomato	8 lb 5 oz





# Day before preparations

Annie									
Collette									
Maretta									
Jessica			<u>Prep Day Before</u>						
Rahyana									
	Pizza	Panini	Burger	Salmon	Chicken	Salad	Vegetables	Pilaf	Potatoes
7-8 am				Mince garlic	Season chicken				
8-9 am				Juice and zest lemons					
9-10 am			Cook lentils, refrigerate	Peel, seed, grate, drain cucumbers		make salad dressing	slice mushrooms, peppers, and zucchini	dice onion	
10-11 am	Grate Parmesan cheese (if not already)	prepare chicken	Peel/cut/grate carrots, refrigerate	Chop dill, make sauce		cook quinoa	chop tomatoes, asparagus, and brocolli		
11-12 pm	Shred mozzarella cheese (if not already)	shred mozzarella	wash, slice, refrigerate radishes	Make marinade & marinate salmon		chop peppers, cucumbers			
12-1 pm			Peel/cut red & white onions & garlic			dice onions			
1-2 pm			Grind oats & Measure seasoning			slice olives			
2-3 pm						chop basil			



# Day before preparations



# Day of preparations

Annie				DAY Of Meal						
Collette		Pizza	Panini	Burger	Salmon	Chicken	Salad	Vegetables	Pilaf	Potatoes
Maretta				wash & slice tomatoes, refrigerate	Mash avocados in sauce	Chop tomatoes	mix ingredients together			mince garlic, chop fresh basil
Jessica	6-7 am	Chop spinach	chop spinach							
Rahyana		Drain artichokes, chop with olives	chop artichokes	wash, pit & slice avocados		Prep tomato mixture				wash and rinse potatoes
	7-8 am								cook onion and rice	bake potatoes
	8-9 am	prepare sauce (parm, peppers and garlic)		Make Avocado Harissa & prep toppings						
	9-10 am	prepare dough, cook in oven		Blend burger ingredients						roast potatoes
	10-11 am	add sauce and cheese, cook more		Make 50 patties	Any final preps	Any final preps		mix ingredients together, marinate for 30 min		make lemon mixture and drizzle over potatoes
	11-11:30 am	top with spinach mixture and feta	assemble and press	Cook patties	Cook salmon	Cook chicken				
	11:30-2 pm	Serve	Serve	Serve	Serve	Serve	Serve	Serve	Serve	Serve





# Equipment



# Equipment: The WOW! Oven

Manufacturer: Middleby Marshall

Variable airflow gas double conveyor oven.

## Used for...

- ★ Crispy Oregano Potatoes
- ★ Roasted Vegetables
- ★ Roasted Red Pepper & Artichoke Pizza



# Equipment: The WOW! Oven

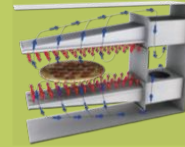
- ★ Advanced technology air delivery system, top & bottom zone air flow allowing instant results and full control of air movement, time, and temperature settings.
- ★ Bakes up to 30% faster than standard conveyor ovens
- ★ Features an Energy Management System that automatically reduces gas consumption when food product is not present in the oven.



**WOW!**  
OVEN<sup>2</sup>



**WOW! Principle with exclusive VAF (Variable Air Flow)**  
The Middleby Marshall WOW! conveyor series oven utilizes advanced VAF impingement technology that allows the user full control of the air flow on the top and bottom of the baking chamber, resulting in optimal results in cooking product. Top and bottom zone air flow is modified through the main control, allowing instant results and full control of air movement, time, and temperature settings. The exterior of the oven is cool to the touch, safely giving users cooler working conditions in the immediate area. The WOW! oven is designed to cook an endless amount of food products including pizza, chicken, seafood, sandwiches and more.



#### Standard Features

- Impingement PLUS! low oven profile and dual air return
- Patented EMS energy Management System reduces gas consumption and increases cooking efficiency
- 36" (914mm) long cooking chamber
- 24" (610mm) wide, 65-3/4" (1670mm) long conveyor belt
- Conveyor speed (Range of 1:00 - 30:00)
- One 5-1/2" exit tray

#### Speed

- Advanced technology air delivery system bakes up to 30% faster than standard conveyor ovens

#### Energy Management System

The PS636 WOW! Oven<sup>2</sup> features an Energy Management System (EMS) that automatically reduces gas consumption. Electronic control can be programmed in one energy saving mode. Automatic "energy eye" saves gas when food product is not present in the oven.

#### Optional Features

- Hearth Bake Belt\*, for the perfect deck oven crust in a conveyor oven.
- Split belt - two 12" (305mm) belts with individually adjustable speed settings

#### Cleanability

PS636 Ovens are designed for easy cleaning. Removable parts include: crumb pans, end panels, air fingers, and a folding conveyor belt assembly.

