



Mediterranean Theme Meal

Caitlyn Barbato, Michael Carino,
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Kathleen Law



“A mediterranean city is really my culture.” ***-Zinedine Zidane***





Location: *Brower Dining Commons - Faculty Dining Room*

Date: *Thursday, April 9, 2020*

Forecasting: *80 each entree, 50 each all other dishes*

Theme: *A trip around the Mediterranean*

A Trip Around the Mediterranean

MENU

 Mediterranean Chickpea Salad

 Traditional Greek Salad

 Lemony Lentil Soup

Pesto Crusted Salmon

Middle Eastern Chicken Kebabs

Greek Marinated Flank Steak

 Eggplant Rollatini


 Savory Spinach & Mushroom Strudel

 Tomato & Basil Orzo


 Ikarian Lemon & Herb Roasted Potatoes

 Grilled Eggplant

 Tahini Butternut Squash

 Baklava

 Vegan Friendly

 Suitable for Vegetarians

Marketing

- ❑ Paper flyers
- ❑ Digital flyer sent to Mr. McCarthy to post to Nutritional Science Department
- ❑ Table tents

Michelle C

QUANTITY FOODS PRODUCTION

Mediterranean Menu

Salad
Traditional Greek
Mediterranean Chickpea

Soup
Lemony Lentil

Entree
Pesto Crusted Salmon
Greek Marinated Flank Steak
Eggplant Rollatini
Savory Spinach & Mushroom Strudel
Middle Eastern - Chicken Kebabs

Starch
Tomato & Basil Orzo
Lemon & Herb Roasted Potatoes

Vegetable
Grilled Eggplant
Tahini Butternut Squash

Dessert
Vegan Baklava

April 9 11 AM-2 PM
Brower Faculty Dining Room



GROCERY LIST

PRODUCE

WEIGHT

Basil	42.4 ounces → 2 lbs. 11 oz
Bell Peppers	46.48 ounces → 2 lbs. 15 oz
Carrots	20 ounces → 1 lb. 4 oz
Cucumbers	62.48 ounces → 3 lbs. 15 oz
Eggplant	331.20 ounces → 20 lbs. 12 oz
Garlic	25.56 ounces → 1 lb. 10 oz
Lemons	10 ounces → 1 lb.
Mint	0.16 ounces
Mushrooms	34.6 ounces → 2 lbs. 3 oz
Onions (red)	70.44 ounces → 4 lbs. 7 oz
Onions (white)	79.2 ounces → 4 lbs. 16 oz
Orange (zest)	3 oranges
Parsley	1.02 ounces
Potatoes (Yukon)	153.60 ounces → 9 lbs. 4 oz
Spinach	83.04 ounces → 5 lbs. 4 oz
Squash (butternut)	144.8 ounces → 9 lbs. 1 oz
Tomatoes (cherry)	32 ounces → 2 lbs.
Tomatoes (grape)	36 ounces → 2 lbs. 4 oz
Tomatoes (medium)	81.27 ounces → 5 lbs. 2 oz
Tomatoes (sun-dried)	2 ounces

GROCERY	WEIGHT
Agave Syrup	28.78 fluid ounces → 1 pint 12 oz
Almonds	21.6 ounces → 1 lb. 6 oz
Bread Crumbs	31.8 ounces → 2 lbs.
Broth (mushroom)	13.84 fluid ounces → 1 pint
Broth (vegetable, low sodium)	193.96 fluid ounces → 12 lbs. 2 oz
Capers	2 ounces
Chardonnay	4 ounces
Chickpeas (canned)	90 ounces → 5 lbs. 10 oz
Cinnamon	0.74 ounces
Corn (whole kernel)	8.75 ounces
Cumin	0.66 ounces
Curry Powder	0.18 ounces
Lemon Juice	20.02 fluid ounces → 1 pint 5 oz
Lentils (red)	26.25 ounces → 1 lb. 11 oz
Marinara Sauce	53.79 fluid ounces → 1 quart 22 oz
Olive Oil (extra virgin)	152.67 fluid ounces → 1 gal 1 pint 9 oz
Olives (Kalamata)	20.92 ounces → 1 lb. 5 oz
Oregano (dry)	1.57 ounces
Orzo	64 ounces → 4 lbs.
Paprika	0.92 ounces
Pepper (black)	2.77 ounces
Pepper (flakes, red)	0.45 ounces
Pine Nuts	6.8 ounces
Pistachios	21.6 ounces → 1 lb. 6 oz
Salt	6.76 ounces
Sea Salt	1.08 ounces
Sea Salt (citrus)	1.32 ounces



