

# Recipes Template

veal striploin

AMT	UNITS	PRODUCTS	PROCEDURES
0.5	cup	veal striploin flour	clean the veal completely slice in two oz portions lay on a cutting board and cover with plastic film and pound it until desired thickness season the meat and dust in flour and pan sear in a hot pan until cooked medium rare
1	pc	prawns lemons	butterfly the prawns grill on high heat until cooked toss lightly in olive oil & lemon juice afterwards

# Recipes Template

## Cauliflower potato puree

AMT	UNITS	PRODUCTS	PROCEDURES
14	pc	peeled potato	Boil the potaoes until fully cooked
1	head	Cauliflower	clean the cauliflower and blanch until fully cooked
	150 ml	whip cream	then puree finely, keep warm
	1/4 lb	cubed butter	
		salt & pepper	whip the potatoes in a mixer, add the puree
			cauliflower, cream & butter
			season to taste

# Recipes Template

## bruschetta

AMT	UNITS	PROCEDURES
3	oz	chopped Proscuitto
8	pc	chopped tomato concasse
0.5	pc	fine chopped red onion
2	oz	chopped fresh basil
100	ml	olive oil
1	tb sp	chopped garlic
2	tb sp	balsamic vinegar
		salt & pepper
		mix all ingredients

# Recipes Template

## Smoked cheddar cream

AMT	UNITS	PRODUCTS	PROCEDURES
	1 liter	whip cream	saute the onions in a pot on low heat until fully cooked, do not brown the onions. Add the white wine and reduce to half. Add the whip cream and simmer on low heat until reduce to desired thickness, puree in a blender until completely smooth. Put back in the pot and add the cheese
1	cup	white wine	
1	pc	julienne white onion	
		olive oil	
1.5	lb	grated smoked cheddar	
0.5	cup	parmesan	
		salt & pepper to taste	

# Recipes Template

## Ratatouille

AMT	UNITS	PRODUCTS	PROCEDURES
1	pc	dice butternut squash	in a pot saute the squash, peppers, zucchini, shallots in the oil, when fully cooked, add the tomato juice, and paste herbs salt & pepper and simmer on low heat  before service bring the ratatouille up to temperature and add the fresh tomatoes, mix then turn the heat off then add the butter slowly
8	pc	fine chopped tomato	
2	pc	dice shallot	
1	pc	dice zucchini	
1	red	dice red pepper	
		olive oil	
1	cup	tomato juice	
2	tbsp	tomato paste	
	pinch	oregano	
	pinch	basil	
	pinch	thyme	
		salt & pepper	
2	oz	cubed butter	

# Recipes Template

## Arancini

AMT	UNITS	PRODUCTS	PROCEDURES
500	ml	risotto	Saute in a braiser the the veg mix until cooked
4	litre	veg stock	add the the risotto and and half of the stock and
75	ml	fine dice carrot	simmer on low heat constantly mixing, as it reduces
75	ml	fine dice celery	add a bit of stock until the risotto is fully cooked
75	ml	fine dice onion	season with the herbs and salt pepper
50	ml	olive oil	spread on a baking sheet and place in a cooler to
3	oz	dry wild mushrooms	chill
1	pack	chopped duck proscuitto	soak the mushrooms in hot water until soft drain and
2	cup	grated parmesan	chop finely
150	ml	whip cream	in a large bowl add the risotto, mushrooms, duck
3	tb sp	chopped fresh herbs	whip cream, cheese
		salt & pepper	using a small ice cream scoop form in 2 oz balls
			and freeze
6		eggs	
1	cup	flour	bread the arancini
3	cup	fine bread crumbs	roll in flour then the egg wash and crust with the
			bread crumbs
			deep fry until golden brown and finsh in a oven at
			350 degrees for 5 to 6 minutes

# Recipes Template

## Ahi Tuna

AMT	UNITS	PRODUCTS	PROCEDURES
	5 pak	saku tuna	crust the tuna on all sides with the sesame seeds
1	cup	sesame seeds	in a hot pan seasoned with olive oil, sear off the tuna
		olive oil	on all sides very quickly as not to over cook the tuna
			and set in the fridge to cool before slicing
2		julienne carrots	
2		julienne red onion	in a pot combine the pickling spice water & vinegar
2	cup	cherry tomato cut in half	and salt & pepper. Bring to a boil and pour over the
1	bag	chow mein noodle	Carrots & red onions, let set for 1 1/2 hour then
			strain & chill
75	ml	hoi sin sauce	blanch the noodles in boiling water for 45 seconds
75	ml	white wine	and remove and run cold water over to cool
50	ml	rice wine vinegar	combine all the next ingredients in pot and simmer
1	tb sp	sambal	on low heat, do not add butter at this time
2	tb sp	pikled ginger	
2	tb sp	cilantro	
75	ml	soya sauce	
	2 oz	chilled cubed butter	
1	cup	white wine vinegar	
3	cup	water	
3	tb sp	pickling spice	
		salt pepper to taste	