

Quantity Food
Production Presents



Get STUFFED

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Location: Livingston Dining Commons

- Served: November 15, 2024, from 11:30 AM - 1:00 PM
- Forecasting: 50 people
- Theme: Get Stuffed! (stuffed dishes)



Marketing Flyer



Livingston Dining Hall

GET STUFFED

NOVEMBER 15
11 AM - 2 PM

Presented by:
Department of
Nutritional Sciences

Food Production
and Management
Food Service Lab
Fall '24

PASTA SHELLS-PEPPERS-MUSHROOMS-PIZZA CRUST-APPLE PIE ROLLS



GET STUFFED

Stuffed Peppers

Packed with quinoa and chickpeas, this protein-friendly dish will keep you satisfied. Includes onions, carrots, zucchini, and tomatoes for a taste of the rainbow.

Stuffed Shells

Italian-style stuffed shells with ground beef and an array of cheeses such as mozzarella, parmesan, and ricotta. Includes onions, spinach, and egg.

Stuffed Mushrooms

Tender mushroom caps stuffed with cheesy, herby, and garlicky filling, baked until golden. Vegetarian friendly and contains pecans, parmesan, cream cheese, parsley, onion, and garlic.

Stuffed Crust Crispy Scallion Asparagus Pizza

Want a taste of spring? Try this flavor-rich pizza with mozzarella stuffed crust, topped with scallions, asparagus, and more mozzarella.

Stuffed Apple Pie Rolls

Take a bite into fall with these brown sugar and cinnamon apple pie rolls, deliciously wrapped in rice paper and baked to perfection.

Recipe – Stuffed Mushrooms

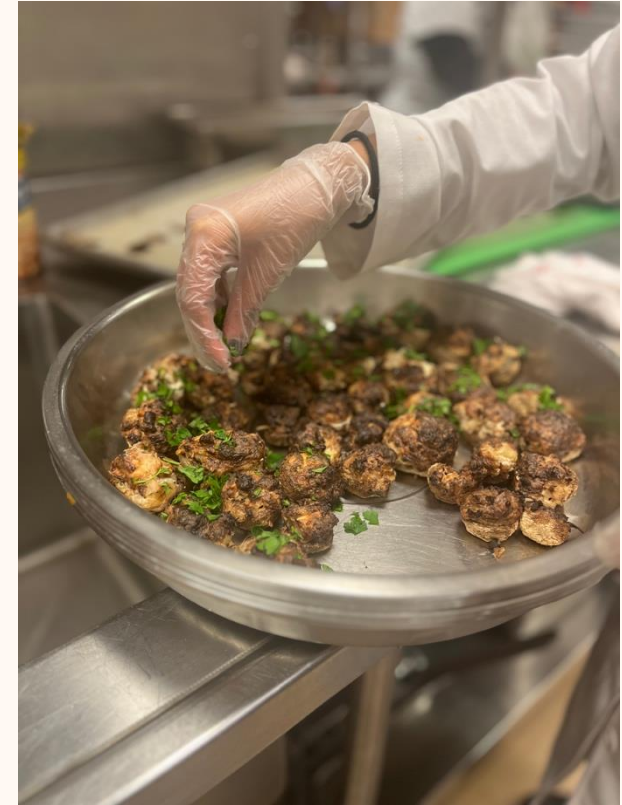
50 servings, Portion size: 2 mushrooms

Ingredients:

- 1) 100 cremini mushrooms
- 2) 10 tbsp butter
- 3) 10 cloves garlic, minced
- 4) 3 medium onion, diced
- 5) 1 ¼ tsp salt
- 6) 1 ¼ tsp black pepper
- 7) 20 oz cream cheese, softened
- 8) 2 cups of grated Parmesan cheese
- 9) 2 cups of pecans, chopped
- 10) 1 ¼ cups of fresh parsley, chopped

Instructions:

- 1) Preheat oven to 400°F (200°C). Grease a baking sheet with a little olive oil.
- 2) Remove the stems from the mushrooms, finely chop them, and set aside.
- 3) Melt the butter in a medium skillet over medium heat.
- 4) Add the chopped mushroom stems and cook for 5 minutes, or until most of the moisture is gone.
- 5) Add the onion, garlic, salt, and pepper, and cook for another 1 to 2 minutes, until the onion has softened.
- 6) Transfer the mushroom mixture to a mixing bowl, and let it cool slightly.
- 7) To the mixing bowl, add the cream cheese, parmesan (reserve 1 tablespoon), parsley, and pecans (reserve 1 tablespoon).
- 8) Stir until well combined.
- 9) Fill mushroom caps with the cheese filling, and evenly sprinkle the tops with the reserved parmesan and chopped pecans.
- 10) Bake for 20 to 25 minutes, or until the top is golden and the mushrooms are slightly soft.
- 11) Garnish with extra parsley to serve.



Recipe Expansion: Stuffed Mushrooms

	A	B	C	D	E	F
1	To Complete:	Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty)				
2	Initial serving #: <u> 10 </u>	Step 2: Calculate the total original recipe yield (weight in ounces)				
3	Initial Portion size: <u> 0.8 </u> oz.	Step 3: Calculate the portion size (weight in ounces)				
4	Desired serving #: <u> 50 </u>	Step 4: Calculate the multiplying factor				
5	Desired portion size: <u> 0.8 </u> oz.	Step 5: Multiply each ingredient by multiplying factor				
6	Multiplying factor: <u> 5 </u>	Step 6: Convert ingredients to purchase units				
7	NAME OF RECIPE: Stuffed Mushrooms					
8	Original Recipe			Expanded Recipe		
9	INGREDIENTS	ORIGINAL MEASUREMENTS	CONVERTED MEASUREMENTS (WT OZ)	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS (WT OZ)	PURCHASE UNITS
10	Cremini Mushrooms	100 medium	40 oz	5.000	200 oz	4 16-oz packages
11	Butter	10 tbsp	5 oz	5.000	25 oz	1.56 lbs
12	Garlic, minced	10 cloves	1.67 oz	5.000	8.35 oz	8.35 lbs
13	Onion, medium, diced	3 medium	8 oz	5.000	40 oz	2.5 lbs
14	Salt	1 1/4 tsp	0.21 oz	5.000	1.05 oz	1.05 oz
15	Ground Black Pepper	1 1/4 tsp	0.21 oz	5.000	1.05 oz	1.05 oz
16	Cream Cheese, softened	20 oz	20 oz	5.000	100 oz	1.25 lb
17	Parmesan Cheese, grated	2 cups	16 oz	5.000	80 oz	1.1 lb
18	Pecans, chopped	2 cups	16 oz	5.000	80 oz	0.5 lb
19	Parsley, chopped	1 1/4 cups	10 oz	5.000	50 oz	3.125 lb
20	TOTAL Weight		117.09 wt oz			