#### Easily Serviced

Control compartment is designed for quick and easy access.

#### Warranty

All PS636 WOW! Oven<sup>2</sup> models have a one year parts and labor warranty. Oven start-up and demonstration are included at no additional charge (USA Only)

#### Ventilation

For installation under a ventilation hood only.

\*Patent Pending



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www.middleby-marshall.com

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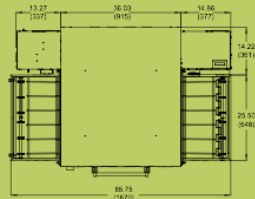


**WOW!**  
OVEN!

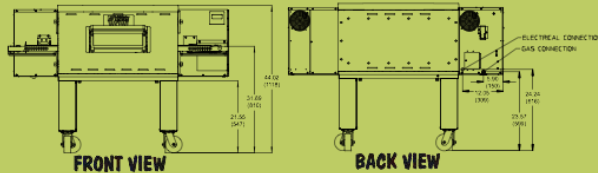
## Direct Gas Fired Conveyor Oven

NOTE: Height dimensions are shown for standard leg extensions. Customer-specific leg extensions will affect these dimensions.  
NOTE: All units are shown with casters. CE-approved ovens use 6" x 152mm adjustable feet instead of casters.

PS636G-1

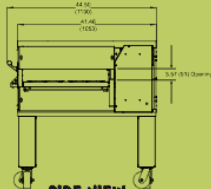


TOP VIEW



FRONT VIEW

BACK VIEW



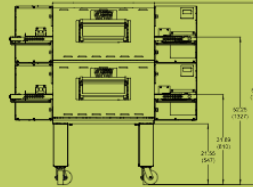
SIDE VIEW

**WOW!**  
OVEN!

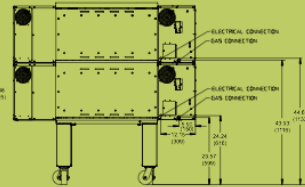
## Direct Gas Fired Conveyor Oven

NOTE: Height dimensions are shown for standard leg extensions. Customer-specific leg extensions will affect these dimensions.  
NOTE: All units are shown with casters. CE-approved ovens use 6" x 152mm adjustable feet instead of casters.

PS636G-2

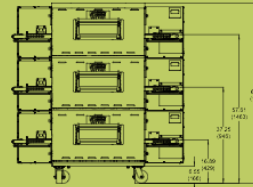


FRONT VIEW

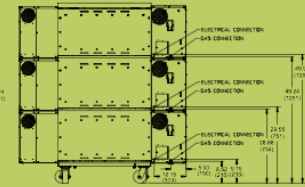


BACK VIEW

PS636G-3



FRONT VIEW



BACK VIEW

**Middleby Marshall**  
CONVEYORS OF EXCELLENCE  
PS636G Rev 5 (04/15)

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PS636G Rev 5 (04/15)

**Middleby Marshall**  
CONVEYORS OF EXCELLENCE

**WOW!**  
OVEN!

## Direct Gas Fired Conveyor Oven

### RECOMMENDED MINIMUM CLEARANCES

Rear of Oven to Wall	Control end of conveyor to wall	Non control end of conveyor to wall
0" (0mm)	1" (25.4mm)	1" (25.4mm)

Heating Zone	Baking Area	Belt Length	Belt Width	GENERAL SPECIFICATIONS		Maximum Operating Temp	Bake Time Range	Ship Wt	Ship Cube
				Overall Length (exit trays installed)	Height				
PS636-1 with 17.5" (445mm) leg extensions	36" 6 ft 914mm 0.55 m	85-31" 16'10mm	24" 610mm or 24 1/2" 219mm	73" 1854mm	44-1/2" 1118mm	550 F 288 C	1-30 min	734lbs 333kg	75.1ft <sup>3</sup> 2.13m <sup>3</sup>
PS636-2 with 17.5" (445mm) leg extensions	72" 12 ft 1829mm 1.7m	85-31" 16'10mm	24" 610mm or 24 1/2" 219mm	73" 1854mm	64-3/8" 1638mm	550 F 288 C	1-30 min	1458 lbs 666 kg	150.2 ft <sup>3</sup> 4.26m <sup>3</sup>
PS636-3 with 17.5" (445mm) leg extensions	108" 18 ft 2743mm 1.7 m	85-31" 16'10mm	24" 610mm or 24 1/2" 219mm	73" 1855mm	68-3/4" 1772mm	550 F 288 C	1-30 min	2202 lbs 899 kg	225.3 ft <sup>3</sup> 6.38m <sup>3</sup>

\* Overall height is shown for standard leg extensions. Customer-specific leg extensions will affect the overall height of the oven.