Sea Salt (Maldon)	0.25 ounces
Sugar (brown)	23.98 ounces → 1 lb. 8 oz
Tahini	14.27 ounces → 1 lb.
Thyme (dried)	0.2 ounces
Vinegar (red wine)	32.42 fluid ounces → 1 quart 1 oz
Vinegar (white wine)	5.28 fluid ounces
Walnuts	32.4 ounces → 2 lbs. 1 oz
Water	13.79 fluid ounces → 1 pint
Za'atar spice	0.61 ounces



MEAT/FISH

WEIGHT

Chicken (thighs)

230.40 ounces → 14 lbs. 7 oz

Salmon (fillets)

191 ounces → 11 lbs. 15 oz

Steak (flank)

295.6 ounces → 18 lbs. 8 oz

DAIRY & Non-Dairy

WEIGHT

Butter (unsalted)

2.65 ounces

Cream Cheese (VEGAN)

8.65 ounces

Eggs

8.96 ounces

Feta

17.53 ounces → 1 lb. 2 oz

Mozzarella (fresh)

16 ounces → 1 lb.

Mozzarella (shredded, part skim)

26.88 ounces → 1 lb. 11 oz

Parmesan

13.44 ounces → 1 lb.

Ricotta (part skim)

53.76 ounces → 3 lbs. 6 oz

Tofu (extra firm)

43.47 ounces → 2 lbs. 12 oz

Yogurt (Greek)

46.08 ounces → 2 lbs. 15 oz

FROZEN

WEIGHT

Phyllo Dough (VEGAN)

43.2 ounces → 2 lbs. 12 oz

Puff Pastry (VEGAN)

59.86 ounces → 3 lbs. 12 oz

Spinach

22.4 ounces → 1 lb. 7 oz



Recipes

Mediterranean Chickpea Salad

Salad Ingredients

90 oz canned chickpeas
36 oz grape tomatoes
32 oz English cucumbers
16 oz red bell peppers
3.2 red onion
7.2 Kalamata olives
0.72 fresh parsley
2 oz capers

Dressing Ingredients

5.28 fl oz extra virgin olive oil
5.28 fl oz white wine vinegar
0.14 dried oregano
0.22 coarse salt
0.04 ground black pepper

Procedure

- 1 - Combine salad ingredients in a large bowl.
- 2 - In a small bowl, whisk together dressing ingredients.
- 3 - Add dressing to salad, stirring to coat evenly, about ten minutes prior to serving.
- 4 - Enjoy!



Mediterranean Chickpea Salad Expansion

Original Recipe				Expanded Recipe	
INGREDIENTS	Original Measurements	CONVERTED MEASUREMENT	MULTIPLYING FACTOR	EXPANDED MEASUREMENT	PURCHASE UNITS
Chickpeas, canned, drained & rinsed	45 oz	45 oz	2	90 oz	5lbs 10 ounces
Tomates, grape, quartered	1 pint	18 oz	2	36 oz	2lbs 4 ounces
Cucumbers, English, seeded & chopped	2	16 oz	2	32 oz	2lbs
Bell Pepper, red, chopped	1	8 oz	2	16 oz	1lb
Onion, red, diced	1/4 cup	1.6 oz	2	3.2 oz	3.5 ounces
Olives, Kalamata, sliced	3/4 cup	3.6 oz	2	7.2 oz	7.5 ounces
Parsley, fresh, chopped	1/4 cup	.36 oz	2	0.72 oz	1 ounce
Capers	2 tbsp	1 oz	2	2 oz	2 ounces
Dressing:					
Olive Oil, extra virgin	1/3 cup	2.64 oz	2	5.28 fl oz	5.5 fl oz
Vinegar, white wine	1/3 cup	2.64 oz	2	5.28 fl oz	5.5 fl oz
Oregano, dried	1 tsp	0.07 oz	2	0.14 oz	0.25 ounces
Salt, coarse	1/2 tsp	0.11 oz	2	0.22 oz	0.25 ounces
Pepper, black, ground	1/4 tsp	0.02 oz	2	0.04 oz	0.25 ounces
TOTAL Weight		99.04 wt oz			

