

Dish Name		01 Potato and Watercress Soup												
Ingredients	Full Production 500	Half Production 250	Other											
Rapeseed Oil	2500mls			<p><b>Production 500 x175g portions</b> <b>Number of trays.</b> 96x6(55tray) box weight 875g 10x2 (1/8) box weight 350g</p> <p><b>Method</b> 1.Pre heat oven to 200C/400F/Gas 6. 2 Place parsnips onto roasting tin and toss with half the oil 3 Place in oven for 15 minutes until golden and tender then remove from oven. 4 Heat oil and butter in cooking vessel, add the onion and dried rosemary cover and sweat for 3 to 4 minutes. 5 Mix milk powder, water, bouillon together and add with the roasted parsnips. Bring to the boil. 6 Reduce to a simmer and cook for 5 minutes or until parsnip is very soft. 7 Using hand held blender whizz until smooth. 8 Adjust the seasoning to taste. 9. Decant into containers as above following weight chart guide and place onto racks and transfer to blast chiller/freezer.</p> <p><b>Ensure all batch codes/temperatures are recorded on appropriate forms</b></p> <table border="0"> <tr> <td><b>Step</b></td> <td><b>Critical Control Point</b></td> </tr> <tr> <td><b>Cooking-Re-heating</b></td> <td><b>Must reach a food core temperature of 82°C.</b></td> </tr> <tr> <td><b>Decanting</b></td> <td><b>To be completed within 30 minutes after leaving cooking vessel.</b></td> </tr> <tr> <td><b>Blast chilling</b></td> <td><b>To 3°C within 90 minutes.</b></td> </tr> <tr> <td><b>Blast Freeze</b></td> <td><b>To -5°C within 90 minutes</b> <b>To -18°C within 240 minutes</b></td> </tr> </table>	<b>Step</b>	<b>Critical Control Point</b>	<b>Cooking-Re-heating</b>	<b>Must reach a food core temperature of 82°C.</b>	<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>	<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>	<b>Blast Freeze</b>	<b>To -5°C within 90 minutes</b> <b>To -18°C within 240 minutes</b>
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Margarine	2K500g													
Onions sliced	12K500g													
Potatoes diced	25K													
Vegetable Bouillon	1K													
Milk Powder	3K750g													
Water	62500mls													
Watercress	10K													
Pepper														

**Dish Name** 02 Tomato & Red Pepper Soup SH

Ingredients	Full Production <b>500</b>	Half Production <b>250</b>	Other	<p><b>Production 500 x175g portions</b> <b>Number of trays.</b> 96x5(55tray) box weight 875g 10x2 (1/8) box weight 350g</p> <p>Method</p> <ol style="list-style-type: none"> <li>Place onions, peppers and margarine into cooking vessel and sauté</li> <li>Add tomato puree, sugar, tinned tomatoes and mix.</li> <li>Stir in flour.</li> <li>Mix the milk powder, water and bouillon together, add to mixture.</li> <li>Allow mixture to cook out.</li> <li>Using hand held blender whizz until smooth.</li> <li>Add cream.</li> <li>Adjust the seasoning to taste.</li> <li>Decant into containers as above following weight chart guide and place onto racks and transfer to blast chiller/freezer.</li> </ol> <p><b>Ensure all batch codes/temperatures are recorded on appropriate forms</b></p> <table border="0"> <tr> <td><b>Step</b></td> <td><b>Critical Control Point</b></td> </tr> <tr> <td><b>Cooking-Re-heating</b></td> <td><b>Must reach a food core temperature of 82°C.</b></td> </tr> <tr> <td><b>Decanting</b></td> <td><b>To be completed within 30 minutes after leaving cooking vessel.</b></td> </tr> <tr> <td><b>Blast chilling</b></td> <td><b>To 3°C within 90 minutes.</b></td> </tr> <tr> <td><b>Blast Freeze</b></td> <td><b>To -5°C within 90 minutes</b> <b>To -18°C within 240 minutes</b></td> </tr> </table>	<b>Step</b>	<b>Critical Control Point</b>	<b>Cooking-Re-heating</b>	<b>Must reach a food core temperature of 82°C.</b>	<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>	<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>	<b>Blast Freeze</b>	<b>To -5°C within 90 minutes</b> <b>To -18°C within 240 minutes</b>
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<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>													
<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>													
<b>Blast Freeze</b>	<b>To -5°C within 90 minutes</b> <b>To -18°C within 240 minutes</b>													
Margarine	5000g	2500g												
Onions chopped	10000g	5000g												
Tomato Puree	5000g	2500g												
Milk Powder	5000g	2500g												
Water	80000mls	40000mls												
Flour	5000g	2500g												
Tinned Tomatoes	20000g	10000g												
Roselle cream	2500mls	1250mls												
Red Peppers	4000g	2000g												
Sugar	1000g	500g												
Vegetable Bouillon	1000g	500g												
Pepper	To taste	To taste												