Recipe Costing: Stuffed Mushrooms

Recipe: Stuffed mushrooms
 Number of Portions: 50 servings
 Portion Size: 2 mushrooms
 Cost per portion: \$0.83 Food Cost 30% Selling Price= \$2.77

Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
cremini mushrooms	100 med	2.5 lbs		100	\$6.50/lb	91%	\$7.14/lb	\$17.85
butter	10 tbsp	0.3125 lbs			\$1.11/lb	100%	\$1.11/lb	\$0.35
onion, medium diced	3 med	0.5 lbs			\$0.20/lb	88%	\$0.23/lb	\$0.12
garlic cloves,minced	10 cloves	0.03125 gal			\$0.26/gallon	70%	\$0.37/gallon	\$0.01
salt, kosher	1 1/4 tsp	0.013125 lb			\$0.016/lb	100%	\$0.016/lb	0.02c
black pepper, ground	1 1/4 tsp	0.21 oz			\$0.105/oz	100%	\$0.105/oz	\$0.02
cream cheese, softened	20 oz	1.25 lbs			\$6.81/lb	100%	\$6.81/lb	\$8.51
parmesan cheese, grated	2 cups	1 lb			\$1.20/lb	100%	\$1.20/lb	\$1.20
pecans, whole, chopped	2 cups	1 lb			\$9.00/lb	100%	\$9.00/lb	\$9.00
parsley, fresh chopped	1 1/4 cup	10 oz			\$5.75/bunch	85%	\$6.76/bunch	\$4.23
* Convert to the Unit you find for Pricing								
Total Cost:								\$41.31

Recipe – Stuffed Crust Crispy Asparagus Pizza

56 servings **Serving size: 1 slice**

INGREDIENTS

- 4 tablespoons olive oil
- 4 scallions thinly sliced
- ½ teaspoon crushed red pepper optional- see note
- 1 teaspoon toasted sesame seeds
- ½ cup minced parsley
- 1 tablespoon lemon juice
- ⅛ teaspoon salt
- 6 to 8 thicker asparagus stalks
- 1 recipe or store-bought pizza dough room temperature
- 2 ounces shredded gruyere
- 2 ounces shredded/torn mozzarella

INSTRUCTIONS

- Preheat your oven with stone, grill, or pizza oven as needed.
- Prepare the toppings by heating a medium skillet over medium heat. Add the olive oil followed by the scallions. Cook until the scallions start to crisp up. Stir in the chili flakes and continue to cook until the scallions are crispy. Remove the pan from the heat and stir in the sesame seeds, parsley, lemon juice, and salt.
- For the asparagus, Hold the untrimmed end of the asparagus and using a vegetable peeler, shave the asparagus (video here). Place the shaved asparagus in a bowl and toss with the scallion oil.
- Toss/stretch the pizza dough to the desired size and place on a pizza peel lightly coated with cornmeal. Top the dough with the asparagus and all of the oil mixture. Sprinkle with the shredded cheese and cook however you're cooking your pizza.



Recipe Expansion: Crispy Asparagus Scallion Pizza

To Complete:
 Initial serving #: 7 slice
 Initial Portion size: 32.7 oz.
 Desired serving #: 56 slice ?
 Desired portion size: 5.7 oz. ?
 Multiplying factor: 8

Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty)
 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

NAME OF RECIPE: Crispy Asparagus Scallion Pizza

INGREDIENTS	Original Recipe			Expanded Recipe	
	ORIGINAL MEASUREMENTS	CONVERTED MEASUREMENTS (WT OZ)	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS (WT OZ)	PURCHASE UNITS
Olive Oil	4 tbsp	2 oz	8.000	16 oz	1 lb
Scallions	4 pc	3 oz	8.000	24 oz	1 lb 8 oz
Crushed red pepper	1/2 tsp	0.03 oz	8.000	0.24 oz	1 oz
Toasted sesame seeds	1 tsp	0.11 oz	8.000	0.88 oz	1 oz
Parsley	1/4 cup	0.34 oz	8.000	2.72 oz	3 oz
Lemon Juice	1 tbsp	0.5 oz	8.000	4 oz	4 oz
Asparagus	7 stalks	7 oz	8.000	56 oz	3 lbs 8 oz
Salt	1/8 tsp	0.03 oz	8.000	0.24 oz	1 oz
Gruyere	2 oz	2 oz	8.000	16 oz	1 lb
Mozzerella (shreds)	2 oz	2 oz	8.000	16 oz	1 lb
Mozzerella (string cheese)	7 sticks (1 oz/stk)	7 oz	8.000	56 oz	3lbs 8 oz
Pizza dough	1 lb	16 oz	8.000	128 oz	8 lbs
TOTAL Weight		229.010		320.08 oz	

Recipe Costing: Crispy Asparagus Scallion Pizza

Recipe:	Stuffed Crust Asparagus Pizza		
Number of Portions:	56 servings (slices)		
Portion Size:	1 slice		
Cost per portion:	<u>\$0.95</u>	Food Cost 30%	Selling Price= \$3.17

Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
Olive oil	1 cup		0.24 L		\$19.96/L	100%	\$19.96/L	\$4.79
Scallions	4 bunches	0.75 lbs			\$2.49/lb	75%	\$3.32/lb	\$2.49
Crushed red pepper	3.5 tsp	0.19 oz			\$0.44/oz	100%	\$0.44/oz	\$0.08
Toasted sesame seeds	0.78 oz				\$0.61/oz	100%	\$0.61/oz	\$0.48
Parsley	4 bunches				\$1.15/bunch	40%	\$2.86/bunch	\$11.44
Lemon juice	3.5 fl oz		0.11 quarts		\$5.42/Qt	100%	\$5.42/Qt	\$0.60
Asparagus	4 bunches	4 lbs			\$2.91/lb	53%	\$5.49/lb	\$21.96
Salt	1 oz	0.063 lbs			\$1.19/lb	100%	\$1.19/lb	\$0.07
Swiss cheese	1 lb				\$3.38/lb	100%	\$3.38/lb	\$3.38
Mozzerella shreds	1 lb				\$4.07/lb	100%	\$4.07/lb	\$4.07
String cheese sticks	3 lbs 8 oz				\$4.07/lb	100%	\$4.07/lb	\$4.07
Pizza dough	7 balls	7 lbs	supplied and pre-prepared by kitchen		no cost!			
* Convert to the Unit you find for Pricing								
Total Cost:								\$53.43