Initial serving #: 16

Initial Portion size: 6.19 ounces

Desired serving #: 50

Desired portion size: 4.0 ounces

Multiplying factor: 2

Mediterranean Chickpea Salad Costing

Recipe:	Mediterranean Chickpea Salad							
Number of Portions:	50							
Portion Size:	4.0 ounces							
Cost per portion:	\$0.41							
Ingredients	Recipe Quantity (EP)				Cost			Total Cost
	Recipe Unit	Weight	Volume	Count	APC/Unit	Yield %	EPC/Unit	
Chickpeas, canned	90 oz	90 oz			\$0.03/oz	100%	\$0.03/oz	\$2.70
Tomatoes, grape	36 oz	4.5 pints			\$1.15/pint	99%	\$1.16/pint	\$5.22
Cucumbers, English	32 oz	32 oz			\$0.09/oz	84%	\$0.11/oz	\$3.52
Bell pepper, red	16 oz	1 lb			\$2.17/lb	80%	\$2.71/lb	\$2.71
Onion, red	3.2 oz	0.2 lbs			\$0.43/lb	88%	\$0.49/lb	\$0.10
Olives, Kalamata	7.2 oz	7.2 oz			\$0.55/oz	100%	\$0.55/oz	\$3.96
Parsley, fresh	0.72 oz	0.72 oz			\$0.84/oz	100%	\$0.84/oz	\$0.60
Capers	2 oz	2 oz			\$0.37/oz	100%	\$0.37/oz	\$0.74
Olive Oil, extra virgin	5.28 fl oz		0.04 gal		\$19.83/gal	100%	\$19.83/gal	\$0.79
Vinegar, white wine	5.28 fl oz		0.04 gal		\$4.90/gal	100%	\$4.90/gal	\$0.20
Oregano, dried	0.14 oz	0.14 oz			\$0.71/oz	100%	\$0.71/oz	\$0.10
Salt, coarse	0.22 oz	0.22 oz			\$0.23/oz	100%	\$0.23/oz	\$0.05
Pepper, black, ground	0.04 oz	0.04 oz			\$0.70/oz	100%	\$0.70/oz	\$0.03
Total Cost:								\$20.72

Greek Salad

Ingredients:

5.08 lbs tomatoes
1.91 lbs cucumber
1.91 lbs green bell pepper
15.24 oz red onion
13.72 oz kalamata olives
0.23 oz salt
7.62 fl. oz. extra virgin olive oil
2.86 fl. oz. red wine vinegar
1.09 lbs feta
0.38 oz oregano

Procedures:

1. Cut tomatoes into wedges.
2. Cut peeled cucumbers in half lengthwise, then slice.
3. Thinly slice green bell peppers into rings.
4. Cut red onion in half and thinly slice.
5. Place everything together. Add kalamata olives.
6. Season with salt. Pour olive oil and red wine vinegar.
7. Gently toss. Add feta, sprinkle oregano.
8. Serve!



Lemony Lentil Soup

Ingredients

1.5 fl oz olive oil

2.5 medium white onion,
diced

5 medium carrots, diced

12.5 cloves garlic, minced

120 fl oz vegetable stock

26.25 oz red lentils

8.75 whole-kernel corn

0.43 ground cumin

0.18 oz curry powder
zest and juice of

2.5 small lemons

0.1 oz sea salt and black
pepper

Procedure

1. Heat oil in a large stockpot over medium-high heat. Sauté onion carrots for 5 minutes, until the onions are soft and translucent. Add garlic and sauté for 1 minute until fragrant.
2. Stir in the vegetable stock, lentils, corn, cumin, curry powder until combined. Continue cooking until the soup reaches a simmer. Then cover and cook for 15 minutes, stirring occasionally, until the lentils are completely tender.
3. Puree the soup until it reaches your desired consistency with blender.
4. Return soup to the pot, and stir in the lemon zest and juice until combined. Taste and season the soup with sea salt and black pepper as needed.



Succulent Pesto Crusted Salmon

Ingredients

3.5 oz minced garlic

3.25 oz pine nuts

2 lbs 12 oz fresh basil leaves

46.5 oz extra virgin olive oil

2 lbs fresh bread crumbs

1 oz salt

1 oz pepper

12 lbs skinless salmon fillets

2.75 oz unsalted butter



Succulent Pesto Crusted Salmon Continued...

Procedure

For pesto combine in food processor...