<b>Dish Name</b>	<b>03 Leek and Potato Soup</b>												
<b>Ingredients</b>	<b>Full Production 500</b>	<b>Half Production 250</b>	<b>Other</b>										
√ <b>Tick Production Ingredient Weights</b>	<b>500</b>												
Margarine	5K												
Onions chopped	10K												
Milk Powder	5K												
Water	82500mls												
Flour	5K												
Vegetable Bouillon	1K 350g												
Potatoes diced	5K												
Leeks frozen	5K												
<p><b>Production 500 x175g portions</b>  <b>Number of trays.</b>            96x5(55tray) box weight 875g            10x2 (1/8) box weight 350g</p> <p><b>Method</b></p> <ol style="list-style-type: none"> <li>Place onions and margarine into cooking vessel and sauté</li> <li>Add leeks and potatoes.</li> <li>Stir in flour.</li> <li>Mix the milk powder, water and bouillon together, add to mixture.</li> <li>Allow mixture to cook out.</li> <li>Using hand held blender whizz until smooth.</li> <li>Adjust the seasoning to taste.</li> <li>Decant into containers as above following weight chart guide and place onto racks and transfer to blast chiller/freezer.</li> </ol> <p><b>Ensure all batch codes/temperatures are recorded on appropriate forms</b></p> <table border="0"> <tr> <td><b><u>Step</u></b></td> <td><b><u>Critical Control Point</u></b></td> </tr> <tr> <td><b>Cooking-Re-heating</b></td> <td><b>Must reach a food core temperature of 82°C.</b></td> </tr> <tr> <td><b>Decanting</b></td> <td><b>To be completed within 30 minutes after leaving cooking vessel.</b></td> </tr> <tr> <td><b>Blast chilling</b></td> <td><b>To 3°C within 90 minutes.</b></td> </tr> <tr> <td><b>Blast Freeze</b></td> <td><b>To -5°C within 90 minutes To -18°C within 240 minutes</b></td> </tr> </table>				<b><u>Step</u></b>	<b><u>Critical Control Point</u></b>	<b>Cooking-Re-heating</b>	<b>Must reach a food core temperature of 82°C.</b>	<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>	<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>	<b>Blast Freeze</b>	<b>To -5°C within 90 minutes To -18°C within 240 minutes</b>
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<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>												
<b>Blast Freeze</b>	<b>To -5°C within 90 minutes To -18°C within 240 minutes</b>												

Dish Name	04 Parsnip and Rosemary Soup		
Ingredients	Full Production Quantity	Half Production Quantity	Other
√ Tick Production Ingredient Weights	500		
Rapeseed Oil	3750mls		
Margarine	2K500g		
Parsnips chopped	20K		
Onions sliced	15K		
Rosemary dry	150g		
Vegetable Bouillon	500g		
Milk Powder	5K		
Water	75000mls		

**Production 500 x175g portions**  
**Number of trays.**  
 96x5(55tray) box weight 875g  
 10x2 (1/8) box weight 350g

**Method**

- 1.Pre heat oven to 200C/400F/Gas 6.
- 2.Place parsnips onto roasting tin with half the oil. Toss to coat well.
- 3.Place in oven for 15 mins until golden and tender then remove from oven.
- 4.Heat oil and butter in a large pan, add the onion and dried rosemary cover and sweat for 3 to 4 minutes.
- 5.Add the roasted parsnips and remaining ingredients. Bring to the boil.
- 6.Reduce to a simmer and cook for 5 minutes or until parsnip is very soft.
7. Using hand held blender whizz until smooth
- 8.Adjust the seasoning to taste.
- 9 Decant into containers as above following weight chart guide and place onto racks and transfer to blast chiller/freezer.