Recipe

Stuffed Pasta Shells



Ingredients

- **27** jumbo pasta shells
- **1 teaspoon** olive oil
- **1** onion, *chopped*
- **¾ teaspoon** kosher salt, *divided*
- **2** garlic cloves, *chopped*
- **1 pound** lean ground beef
- **28 ounces** marinara sauce
- **1 (15-oz) container** part skim ricotta cheese
- **1** egg
- **1 (16-oz) package** frozen spinach, *thawed and squeezed well*
- **2 cups** part skim shredded Italian cheese blend (or shredded mozzarella), *divided*
- **½ cup** parmesan cheese, *divided*

Instructions

- Preheat oven to 350F.
- Cook shells in a large pot of salted water for 2-3 minutes shy of package directions (just under al dente). Drain, rinse with cold water, and set aside.
- While the pasta is cooking, heat a large skillet over medium heat. Add the olive oil, then saute the onion along with ¼ teaspoon of salt until translucent, about 3-5 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently.
- Add the ground beef and ¼ teaspoon salt. Saute until browned and cooked through, breaking into small pieces, about 5-7 minutes. Drain any excess oil, if desired.
- Add the marinara sauce, stir to combine, then remove from heat.
- In a large bowl mix together ricotta, egg, spinach, 1 cup Italian cheese blend, ¼ cup parmesan, and ¼ teaspoon salt, stirring to combine.
- Once the shells are cooked and cooled, fill each shell (about 2 heaping tablespoons) with the ricotta-spinach mixture.
- Add half the beef marinara sauce to the bottom of a large baking dish, spreading to cover.
- Arrange the shells in the baking dish, then top with remaining beef marinara sauce and remaining 1 cup mozzarella and ¼ cup parmesan.
- Cover with foil and bake for 40 minutes, then uncover and bake an additional 5 minutes.
- Sprinkle with parsley, if using, and serve.

Recipe Expansion

Stuffed Pasta Shells

NAME OF RECIPE: Stuffed Pasta Shells					
Original Recipe				Expanded Recipe	
INGREDIENTS	ORIGINAL MEASUREMENTS	CONVERTED MEASUREMENTS (WT OZ)	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS (WT OZ)	PURCHASE UNITS
Jumbo Pasta Shells	27 shells	12 oz (1 box)	5.000	60 oz (5 boxes)	4 lb
Olive oil	1 tsp	8 fl oz	5.000	40 fl oz	40 fl oz
Yellow onion, chopped	1 whole	6.4 oz	5.000	32 oz	2 lb
Garlic, minced	2 cloves, chopped	0.22 oz	5.000	1.1 oz	2 oz
Lean ground beef	1 lb	16 oz	5.000	80 oz	5 lb
Marinara sauce	28 oz	28 fl oz	5.000	140 fl oz	140 fl oz
Ricotta cheese	1-15 oz container	15 oz	5.000	75 oz	5 lb
Mozarella, shredded	2 cups	9.14 oz	5.000	45.7 oz	3 lb
Parmesan, shredded	1/2 cup	2.3 oz	5.000	11.5 oz	11.5 oz
Eggs	1 egg	1.75 oz	5.000	8.75 oz	8.75 oz
Frozen spinach	16 oz	16 oz	5.000	80 oz	5 lb
Salt	3/4 tsp	0.5 oz	5.000	2.5 oz	2.5 oz
TOTAL Weight		115.31 oz		576.55 oz	

Recipe Costing

Stuffed Pasta Shells

Recipe: Stuffed Shells
 Number of Portions: 50
 Portion Size: 11.5 oz
 Cost per portion: \$1.91

Food Cost 30%

Selling Price= \$1.91/.30=\$6.37

Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
Jumbo shells	60 oz	4 lb			\$3.30/12oz = \$0.275/oz	100%	\$0.275/oz	\$16.50
Yellow onion	32 oz	2 lb			50lb/\$19.90 = \$2.51/lb	88%	\$2.85/lb	\$5.70
Garlic	1.1 oz	2 oz			\$19.61/Gal = \$19.61/128oz = \$0.15/oz	100%	\$0.15/oz	\$0.30
Lean ground beef	80 oz	5 lb			\$3.79/1 lb	80%	\$4.73/lb	\$23.65
Marinara sauce	140 fl oz		1 gal		\$37/6 can = \$6.16/can	100%	\$6.16/can	\$12.32
Ricotta cheese	75 oz	5 lb			\$5.81/3lb = \$1.93/lb	100%	\$1.93/lb	\$9.65
Mozarella cheese	45.7 oz	3 lb			\$3.09/1 lb	100%	\$3.09/lb	\$9.27
Parmesan cheese	11.5 oz				\$83/20lb=\$4.15/lb = \$0.26/oz	100%	\$0.26/oz	\$2.98
Frozen spinach	80 oz	5 lb			\$0.69/1 lb	88%	\$0.78/lb	\$3.90
Olive oil	40 fl oz		40 fl oz		\$157/6 gal = \$26.17/gal = \$26.17/128 fl.oz = \$0.20/fl.oz	100%	\$0.20/fl oz	\$8.00
Eggs	8.75 oz				\$47/15 dozen = \$3.13/dozen	100%	\$3.13/dozen	\$3.13
Salt	2.5 oz				\$43/36lb = \$1.19/lb = \$0.074/oz	100%	\$0.074/oz	\$0.19
* Convert to the Unit you find for Pricing								
Total Cost:								\$95.59

cost/portion = \$95.59/50 portions = \$1.91

Recipe

Apple Pie Rolls

Ingredients:

- 5 Red Apples
- 1/3 cup Brown Sugar
- 1 Tsp Cinnamon
- 1 package of Rice Paper
- 2 Tbsp Cooking Oil

Instructions

- Pre heat your oven to 450 F.
- Peel, then slice the apples. Mix with the apple slices with the brown sugar and cinnamon.
- Fill a large mixing bowl 1/4 full with water. Place the rice paper into the water one sheet at a time. Soak just until it's soft enough to work with.
- Place the softened rice paper onto the counter and place 1- 2 Tbsp of apple mixture onto the center. Fold the bottom up first, then fold the sides in, fold the top down last.
- Repeat, until you have used up all of the apples.
- Place onto a parchment paper lined or well oiled pan, brush both sides with oil.
- Bake for 25 – 30 minutes turning a few times throughout.