Combine garlic & nuts to paste

add basil and incorporate into paste

Slowly add oil and scrape sides of mixer until smooth

Transfer to bowl, add crumbs and salt to taste

season with s+p to taste

For salmon...

season with s+p both sides of fillet before searing

In pan, sear in olive each fillet 1 minute/side, then let cool to room temp

Final procedure...

Place seared fillets on sheet pan and add 2 tbsp of pesto per fillet to top. Distribute bread crumbs on top of each fillet. Add a small morsel (teaspoon or less) to each fillet. Put in 350 degree oven until the fish seems flakey (around 20 to 30 minutes). Broil for 30 seconds to 1 minute to toast bread crumbs and great crust at the end.

Serve hot



Simon G

Chicken Kebabs

Ingredients:

2.69 lbs greek yogurt

5.76 lbs olive oil

0.92 oz. paprika

0.23 oz. cumin

0.06 oz. cinnamon

0.35 oz. red pepper flakes

5.76 fl. oz. lemon juice

2.25 oz. salt

0.23 oz. black pepper

4.78 oz. garlic

14.4 lbs chicken thighs

1.44 lbs red onion

Procedures:

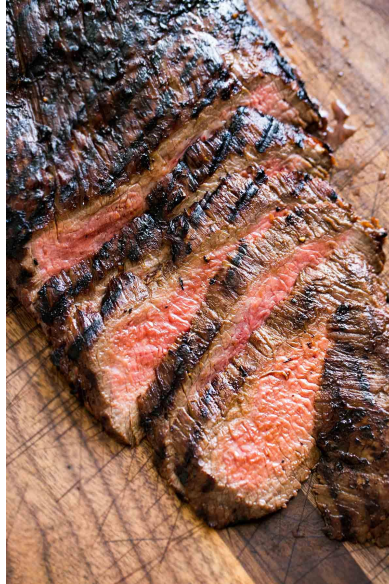
1. Combine yogurt, olive oil, paprika, cumin, cinnamon, red pepper flakes, lemon juice, salt, pepper, and garlic.
2. Thread chicken onto metal skewers, alternating with red onion.
3. Place kebabs onto baking sheet, brush on marinade, coating well. Cover and refrigerate overnight.
4. Preheat grill to medium-high heat, lightly grease.
5. Grill kebabs until golden brown and cooked through, turning occasionally, 10 to 15 minutes.
6. Serve!



Tender Greek Marinated Flank Steak

Ingredients

18.5 lbs flank steak
29.5 oz red wine vinegar
29.5 oz extra virgin olive oil
0.2 oz dried thyme
0.25 oz dried oregano
5 oz minced garlic
0.3 oz freshly ground black pepper



Procedure

- Step 1. Whisk all ingredients together in a small bowl.
- Step 2. Pour the marinade slowly over the beef, making sure to cover it completely.
- Step 3. Refrigerate the beef and marinate for at least 4 hours before cooking.
- Step 4. Grill until desired doneness, let rest for 10 minutes, slice against the grain and serve.

Procedure

Eggplant Rollatini



Ingredients

9.4 lbs Italian Eggplants, medium
1.3 lbs Spinach, thawed, squeeze-dried
0.172 ounces Black Pepper
8.28 ounces Eggs, fresh, whole, shelled
3.1 lbs Ricotta Cheese, part-skim
12.42 ounces Parmesan Cheese, grated

0.35 ounces Salt, kosher
4.14 fl ounces Olive oil
1.04 ounces Garlic, minced
1.6 lbs Mozzarella Cheese, shredded, part-skim
49.68 ounces Marinara Sauce

1. Cut eggplant to 1/4" thick slices, discarding peel-covered ends (16 total), coat each side with salt and let them stand for 15 minutes. Rinse salt off under cold running water and pat slices dry.
2. Preheat oven to 400 degrees Fahrenheit. Brush both sides of eggplant slices with olive oil and place in single layers on 2 baking sheets. Roast for 15 minutes, until tender, turning eggplant slices over halfway through. Let cool on sheets on wire racks until cool enough to handle.
3. In a large bowl, combine spinach, ricotta, garlic, eggs, 1 cup mozzarella and 1 cup Parmesan. Season with 2 tbsp salt and 1 tbsp pepper. Mist a 9-by-13 inch baking dish with cooking spray. Spread 1 cup of sauce over bottom of dish. Divide ricotta mixture among eggplant slices, using eggplant slices, using about 2/3 cup for each, spreading it down the center. Roll up slices and place seam-side down in baking dish. Top with remaining sauce with remaining mozzarella and Parmesan.
4. Cover baking dish with foil and bake for 30 minutes. Remove foil and bake until browned and bubbling, about 15 minutes longer. Let cool for 10 minutes before serving.