**Ensure all batch codes/temperatures are recorded on appropriate forms**

<b>Step</b>	<b>Critical Control Point</b>
<b>Cooking-Re-heating</b>	<b>Must reach a food core temperature of 82°C.</b>
<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>
<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>
<b>Blast Freeze</b>	<b>To -5°C within 90 minutes</b>
	<b>To -18°C within 240 minutes</b>

<b>Dish Name</b>	<b>02 Tomato Soup</b>		
<b>Ingredients</b>	<b>Full Production 500</b>	<b>Half Production 250</b>	<b>Other</b>
Margarine	5K		
Onions chopped	10K		
Tomato Puree	5K		
Milk Powder	5K		
Water	80000mls		
Flour	5K		
Tinned Tomatoes	20K		
Roselle cream	2500mls		
Vegetable Bouillon	1K		

**Production 500 x175g portions**  
**Number of trays.**  
 96x5(55tray) box weight 875g  
 10x2(1/8) box weight 350g

**Method**

- Place onions and margarine into cooking vessel and sauté
- Add tomato puree, tinned tomatoes and mix.
- Stir in flour.
- Mix the milk powder, water and bouillon together, add to mixture.
- Allow mixture to cook out.
- Using hand held blender whizz until smooth.
- Add cream.
- Adjust the seasoning to taste.
- Decant into containers as above following weight chart guide and place onto racks and transfer to blast chiller/freezer.

**Ensure all batch codes/temperatures are recorded on appropriate forms**

<b><u>Step</u></b>	<b><u>Critical Control Point</u></b>
<b>Cooking-Re-heating</b>	<b>Must reach a food core temperature of 82°C.</b>
<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>
<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>
<b>Blast Freeze</b>	<b>To -5°C within 90 minutes</b>
	<b>To -18°C within 240 minutes</b>

<b>Dish Name</b>	<b>05 Carrot and Coriander Soup</b>		
<b>Ingredients</b>	<b>Full Production Quantity</b>	<b>Half Production Quantity</b>	<b>Other</b>
√ <b>Tick Production Ingredient Weights</b>	<b>500</b>	<b>250</b>	
Margarine	3K500g		
Onions diced	15K		
Carrots diced	15K		
Milk Powder	5K		
Water	85000mls		
Flour	3K500g		
Vegetable bouillon	1K		
Coriander chopped fresh	1K		
Roselle Cream	2500mls		
Pepper			

**Production 500 x175g portions**  
**Number of trays.**  
 12x6(55tray) box weight 1050g  
**Remaining soup served hot for ward supper meal.**

**Method**

- 1.Add margarine diced carrot and diced onion into a pan and sweat covered until vegetables are very tender. You may need to add a small amount of the water to encourage this.
2. Add in the flour and stir well to take up some of the residual fat.
3. Mix the bouillon with hot water and add the milk powder and mix well.
4. Add this slowly stirring to the softened vegetables and stir well ensure flour is cooked out during this process.
- 5 Using hand held blender whizz until smooth.
- 6 Adjust the seasoning to taste.
7. Decant into containers as above following weight chart guide and place onto racks and transfer to blast chiller/freezer .
- 8.Remaining soup serve hot for ward meal service.

**Ensure all batch codes/temperatures are recorded on appropriate forms**

<b>Step</b>	<b>Critical Control Point</b>
<b>Cooking-Re-heating</b>	<b>Must reach a food core temperature of 82°C.</b>
<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>
<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>
<b>Blast Freeze</b>	<b>To -5°C within 90 minutes</b>
	<b>To -18°C within 240 minutes</b>

<b>Dish Name</b>	<b>06 Cauliflower and Apple Soup</b>		
<b>Ingredients</b>	<b>Full Production Quantity</b>	<b>Half Production Quantity</b>	<b>Other</b>
√ <b>Tick Production Ingredient Weights</b>	<b>500</b>	<b>250</b>	
Rapeseed Oil	2500mls		
Margarine	2K500g		
Onions sliced	10K		
Cauliflower chopped Fresh/frozen	35K		
Apple Tin	10K		
Vegetable bouillon	1K		
Milk Powder	3K750g		
Water	62500mls		
Pepper			

**Production 500 x175g portions**  
**Number of trays.**  
 12x6(55tray) box weight 1050g  
**Remaining soup served hot for ward supper meal.**

**Method**

- Heat the oil and butter in cooking vessel, add the onion, cover and sweat for 3-4 minutes.
- Add the cauliflower and continue to sauté for a further 2-3 minutes.
- Add the remaining ingredients and bring to the boil, reduce to a simmer and cook for 5 minutes, or until the cauliflower is cooked.
- Using hand held blender whizz until smooth.
- Adjust the seasoning to taste.
- Decant into containers as above following weight chart guide and place onto racks and transfer to blast chiller/freezer .
- Remaining soup serve hot for ward meal service.

