



HOT FOOD CHOICES

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Hot food choices are popular in cooler weather for both snacks and meals. They need to be filling and nutritious.

The type and number of hot food choices on the menu will depend on the season and the equipment available to prepare, cook, heat and hold hot food.

Offer different hot choices as daily or weekly specials. This will simplify the preparation and service, and will add variety.

Choose hot choices that fit into the GREEN segment wherever possible or combine AMBER foods with GREEN to provide a better balance eg burgers served with salad.

Use the template in the *Fresh Tastes Tool Kit* to record recipe information. Check for ingredient price increases and the effect this may have on profit.

Set selling prices to cover the costs of ingredients as well as packaging.

For more information refer to pages 44-45 of the *Fresh Tastes Tool Kit*.

Strike a balance between offering sufficient hot choices and minimising preparation, storage and heating requirements.

RECIPE

RECIPE/MENU ITEM

Chicken Curry & Vegetables



Total cost of ingredients	\$ 33.67
Number of serves	20
Cost per serve	\$ 1.68
Selling price per serve	\$ 3.50
Date last reviewed	June 2005

RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Onion, diced	1		29	Sauté onion in oil.
Oil – olive, canola or polyunsaturated blends	1T		15	
Chicken breast fillets, sliced	1.5kg	14	65	Add sliced chicken and brown.
Green capsicum, sliced	1		96	
Carrots, sliced	2		95	Add capsicum, carrots, curry and tomato paste.
Curry paste	145g	2	43	
Tomato paste	4T		95	
Sweet potato, large, diced	½	1	47	Microwave sweet potato and potato for 3 minutes on high.
Potato, diced	2		62	Add potato to chicken mixture. Cover with water, simmer 15 minutes.
Cream, light	1 cup	1	00	Add cream, serve.
Basmati rice	2kg	5	60	Boil or steam.
Pappadams	20	1	40	Microwave (30 seconds small, 1 minute large)
Rectangular containers	20	3	20	

NOTES:

RECIPE

RECIPE/MENU ITEM

Lean Meat Sauce



Total cost of ingredients	\$ 13.57
Number of serves	20 x 100g serves
Cost per serve	\$ 0.68
Selling price per serve	\$ Will depend on use
Date last reviewed	June 2005

RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Onion, diced	2		58	Sauté onion and garlic in oil.
Garlic, cloves, crushed	2		5	
Oil – olive, canola or polyunsaturated blends	1T		15	
Beef mince, lean	1kg	8	44	Add mince meat and brown.
Tomato paste	120g		94	Add tomato paste, tomato puree and grated carrot. Simmer for 20 minutes to allow flavour to develop. Add a small amount of water (¼-½ cup) if the sauce starts to dry out.
Tomato puree	600ml	2	94	
Carrot, grated	1		47	

NOTES: For serving ideas see the snack food section of this recipe file.

RECIPE

RECIPE/MENU ITEM

Oriental Rice



Total cost of ingredients	\$ 11.76
Number of serves	16
Cost per serve	\$ 0.73
Selling price per serve	\$ 3.00
Date last reviewed	June 2005

RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Basmati rice	2kg	5	20	Steam rice and set aside.
Garlic, cloves, crushed	3		15	
Oil – olive, canola or polyunsaturated blends	1T		15	Sauté garlic and onion in oil.
Onion, diced	1		29	
Celery, stalks, sliced	2		30	Add celery.
Carrots, diced	2		95	
Frozen corn	350g		91	Add carrot and stir until slightly cooked but still firm.
Frozen peas	350g	1	00	Add corn, peas, parsley, stock and water.
Parsley, chopped	½ bunch	1	33	Cook, stirring occasionally for approx 5 minutes.
Vegetable stock (reduced salt)	50ml		36	Stir vegetables into steamed rice.
Water	½ cup		–	Serve in rectangular container with foil lid or round container.
Round container	16	1	12	

NOTES:

RECIPE

RECIPE/MENU ITEM

Big Vegetable Soup



Total cost of ingredients	\$ 37.49
Number of serves	32
Cost per serve	\$ 1.17
Selling price per serve	\$ 3.00
Date last reviewed	June 2005

RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Bacon, trimmed, diced	250g	4	36	In a large pot sauté bacon, garlic and onion in the oil.
Garlic, cloves, crushed	3		15	
Oil – olive, canola or polyunsaturated blends	1T		15	
Onions	3		87	
Celery, stalks, sliced	4		60	Add celery, carrots and potatoes and sauté a further minute.
Carrot, diced	6	1	90	
Potatoes, diced	1kg	1	59	
Tomato paste	375g	3	55	Add tomato paste.
Lima beans, soaked overnight	500g	2	42	Add lima beans and stock. Simmer until cooked.
Stock, beef (salt reduced)	6L	2	16	
Cabbage, diced	½	2	98	Divide contents of the pot into two separate lots. Add half of the remaining ingredients (except parmesan) to each pot. Add pepper to taste. Simmer.
Zucchini, sliced	6	4	32	
Peas, frozen	500g	1	45	
Parsley	1 bunch	1	33	
Pasta, macaroni	500g	1	70	Serve in soup cup sprinkled with parmesan.
Parmesan cheese, shredded	320g	4	76	
Containers	32	3	20	

NOTES: Serve soup with bread roll placed in container above soup.