Recipe Expansion: Apple Pie Rolls

To Complete:		Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty)			
Initial serving #: <u> 5 </u>		Step 2: Calculate the total original recipe yield (weight in ounces)			
Initial Portion size: <u> 6.85 </u> oz.		Step 3: Calculate the portion size (weight in ounces)			
Desired serving #: <u> 50 </u>		Step 4: Calculate the multiplying factor			
Desired portion size: <u> 6.85 </u> oz.		Step 5: Multiply each ingredient by multiplying factor			
Multiplying factor: <u> 10 </u>		Step 6: Convert ingredients to purchase units			
NAME OF RECIPE: Apple Pie Rolls					
Original Recipe			Expanded Recipe		
INGREDIENTS	ORIGINAL MEASUREMENTS	CONVERTED MEASUREMENTS (WT OZ)	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS (WT OZ)	PURCHASE UNITS
Red Delicious Apples	5 apples	26.72 oz	10.000	267.2 oz	16.7 LB
Brown Sugar	1/3 cup	1.76 oz	10.000	17.6 oz	1 LB + 1 oz
Cinnamon	1 tsp	0.1 oz	10.000	1 oz	1 oz
Rice Paper Package	1 package	4.7 oz	10.000	47 oz	10 rice paper packages (16 in each)
Cooking Oil	2 Tbsp	1 fl. oz	10.000	10 fl. oz	10 fl. oz
water	n/a				
TOTAL Weight		34.280		342.800	

Recipe Costing: Apple Pie Rolls

Recipe: Apple Pie Rolls

Number of Portions: 50 servings

Portion Size: 2 rolls

Cost per portion: \$1.12/portion Food Cost 30%

Selling Price= $\$1.12/30\% = \3.73

Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
Red Delicious Apples	50 apples	267.2 oz			$\$36.00/125 \text{ count} = \$0.29/\text{count}$	78%	$\$0.29/78\% = \$0.37/\text{count}$	$\$0.37 \times 50 = \18.50
Brown Sugar	3.33 cups	17.6 oz			$\$36.00/24 \text{ LB} = \$1.50/16\text{oz} = \$0.09/\text{oz}$	100%	$\$0.09/100\% = \$0.09/\text{oz}$	$\$0.09 \times 17.6 \text{ oz} = \1.58
Cinnamon	1 oz	1 oz			$\$14.60/16\text{oz} = \$0.91/\text{oz}$	100%	$\$0.91/100\% = \$0.91/\text{oz}$	$\$0.91 \times 1 \text{ oz} = \0.91
Rice Paper Package	10 packages	47 oz			$\$3.29/\text{package}$	100%	$\$3.29/100\% = \$3.29/\text{package}$	$\$3.29 \times 10 = \32.90
Cooking Oil	1.25 cup	10 fl. oz			$156.32/6 \text{ Gallons} = 26.05/\text{Gallon} =$ $\$26.05/128 \text{ fl.oz} = \$0.20/\text{fl.oz}$	100%	$\$0.20/\text{fl.oz}$	$\$0.20 \times 10 \text{ fl.oz} = \2.00
water								
* Convert to the Unit you find for Pricing								
Total Cost:								\$55.89

cost per portion: $\$55.89/50 \text{ portions} = \1.12

Recipe

Stuffed Peppers



Ingredients:

- 4 large orange bell peppers
- Olive oil
- 1/2 cup diced onion
- 1/2 cup diced carrot
- 2 cloves garlic, minced
- 1 cup diced zucchini
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon turmeric
- Salt and pepper to taste
- 1 cup diced tomatoes
- 1 can (15 ounce) chickpeas, drained and rinsed
- 1 cup cooked quinoa
- 1 cup grated vegan cheese

Instructions

- Preheat your oven to 375°F.
- Using a sharp knife, slice off the tops of each bell pepper. Reserve the tops.
- Carefully remove all the seeds and veins from inside each pepper. Rinse and pat dry with a paper towel. Use a small paring knife to cut out the holes on the exterior of the peppers to make the jack-o-lantern faces.
- In a large skillet, heat a drizzle of olive oil over medium heat. Add the diced onion and carrot. Sauté for about 3-4 minutes until they start to soften.
- Add the diced zucchini and minced garlic to the skillet. Cook for an additional 2-3 minutes.
- Stir in the ground cumin, paprika, turmeric, salt, and pepper. Cook for another minute until the spices are fragrant.
- Add the diced tomatoes and chickpeas to the skillet. Cook for 5-6 minutes, allowing the flavors to meld together.
- Remove the skillet from the heat and stir in the cooked quinoa. Add ½ cup of cheese with the quinoa and mix well. Adjust seasoning if needed.
- Carefully stuff each bell pepper with the vegetable and chickpea mixture, pressing it down gently as you fill them.
- Sprinkle the rest of the cheese on top of the peppers.
- Place the stuffed peppers in a baking dish. If the peppers don't stand upright, you can slice a small portion off the bottom to create a flat surface.
- Cover the baking dish with aluminum foil and bake in the preheated oven for about 25-30 minutes, or until the peppers are tender.
- Remove the foil and bake for an additional 5-10 minutes, or until the cheese is melted and slightly golden.
- Once the peppers are done, carefully remove them from the oven and let them cool for a few minutes before serving.
- Serve the stuffed peppers as a main dish, garnished with fresh herbs like chopped parsley or cilantro if desired.