**Ensure all batch codes/temperatures are recorded on appropriate forms**

<b><u>Step</u></b>	<b><u>Critical Control Point</u></b>
<b>Cooking-Re-heating</b>	<b>Must reach a food core temperature of 82°C.</b>
<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>
<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>
<b>Blast Freeze</b>	<b>To -5°C within 90 minutes</b>
	<b>To -18°C within 240 minutes</b>

**Central Production Unit  
Recipe**

**Date of issue  
September 2017**

<b>Dish Name</b>	<b>07 Vegetable Soup</b>												
<b>Ingredients</b>	<b>Full Production Quantity</b>	<b>Half Production Quantity</b>	<b>Other</b>										
✓ <b>Tick Production Ingredient Weights</b>	<b>500</b>	<b>200</b>											
Margarine	3k750g												
Diced Carrots Fresh	13k333g												
Diced Onions	10k												
Diced Parsnip Fresh	10K												
Diced Swede Fresh	10k												
Diced Turnip Fresh	10k												
Sliced Leeks Fresh	16k667g												
Vegetable Bouillon	900g												
Water For bouillon	47333mls												
Milk Powder	7k500g												
Flour To thicken	1k 667g												
Water for thickening	3787mls												
<p><b>Production 500 x175g portions</b>  <b>Number of trays.</b>            12x6(55tray) box weight 1050g  <b>Remaining soup served hot for ward supper meal.</b></p> <p><b>Method</b></p> <p>1 Melt margarine in cooking vessel and add vegetables.            2 Mix water and bouillon together and add to ingredients.            3 Bring to the boil, and simmer gently for 30 minutes or until the vegetables are tender.            4 Mix flour and water together and thicken soup with thickening.            5. Add milk powder.            6.Using hand held blender whizz until smooth.            7 Adjust the seasoning to taste.            8. Decant into containers as above following weight chart guide and place onto racks and transfer to blast chiller/freezer .            9.Remaining soup serve hot for ward meal service.</p> <p><b>Ensure all batch codes/temperatures are recorded on appropriate forms</b></p> <table border="0"> <tr> <td><b>Step</b></td> <td><b>Critical Control Point</b></td> </tr> <tr> <td><b>Cooking-Re-heating</b></td> <td><b>Must reach a food core temperature of 82°C.</b></td> </tr> <tr> <td><b>Decanting</b></td> <td><b>To be completed within 30 minutes after leaving cooking vessel.</b></td> </tr> <tr> <td><b>Blast chilling</b></td> <td><b>To 3°C within 90 minutes.</b></td> </tr> <tr> <td><b>Blast Freeze</b></td> <td><b>To -5°C within 90 minutes</b> <b>To -18°C within 240 minutes</b></td> </tr> </table>				<b>Step</b>	<b>Critical Control Point</b>	<b>Cooking-Re-heating</b>	<b>Must reach a food core temperature of 82°C.</b>	<b>Decanting</b>	<b>To be completed within 30 minutes after leaving cooking vessel.</b>	<b>Blast chilling</b>	<b>To 3°C within 90 minutes.</b>	<b>Blast Freeze</b>	<b>To -5°C within 90 minutes</b> <b>To -18°C within 240 minutes</b>
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### Central Production Unit Recipe

Date of issue  
September

Date

Dish Name **08 Custard**

Ingredients

Full  
Production  
Quantity

Half  
Production  
Quantity

Other

Method

1. Fill the boiler with 80 litre of water and bring to the boil.
2. Mix the custard powder with 5 litre of water and make into a paste.
3. Mix the milk powder with 5 litre of water and make into a paste
4. When the water comes to the boil ass custard and milk powder paste slowly and cook out.
5. Add sugar and stir through sauce.
6. Reduce heat and allow a few minutes on simmer.
7. Check consistence and taste.
8. Probe sauce and record temperature on control form
9. Decant into flasks/gastros as required.

√Tick Production  
Ingredient Weights

Custard Powder

4K500g

Milk Powder

4K375g

Water

9000mls

Sugar

6K



### Central Production Unit Recipe

Date of issue  
September 2017

Date

Dish Name **09 Gravy**

Ingredients

Full  
Production  
Quantity

Half  
Production  
Quantity

Other

Method

1. Fill the boiler with 80 litre of water and bring to the boil
2. 2. Mix the gravy powder with 10 litre of water to make a paste.
3. When the water comes to the boil slowly add gravy paste.
4. Reduce heat and allow a few minutes on simmer.
5. Check consistence and taste.
6. Probe sauce and record temperature on control form
7. Decant into flasks/gastros as required.

√Tick Production  
Ingredient Weights

Gravy Mix

6K 018g

Water

90 Litres