### ELECTRICAL SPECIFICATIONS

Version	Voltage	Phase	Freq	Current Draw	Supply	Breakers
Domestic and std. export	208/240v	1	50/60 hz	10 Amp	2 pole, 3 wire (2 hot, 1 ground)	As per local codes

\* The current draw rating shown above are maximum values for normal operation, amperage draw will be less than the listed value.  
NOTE: Each oven includes a 6 ft cord with NEMA# 16-20P plug. Customer to provide NEMA# 16-20R receptacle.

### GAS SUPPLY SPECIFICATIONS

Version	Gas Type	Supply (inlet) Pressure	Regulated Pressure	Rated Heat Input
Domestic & std export	Natural Gas	6-12" W.C. (14.9-29.5inbar) *	5.5" W.C. (8.7inbar)	75,000 BTU (21.9 kW-hr)
Domestic & std export	Propane Gas	11-14" W.C. (27.4-34.5inbar) *	10" W.C. (24.9inbar)	75,000 BTU (21.9 kW-hr)

\* The required gas supply pressures of other locations are dependent on the local gas type and on all applicable local codes.

### Minimum Gas Pipe Sizes:

\* Natural Gas - 1 1/2" (50.8 mm) main supply line. One 3/4" (19mm) NPT branch per oven cavity with individual full-flow shutoff valve.  
\* Propane Gas - 1 1/2" (31.8 mm) main supply line. One 3/4" (19mm) NPT branch per oven cavity with individual full-flow shutoff valve.  
NOTE: Each oven includes (1) 3/4" (19mm) NPT x 48" (1219mm) flexible, vinyl coated stainless steel braided gas hose.  
ALL SPECIFICATIONS SUBJECT TO CHANGE WITHOUT NOTICE.

**Middleby Marshall**

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RS



# Marketing

**Strategy 1:** Posted flyers around Busch Faculty Dining Hall



**Strategy 2:** Email sent out to Nutritional Sciences Department Faculty & Students

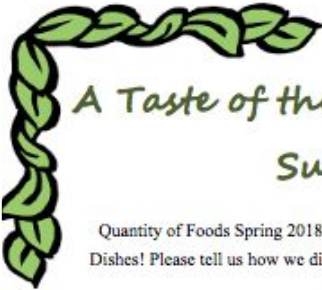




# Customer Feedback



# Survey Evaluation Form




*A Taste of the Mediterranean*  
**Survey**

Quantity of Foods Spring 2018 students hope you enjoyed the Mediterranean Dishes! Please tell us how we did by rating each item: 1 being poor and 5 being excellent.

Thank you very much!

<i>Roasted Red Pepper &amp; Artichoke Pizza</i>	1	2	3	4	5
<i>Lentil Chickpea Burger</i>	1	2	3	4	5
<i>Sun-dried Tomato Pesto &amp; Chicken Panini</i>	1	2	3	4	5
<i>Greek Salmon</i>	1	2	3	4	5
<i>Kalamata Balsamic Chicken</i>	1	2	3	4	5
<i>Vegetable Medley</i>	1	2	3	4	5
<i>Crispy Oregano Potatoes</i>	1	2	3	4	5
<i>Rice Pilaf with Tomato</i>	1	2	3	4	5
<i>Three Bean Quinoa Salad</i>	1	2	3	4	5



# Feedback from Guests



# Top 2 Recipes

1. Sun-dried Tomato Pesto & Chicken Panini



2. Crispy Oregano Potatoes



# What was changed?

- ★ Due to inclement weather our theme meal was moved from Wednesday to Thursday (*which has never happened in Chef Brian's years of hosting Theme Meals!*)
- ★ Changes in number of portions per Chef Brian
  - Burger 50 servings → 10 servings
  - Pizza 30 servings → 8-16 servings
  - Roasted Vegetables 200 servings → 200+ servings
- ★ Adjustments to recipes and cooking techniques
  - Roasted Vegetables
  - Crispy Oregano Potatoes
  - Rice Pilaf
  - Eliminated feta cheese in recipes per Chef Brian
- ★ Substitute certain ingredients
  - Roasted Vegetables
  - Lentil Chickpea Burger
  - Avocado Harissa



# Our experience

*Overall:* Invaluable experience where we were able to understand the amount of time and energy put into every aspect of mass food production.

## What we learned?

- ★ Importance of preparation & planning
- ★ Importance of time-management
- ★ Communication & team work
- ★ Mass food production is challenging & stressful

## What would we have done differently?

- ★ Asked for measuring cups & spoons
- ★ Taken more photos
- ★ Better communication







*Thank You*

*Chef Brian and the staff at  
Busch Dining Hall*

*Dr. Rao and Alek*