Recipe Expansion: Stuffed Peppers

To Complete:		Step 1: Convert all original ingredients to wt (Table 1.3 in Food for Fifty)			
Initial serving #: <u>4</u>		Step 2: Calculate the total original recipe yield (weight in ounces)			
Initial Portion size: <u>19.5</u> oz.		Step 3: Calculate the portion size (weight in ounces)			
Desired serving #: <u>50</u>		Step 4: Calculate the multiplying factor			
Desired portion size: <u>19.5</u> oz.		Step 5: Multiply each ingredient by multiplying factor			
Multiplying factor: <u>12.5</u>		Step 6: Convert ingredients to purchase units			
NAME OF RECIPE: Stuffed Peppers					
Original Recipe			Expanded Recipe		
INGREDIENTS	ORIGINAL MEASUREMENTS	CONVERTED MEASUREMENTS (WT OZ)	MULTIPLYING FACTOR	EXPANDED MEASUREMENTS (WT OZ)	PURCHASE UNITS
Orange peppers	4 peppers	32 oz	12.500	400 oz	50 peppers
Olive Oil	2 Tbsp	1 fl. oz	12.500	12.5 fl. oz	12.5 fl. oz
Onion, diced	1/2 cup	5.12 oz	12.500	64 oz	2 LB
Carrot, diced	1/2 cup	5.12 oz	12.500	64 oz	2 LB
Garlic, minced	2 cloves	0.33 oz	12.500	4.17 oz	4.17 oz
Zucchini, diced	1 cup	4.92 oz	12.500	61.44 oz	3 LB +14 oz
Ground Cumin	1 tsp	0.083 oz	12.500	1.0 oz	1.0 oz
Paprika	1 tsp	0.083 oz	12.500	1.0 oz	1.0 oz
Turmeric	1/2 tsp	0.04 oz	12.500	0.5 oz	0.5 oz
Salt	1/8 tsp	0.03 oz	12.500	0.33 oz	0.33 oz
Black Pepper	1/8 tsp	0.03 oz	12.500	0.33 oz	0.33 oz
Tomatoes, diced	1 cup	7 oz	12.500	88.89 oz	5.5 LB
Chickpeas, drained	1 can	15.5 oz	12.500	193.75 oz	12.5 cans
Quinoa, uncooked	1/3 cup	2.28 oz	12.500	28.4 oz	1.77 LB
Vegan Cheese, grated	1 cup	4.6 oz	12.500	57.1 oz	3.5 LB
TOTAL Weight		78.14 oz			

Recipe Costing: Stuffed Peppers

Recipe:
 Number of Portions:
 Portion Size:
 Cost per portion:

Stuffed Peppers

50 servings
 1 stuffed pepper
 \$2.53/portion

Food Cost 30%

Selling Price = \$2.53/30% = \$8.43

Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight*	Volume*	Count*	APC/Unit	Yield %	EPC/Unit	
Orange peppers	50 peppers	400 oz			\$3.95/11LB = \$0.36/LB = \$0.36/16 oz = \$0.02/oz	80%	\$0.02/80% = \$0.03/oz	\$0.03 x 400 = \$12.00
Olive Oil	12.5 fl. oz	12.5 fl. oz			\$157.00/6 Gallon = \$26.17/Gallon = \$26.17/128 fl.oz = \$0.20/fl.oz	100%	\$0.20/100% = \$0.20/fl.oz	\$0.20 x 12.5 = \$2.50
Onion, diced	6.25 cups	64 oz			\$20.00 / 50 LB = \$0.40/LB = \$0.40/16oz = \$0.03/oz	88%	\$0.03/88% = \$0.04/oz	\$0.04 x 64 = \$2.56
Carrot, diced	6.25 cups	64 oz			\$26.00/50 LB = \$0.52/LB = \$0.52/16oz = \$0.03/oz	70%	\$0.03/70% = \$0.04/oz	\$0.04 x 64 = \$2.56
Garlic, minced	25 cloves	4.17 oz			\$19.61/ Gallon = \$19.61/128oz = \$0.15/oz	100%	\$0.15/100% = \$0.15/oz	\$0.15 x 4.17 = \$0.63
Zucchini, diced	12.5 cups	61.44 oz			\$0.71 / LB = \$0.71/16oz = \$0.04/oz	94%	\$0.04/94% = \$0.04/oz	\$0.04 x 61.44 = \$2.46
Ground Cumin	12.5 tsp	1.0 oz			\$11.00/ 14 oz = \$0.79/oz	100%	\$0.79/100% = \$0.79/oz	\$0.79 x 1 = \$0.79
Paprika	12.5 tsp	1.0 oz			\$8.00 / 18 oz = \$0.44/oz	100%	\$0.44/100% = \$0.44/oz	\$0.44 x 1 = \$0.44
Turmeric	6.25 tsp	0.5 oz			\$4.64 / LB = \$4.64/16 oz = \$0.29/oz	100%	\$0.29/100% = \$0.29/oz	\$0.29 x 0.5 = \$0.15
Salt	1.56 tsp	0.33 oz			\$43.00 / 36 LB = \$1.19/LB = \$1.19/16oz = \$0.07/oz	100%	\$0.07/100% = \$0.07/oz	\$0.07 x 0.33 = \$0.02
Black Pepper	1.56 tsp	0.33 oz			\$9.00 / 18 oz = \$0.50/oz	100%	\$0.50/100% = \$0.50/oz	\$0.50 x 0.33 = \$0.17
Tomatoes, diced	12.5 cups	88.89 oz			\$49.00 / 25 LB = \$1.96/LB = \$1.96/16oz = \$0.12/oz	99%	\$0.12/99% = \$0.12/oz	\$0.12 x 88.89 = \$10.67
Chickpeas, drained	12.5 cans	12.5 cans			\$33.00 / 6 cans (#10) = \$5.50/can	100%	\$5.50/100% = \$5.50/can	\$5.50 x 12.5 = \$68.75
Quinoa, uncooked	4 cups + 1/6 cup	28.4 oz			\$49.00 / 25 LB = \$1.96/LB = \$1.96/16oz = \$0.12/oz	100%	\$0.12/100% = \$0.12/oz	\$0.12 x 28.4 = \$3.41
Vegan Cheese, grat	12.5 cups	57.1 oz			\$27.00 / 5 LB = \$5.40/LB = \$5.40/16oz = \$0.34/oz	100%	\$0.34/100% = \$0.34/oz	\$0.34 x 57.1 = \$19.41
* Convert to the Unit you find for Pricing								
Total Cost:								\$126.52

cost per portion: \$126.52/50 portions = \$2.53

Grocery List

FOOD ITEM	AMOUNT	UNIT
Produce		
Apples, Red Delicious	16.7	LB
Asparagus	4	bunches
Yellow Onions	2	LB
Garlic	7.5	oz
Scallions	4	bunches
Parsley	4	bunches
Lemon juice	3.5	fl. oz
Mushrooms	4	16-oz packages
Orange Bell Peppers	50	PCS
Carrots	2	LB
Zucchini	3.84	LB
Tomatoes	5.5	LB
Frozen		
spinach (frozen)	5	LB
Eggs		
	5	eggs
Dairy		
Gruyere	14	oz
Butter	5	oz
Cream Cheese	1.25	lb
Mozzerella (part-skim)	3.7	lb
String cheese stick	5	bags
Ricotta Cheese	4.7	lb
Grated parmesan	1.1	lb
Meat		
Lean ground beef	5	lb



