

Recipe Costing Template

Recipe:	FREE BIRD -- Stuffed Cornish Hen with Toner Potatoes and Caramelized Vegetables				
Restaurant:	Southern Roots				
Author:	Montana Butler, Noni Davis, Angel Lopez			Date:	15-Feb-2023
Number of Portions:	4	Cost		Menu Price:	\$39.99
Serving Size:	1 bird	Cost per Portion:		Food Cost % Budget:	30.0%
Unit of Measure Per Person:	1 plate	Cost per Recipe:		Food Cost % Actual:	29.1%
		Margin per Portion:		Ideal Selling Price:	\$38.78

Ingredients	Recipe Quantity (EP)			Yield Costing				Recipe Cost
	Quantity	Weight	Volume	AP\$ / Unit	Unit	Yield %	EP\$ / Unit	
Protein								
Cornish Hen	4.00		ea	\$4.71	ea	89%	\$5.29	\$21.17
Smoked Paprika (1 t)	0.15	oz		\$1.43	oz	100%	\$1.43	\$0.21
Garlic Powder (1 t)	0.15	oz		\$1.46	oz	100%	\$1.46	\$0.22
Dry Sage Rubbed (1/2 t)	0.08	oz		\$1.62	oz	100%	\$1.62	\$0.13
Dry Oregano, German (1 t)	0.15	oz		\$1.37	oz	100%	\$1.37	\$0.21
White Pepper (1/2 t)	0.08	oz		\$1.59	oz	100%	\$1.59	\$0.13
Dry Parsley (1 t)	0.15	oz		\$1.73	oz	100%	\$1.73	\$0.26
Salt	0.08	oz		\$0.56	oz	100%	\$0.56	\$0.04
Black Pepper	0.08	oz		\$1.93	oz	100%	\$1.93	\$0.15
Olive Oil	1.50		fl oz	\$0.11	fl oz	100%	\$0.11	\$0.17
Stuffing								
Bread Crumbs	6.00	oz			oz	98%	\$0.00	\$0.00
Oysters	2.00		can	\$1.27	can	90%	\$1.41	\$2.82
Red Onion (1 Large)	12.00	oz		\$0.09	oz	63%	\$0.14	\$1.71
Spinach	8.00	oz		\$0.15	oz	72%	\$0.21	\$1.67
Mushroom	3.00	oz		\$0.30	oz	90%	\$0.33	\$1.00
Vegetables								
Asparagus	1.00		bundle	\$6.30	bundle	60%	\$10.59	\$10.59
Carrots	8.00	oz		\$0.18	oz	70%	\$0.26	\$2.06
Potatoes	12.00	oz		\$0.08	oz	60%	\$0.13	\$1.60
Sauce								
Sherry Wine (Non-Alcoholic)	2.00		fl oz	\$0.24	fl oz	88%	\$0.27	\$0.55
Butter	4.00	oz		\$0.37	oz	80%	\$0.46	\$1.85

Procedure:

Preheat oven 350 degrees F. Prep cornish hens, remove pin feathers. Pat dry the skin and tuck the wings behind the neck. Take a T of butter and put under the skin of each bird. Then rub the seasoning blend all over the chicken.
Chop onions and mushrooms, then set aside. Chop potatoes set in water. Lightly season with salt and pepper. Chop all the contents of smoked oysters. Then chop up spinach. Combine bread crumbs, spinach, oysters, onions and mushrooms together with the bread crumbs. Stuff each bird with an equal amount of stuffing. Lightly oil pan, place chicken, and roast for approx. 30 mins.
Tourner potatoes and place in cool water. In a sauce pan, place carrots and toner potatoes, and toss until browned. Set aside. When the hens have reached an internal temperature of 165 degrees F, remove from the oven, allow to rest on the plate and add the fond and juices to the pan with potatoes and carrots. Add asparagus to pan and saute until desired doneness.
Plate with the hen slight off center, add roasted vegetables around the plate, stand the asparagus against the breast of the hens. Emulsify and strain the sauce, pour over finished plate.