Savory Spinach & Mushroom Strudel

Ingredients

- 69.2 oz sweet onions
- 13.84 mushroom broth
- 34.6 mushrooms
- 83.04 fresh spinach
- 43.47 silken, extra firm tofu
- 8.65 vegan cream cheese
- 0.55 olive oil
- 1.11 tahini
- Sal to taste
- Pepper to taste
- 59.86 puff pastry

Savory Spinach & Mushroom Strudel

Procedure

- 1 - Gather ingredients & preheat oven to 375 degrees Fahrenheit.
- 3 - In large frying pan, over medium heat, saute onions in broth until golden brown and tender.
- 4 - Add mushrooms & cook until almost all of the liquid is gone. Lightly salt & pepper to taste.
- 5 - Gradually add the spinach & allow it to cook for about 45 seconds, or until the leaves are wilted and brilliant green. Cover and set aside.
- 6 - In a medium bowl, using a fork, smash the silken tofu until it resembles cottage cheese.
- 7 - Cream the tofu with the vegan cream cheese, olive oil, tahini, salt & pepper.
- 8 - Fold the spinach and mushroom mixture into the tofu mixture and blend until well incorporated and evenly distributed.
- 9 - On a large clean & lightly floured surface, roll out puff pastry, each piece about 1/7 of total. Keep dough square as you roll it out.
- 10 - Using about 1/7 of the spinach & mushroom mix, spread the mix on only half of the pastry square, leaving a 2-inch border on each side.
- 11 - Roll up, starting with the filled side, making sure to keep taut while doing so.
- 12 - Repeat each step with the other pastry and then place filled pastries on baking sheet.
- 13 - Using a large knife, coming in from the side, score the top of the pastries with 5 slits each.
- 14 - Bake at 375 degrees Fahrenheit for 35-40 minutes or until golden brown and crispy.
- 15 - Remove from the oven and allow to cool about 10 minutes before slicing & serving.
- 16 - To retain crispiness, it is best served shortly after baking.
- 17 - Enjoy!

Ingredients

4 Lb Orzo Pasta
64 fl oz Vegetable Broth
1.32 oz Citrus Sea Salt
4 oz Olive Oil
2 oz Sun-Dried Tomatoes
2 oz Lemon Juice
4 oz Chardonnay
0.16 oz Ground Pepper
32 oz Cherry Tomatoes
16 oz Fresh Mozzarella
11.2 oz Basil Leaves



Procedures

1. Boil 4 cups water and 2 cups of vegetable broth. Add the orzo, citrus sea salt and a little of the olive oil to the water. Cook until al dente for about 8 minutes.
2. Pour the orzo in a strainer and run briefly under cold water
3. Transfer the warm orzo pasta to a large salad bowl, add the finely chopped sun-dried tomatoes.
4. Drizzle in leftover olive oil, lemon, Chardonnay and season with citrus sea salt and ground pepper. Toss well.
5. Add the Mozzarella cubes, cherry tomatoes and the torn basil and gently toss. Season with salt and pepper if needed.

Michelle C

Tomato & Basil Orzo

Ikarian Lemon & Herb Roasted Potatoes

Ingredients

153.6 oz Yukon potatoes
3.96 oz fresh garlic
0.156 fresh mint
18 fl oz olive oil
6 fl oz water
6 fl oz lemon juice
1.32 oz salt
0.408 dry oregano
9.96 fl oz low sodium vegetable broth

Procedure

- 1 - Preheat oven to 450 degrees Fahrenheit.
- 2 - Oil a large baking dish.
- 3 - Wash & chop potatoes.
- 4 - Peel & dice garlic.
- 5 - Wash & pat dry mint, chop finely.
- 6 - In a large bowl, stir potatoes, garlic, broth, lemon juice, salt, and pepper together until potatoes are evenly coated.
- 7 - Pour into baking dish. Roast in preheated oven until potatoes start to brown, about 40 minutes.
- 8 - Add oregano and mint to potatoes, stirring to combine.
- 9 - If potatoes look dry, add another splash of broth to dish.
- 10 - Return dish to oven and bake about 30 minutes longer.
- 11 - Adjust seasoning with salt & pepper, if needed.
- 12 - Enjoy!