FOOD ITEM	AMOUNT	UNIT
Legumes & Grains		
Jumbo Pasta Shells	5	boxes
Quinoa, uncooked	1.77	lb
Spices		
Salt	3.33	oz
Crushed red pepper	3.5	tsp
Toasted sesame seeds	0.78	oz
Ground Black Pepper	2.75	tsp
Ground Cumin	1	oz
Paprika	1	oz
Turmeric	0.5	oz
Oils		
Olive oil	66	fl oz
Nuts/Seeds		
Chopped Pecans	0.5	lb
Other: Canned, etc		
Marinara Sauce	1, 12	gallon, fl oz
Pizza dough	7	lb
Chickpeas	13	cans
Vegan Cheese	3.5	lb
rice paper rolls	10	16-paper-pack

Prep Photos



Prep Photos

Pt. 2



Video



***Apple Pie Rolls
not cooperating***

Prep Photos Pt. 3

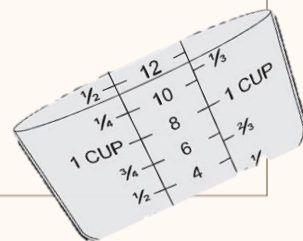
finding an alternative to the rolls...

Created an *Un-Stuffed Apple Pie*, and edited our recipe card on the spot, to accurately represent the ingredients and allergens



Equipment Used

- Cutting Boards
- Baking Trays
- Knives
- Peeler
- Bowls
- Spoons
- Oven
- Refrigerator
- Pizza oven
- Pan for sautéing
- Measuring spoons
- Pot for boiling
- Collander
- Scissors
- Whisk
- Hand mitt
- Vegetable peeler
- Cheese grater



Equipment Used pt. 2

- Wood Stone Pizza Oven



Wood Stone



WS-FD-9660-RFG-LR-IR configuration shown.

HEARTH CAPACITY

8" pizzas:	40
10" pizzas:	24
12" pizzas:	15
16" pizzas:	8

Assuming 5-minute cook times, the approximate maximum hourly production capacity can be calculated by multiplying the above numbers by 12. Cook times will also vary depending on "style" of pizza. **Note:** The addition of an optional decorative flame will decrease space and impact overall cooking capacity.

GUIDE TO MODEL NUMBERS

	Underfloor IR Burner	Left Side Radiant Flame	Right Side Radiant Flame	Decorative Flame (DF)	Wood Required	Combination	Natural Gas	Liquid Propane
WS-FD-9660-RFG-LR-IR	X	X	X	-DF			-NG	-LP
WS-FD-9660-RFG-LR-IR-W	X	X	X		X		-NG	-LP
WS-FD-9660-RFG-L-IR-W	X	X			X	X	-NG	-LP
WS-FD-9660-RFG-R-IR-W	X		X		X	X	-NG	-LP
WS-FD-9660-W-IR	X				X		-NG	-LP
WS-FD-9660-W					X			



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REVISED: SPRING 2017, r02
 An ongoing program of product improvement may require us to change specifications without notice.



WARNING Cancer and Reproductive Harm - www.P65Warnings.ca.gov

FIRE DECK 9660 STONE HEARTH OVEN



Job Name	
Model	WS-FD-9660
Item#	

The Fire Deck 9660 oven features a door opening 54 inches wide x 10 inches high with a stainless steel mantle at the hearth. The cooking area is 75 inches wide x 44 inches deep, resulting in a 23-square-foot cooking surface. A tensioned steel exoskeleton surrounding the hearth and dome perimeter ensures structural integrity and longevity. Wrapped in spun ceramic fiber insulation and requiring only a 1-inch side clearance to combustibles, the monolithic cast-ceramic 4-inch thick hearth and monolithic 4-inch thick dome rest on a black painted steel stand. The oven body front, top, back and sides are finished with galvanized steel. The oven arrives completely assembled, ETL Listed, ready to install and is made in the USA. A set of optional rigging casters is available to aid in the initial installation. Information about custom finishes, tools and accessories can be found online at: woodstone-corp.com.

FUEL CONFIGURATIONS

GAS-FIRED ONLY: Configured to burn either natural gas (NG) or liquid propane (LP).*

RADIANT FLAME + UNDERFLOOR IR (RFG-IR):

Heated by an easily adjustable radiant flame located on both sides of the cooking chamber, along with a thermostatically controlled infrared burner which is mounted under the oven deck to ensure high production capacity.

DECORATIVE FLAME (-DF): Provides an additional 15,000 BTU/hr flame at rear of cooking chamber for show.

WOOD-FIRED (W): Wood-fired only.

WOOD WITH GAS ASSIST (-W-IR): This wood-fired model is assisted by the additional BTUs of an Underfloor IR burner. **Note:** A wood fire is required with this configuration.

COMBINATION (-W): Allows optional wood burning for ovens with gas burner configurations. ***Note:** Adding wood to an oven with an RFG burner will reduce available hearth capacity.

COAL-FIRED (-CL): See Coal-Fired Oven (9660) *

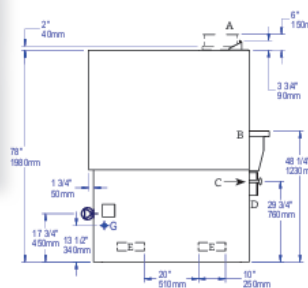
*Gas type must be specified at time of order.



