

STANDARD RECIPE

CHEF: _____

RECIPE FOR: Rocky Mountain Trout

QUANTITY: 1
PORTION SIZE: 1 oz
No. OF SERVINGS: 1

CATEGORY: Pantry
DATE: 7/21/2010 8:21

QUANTITY	UNIT OF MEASURE	INGREDIENTS	UNIT COST	EXTENDED COST
A 1	each	10 oz Rocky Trout	\$3.50	\$3.50
B 1	oz	soy oil	\$0.04	\$0.04
C 1	sprinkle	Paprika	\$0.10	\$0.10
D 1	oz	Salt and pepper mix	\$0.07	\$0.07
E 5	oz	Corn Relish	\$0.12	\$0.60
F 1	portion	Rosemary Potatoes	\$0.77	\$0.77
G 1	oz	Lemon Butter	\$0.03	\$0.03
H 1	each	Lemon Wheel	\$0.01	\$0.01
I			\$0.00	\$0.00
			\$0.00	\$0.00
			\$0.00	\$0.00

Medium Round

RECIPE COST	\$5.12
PORTION COST	\$5.12
BUDGETED FC%	29.50%
DESIRED PRICE	\$17.36
ACTUAL PRICE	\$25.00
ACTUAL FC%	20.48%
MARGIN	\$19.88
PERCENTAGE VARIANCE	9%

Procedure

1	Remove head and front fins from trout- leave tail on
2	add oil to saute pan on medium-high heat
3	sprinkle coat inside of trout with paprika salt and pepper- place in pan skin side up
5	cook for 3 minutes on each side or until done
6	plate on large oval over top of potatoes and corn relish
7	drizzle lemon butter over top of fish
8	garnish with thin sliced lemon wheel