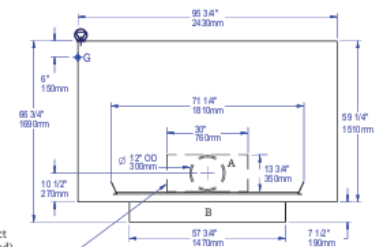
FIRE DECK 9660 STONE HEARTH OVEN • WS-FD-9660

A	Flue Collar
B	Mantle
C	Flame Height Control Knob
D	Digital Controller
E	Forklift Here
F	Service Panel or Optional Storage Box
G	Gas Connection
	Must Be Left Removable for Service
	AIR INTAKE. Do Not Facade or Cover Over

SIDE VIEW

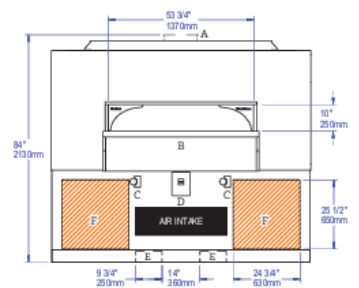


PLAN VIEW



Dashed outline denotes flue opening used for hood installations (direct connect adapter removed)

FRONT VIEW



UTILITIES SPECIFICATIONS

GAS
Gas-Fired Only and Combination
 1 inch gas inlet (FNPT)
 350,000 BTU/hr - Natural Gas (NG)
 OR
 350,000 BTU/hr - Propane (LP)

	BTU/hr Output Per Burner	
Radiant Flame Burner	125,000 NG	125,000 LP
IR Burner	100,000 NG	100,000 LP
Decorative Flame Adds	15,000 NG	15,000 LP

ELECTRICAL
Gas-Fired Only and Combination
 120 VAC, 2 A, 50/60 Hz
 Connection made on left side of oven as shown

IMPORTANT: Models with -W or -CL in the model number must be vented as a solid fuel appliance.

VENTING INFORMATION

The Fire Deck 9660 can be direct connected to a power-ventilated, grease-rated chimney or be vented using a Listed Type 1 exhaust hood, or a hood constructed and installed in accordance with NFPA 96 and all relevant local and national codes. The oven must be vented in accordance with all relevant local and national codes, and in a manner acceptable to the authority having jurisdiction.

Ship Weight: 6,000 lbs / 2,722 kg



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REVISED: SPRING 2017, r02
 An ongoing program of product improvement may require us to change specifications without notice.



12 **WARNING** Cancer and Reproductive Harm - www.P65Warnings.ca.gov

Equipment Used pt. 3



U Series 60" Gas Restaurant Range

Project: _____
 Item: _____
 Quantity: _____
 CSI Section 1440 _____
 Approved: _____
 Date: _____

Models

- U60-10RR
- U60-8G12RS
- U60-6G24SS
- U60-2G48RR
- U60-G60RS
- U60-10RS
- U60-8G12SS
- U60-4G36RR
- U60-2G48RS
- U60-G60SS
- U60-10SS
- U60-6G24RR
- U60-4G36RS
- U60-2G48SS
- U60-G60SS
- U60-8G12RR
- U60-6G24RS
- U60-4G36SS
- U60-G60RR



Model U60-10RR

Standard Features

- Large 27" (686mm) work top surface
- Stainless steel front and sides
- Stainless steel 5" (127mm) plate rail
- Stainless steel backguard, with removable stainless steel sheet
- 12" (305mm) section stamped drip trays w/ drilled bottom
- 6" (152mm) adj. stainless steel legs
- Large easy-to-use control knobs
- Gas regulator

Standard on Applicable Models:

- Open storage base in lieu of oven
- Ergonomic split cast iron top ring grates
- Powerful 32,000 Btu/h 9.37 kW 2 piece cast iron geometric open top burner
- 5/8" (15.9mm) thick steel griddle plate w/ manual fill-in valve control, 23" (584mm) working depth surface, Standard on right, optional on left
- 4-1/4" (108mm) wide grease trough
- 18,000 Btu/h 5.27 kW cast iron "H" style griddle burner per 12" (305mm) width of griddle
- 38,000 Btu/h 11.13 kW cast iron "H" style oven burner
- Snap action modulating oven thermostat low to 500° F
- Large oven w/ porcelain ribbed bottom & door, aluminum steel top, sides and back; oven fits standard sheet pans in both directions for standard ovens

Options & Accessories

- Nickel plated oven rack and 3-position removable oven rack guide
- Strong, keep-cool oven door handle
- Convection oven w/ nickel plated oven racks and removable rack guides in lieu of standard oven w/ 1/2HP 120V 60 Hz single phase fan motor; change suffix RS to CS or RR to CR (CR or CC) connection ovens, CR or CS ovens standard on right
- Snap action modulating griddle control 175° to 425° F
- Hot top 12" (305mm) plate in lieu of two open burners, manual valve controlled w/ 18,000 Btu/h 5.27 kW cast iron "H" burner standard on left side
- Low profile 5-3/8" (236mm) backguard stainless steel front and sides
- Additional oven racks
- 6" (152mm) leveling swivel casters (4), w/ front locking
- Flanged deck mount legs
- Piezo spark ignition for pilots on griddles

Specifications

Gas restaurant series range with deep capacity oven, 59-1/16" (1500mm) wide with 27" (686mm) deep work top surface. Stainless steel front, sides and 3" wide front rail. 4" (102mm) legs with adjustable feet. Two powerful 2 piece 32,000 Btu/h 9.37 kW (Natural Gas), cast open burners set in right cast iron ergonomic grates. Griddle or optional hot top with cast iron "H" style burners. 18,000 Btu/h 5.27 kW (natural gas), in lieu of open burners. Porcelain oven bottom and door liner. Durable heavy duty oven door w/ "keep cool" handle. Heavy cast iron "H" oven burner rated 38,000 Btu/h (11.13 kW (natural gas)) Oven controlled by oven bake, fast recovery snap action modulating oven

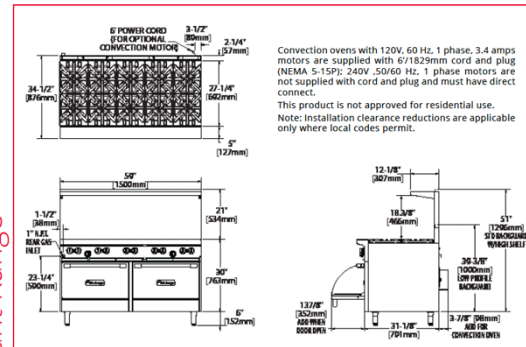
thermostat. Available with convection oven or storage base in lieu of standard ovens).
 NOTE: Ranges supplied with casters must be installed with an approved restraining device.



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 1177 Kamao Road,
 Mississauga, Ontario
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General Inquiries 1-905-624-0260
 USA Sales, Parts and Service 1-800-424-2411
 Canadian Sales 1-888-442-7526
 Canada or USA Parts/Service 1-800-427-6668

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Model Number	Open Burners	Griddle	Oven(s)	Total BTU/hr Natural	Ship Wt. Lbs. Kg	Model Number	Open Burners	Griddle	Oven(s)	Total BTU/hr Natural	Ship Wt. Lbs. Kg
U60-10RR1	10	—	(2) 24"	396,000	726 329	U60-AG36RR1	4	36"	(2) 24"	258,000	826 375
U60-10RS1	10	—	(2) 24"	396,000	490 217	U60-AG36RS1	4	36"	(2) 24"	220,000	790 358
U60-10SS1	10	—	—	320,000	581 264	U60-AG36SS1	4	36"	—	182,000	481 209
U60-8G12RR1	8	12"	(2) 24"	360,000	756 343	U60-2G48RR1	2	48"	(2) 24"	212,000	851 386
U60-8G12RS1	8	12"	(2) 24"	312,000	720 327	U60-2G48RS1	2	48"	(2) 24"	174,000	815 370
U60-8G12SS1	8	12"	—	274,000	611 277	U60-2G48SS1	2	48"	—	136,000	706 320
U60-6G24RR1	6	24"	(2) 24"	304,000	791 359	U60-6G0RR1	—	60"	(2) 24"	166,000	864 393
U60-6G24RS1	6	24"	(2) 24"	266,000	755 342	U60-6G0RS1	—	60"	(2) 24"	128,000	830 376
U60-6G24SS1	6	24"	—	228,000	646 293	U60-6G0SS1	—	60"	—	96,000	721 327

* Available with convection oven change RS to CS, RR to CR for area convection oven or CC for two connection ovens. Shipping volume, all models*79 Cu Ft

Width in (mm)	Depth in (mm)	Height w/ shelf in (mm)	Oven Interior in (mm)			Combustible Wall Clearance in (mm)	Entry Clearances in (mm)			Manifold Clearing Pressure
			Height	Depth	Width*		Front	Unobstructed	Propane	
59 1/16 (1500)	34 1/2 (875)	57 (1448)	13 (330)	26 (660)	14 (356)	6 (152)	37 (940)	36 1/2 (927)	4.5" WC (11 mbar)	10" WC (25 mbar)

* Convection oven base models add 3 7/8" (98mm) to the depth of the unit. 3 Convection oven depth 22" (558mm)

Gas Type	Open Top	Griddle/Hot Top	Standard Oven or Convection
Natural	32,000/9.37	18,000/5.27	38,000/11.13
Propane	26,000/7.61	18,000/5.27	32,000/9.38

Gas input ratings shown for installations up to 2000 ft. (610m) above sea level. Please specify altitudes over 2000 ft.

WELBILT reserves the right to make changes to the design or specifications without prior notice.

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- Uses: conduction (sauteing, grilling, pan-frying, searing)
- Foods that can be cooked: vegetables (any) meat (fried/roasted/seared), eggs
- Ex. Potatoes, lamb chops, broccoli, mushrooms, bell peppers, chicken breast, carrots, omelette

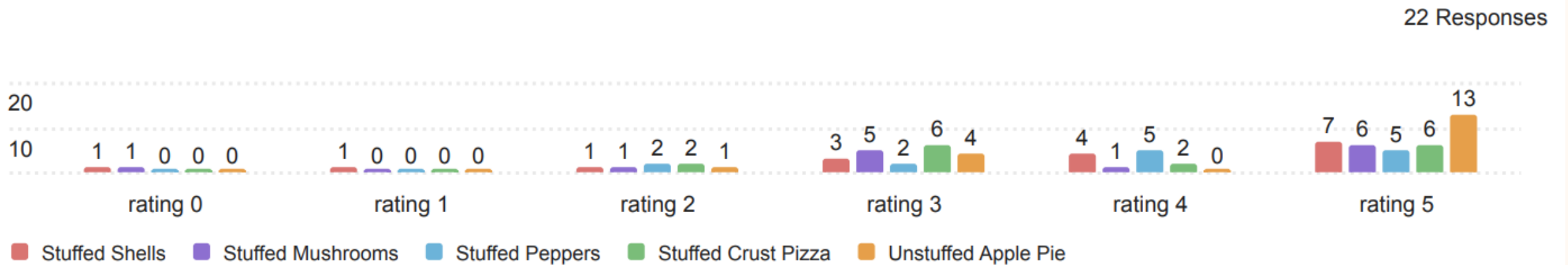
Customer Evaluations

"Everything tasted and looked amazing!!!"

"Everything was phenomenal"

"I really liked the stuffed shells, the filling and sauce was delicious. I really enjoyed eating the shells alongside the stuffed pepper, it added a nice amount of veggies. The pizza could have used more asparagus or another type of vegetable. I also thought that the apple crumble was amazing! The perfect amount of cinnamon and sweetness. Amazing job!"

Get Stuffed Survey Results



3.7

3.64

3.93

3.75

4.39

Averages

The horizontal axis is the rating(1-5), and the bars display how many people gave that rating for the respective dish.

Service and Execution

What did we learn?

We learned how to operate in a large dining facility that includes working around other people, prepping and cooking in large quantities, and communicating efficiently with others.

What would we have done differently?

- Stuffed Mushrooms – I wish I checked on them more frequently while they were in the oven >_<
- Stuffed Crust Crispy Asparagus Pizza – I wish I had made clearer that I wanted thick asparagus stalks, not thin
- Stuffed Pasta Shells – I would have been more careful when cooking the pasta so that the shells weren't as soft and fragile
- Apple Pie Rolls – I would have sauteed the apples head of time and not use parchment paper when baking the rolls
- Stuffed Peppers – We would have used the big sauté equipment for the vegetables, but also we would prep the vegetables ahead of time.



Thank you!

Sincerely,
The Get Stuffed Crew