Grilled Eggplant

Ingredients

8.64 fl ounces Olive Oil, extra-virgin

0.09 ounce Red Pepper Flakes, crushed

1.08 ounces Black Pepper, ground

3.24 fl ounces Lemon juice

2.16 fl ounces Water

4.32 ounces Feta Cheese, crumbled



0.37 ounces Oregano, dried

2.16 ounces Salt, kosher

9.72 lbs Italian Eggplants, large

5.83 ounces Tahini

3.67 ounces Garlic, fresh

2.96 ounces Parsley, chopped

Procedures

1. Make eggplant: Heat grill or grill pan over medium-high heat.
2. In a small bowl, combine oil, oregano, and red pepper flakes. Brush all over eggplants (sliced in 1/4" rounds) and season with salt and pepper.
3. Grill Eggplants until tender and slightly charred, about 3 minutes per side.
4. Top grilled eggplants with feta and parsley, then squeeze lemon juice over.
5. Make tahini dressing: In a medium bowl, whisk together tahini, lemon juice, water, and garlic. Season with salt. If dressing is too thick, add more water, a tablespoon at a time, until desired consistency.
6. Serve eggplant warm with tahini dressing.

Michael Carino

Zesty Za'atar Spiced Squash

Ingredients

- 9 lbs butternut squash
- 1.8 lbs red onions
- 6.25 oz extra virgin olive oil
- 1 oz sea salt
- 1 oz ground black pepper
- 6.75 oz tahini
- 2.75 oz lemon juice
- 5.5 oz water
- 1.25 garlic
- 3.5 oz pine nuts
- 3 oz parsley
- 3 oz za'atar spice blend



Final execution of dish...

Organize roasted veggies on a platter or serving tray with the onions resting on the squash. Pour sauce over all the veggies. Apply za'atar spice to all the veggies and sauce, add parsley to top and finally sprinkle the oily pine nuts over everything.

Serve hot squash and sauce room temperature. Simon G

Procedure

- Preheat oven to 425 degrees fahrenheit
- Cut squash lengthwise, deseed, cut halves into 4 lengthwise
- Leave root on, cut onion in eighths, 8 wedges, peel
- coat the veggies in oil s+p
- Roast veggies on sheet pan in the preheated oven -until fork tender, may have to remove onions earlier
- set aside
- In a large bowl for sauce**
- add tahini
- add lemon juice and water
- fine mince, add to mixture
- Mix together until incorporated
- For garnish**
- Toast in pan pine nuts in olive oil and salt until fragrant
- roughly chop parsley
- set aside

Baklava

Syrup Ingredients

10 oz brown sugar
6 oz water
28.8 agave syrup
orange peel from
2.75 orange
0.25 oz ground
cinnamon



Baklava Ingredients

43.2 oz phyllo dough
32.4 oz walnuts
(roasted or raw,
whole)
21.6 oz pistachios
(roasted or raw,
whole)
21.6 oz almonds
(roasted or raw,
whole, shelled)
14.5 oz brown sugar
0.45 oz cinnamon
(ground)
14.4 oz cup olive oil

Procedure

1. Preheat oven to 350°F.
2. Prep the dough: Use scissors, trim the dough to match the size of a 10" square baking dish.
3. Unroll the phyllo dough, and lay plastic wrap over the dough. Set a barely damp kitchen towel over the dough to keep the dough from drying out
4. Use food processor to chop the nuts into small pieces. Stir in cinnamon and brown sugar.
5. Brush oil on the bottom and sides of a square 10" baking dish.
6. Lay a square of the cut phyllo dough inside the dish, and brush with oil. Repeat by layering more dough and more oil until you have 8 layers of phyllo.
7. Smaller, reserved sheets of phyllo can be laid together to create a single sheet (like lasagna), oil the seams well. Avoid using the small pieces on the top layers.
8. Add 1/3 of the nut mixture on top of the phyllo layers. Spread them out evenly.
9. Continue layering 13 more layers of phyllo and oil, and the remaining nuts. Finish with a layer of oil, taking extra care that the edges are oiled. Cut dough into squares
10. Bake baklava 30 minutes. Remove it from the oven, tent with foil. Bake it 20 more minutes.
11. Make syrup: While the baklava bakes, add all the syrup ingredients to a small pan, and bring the mixture to a boil. Once beginning to boil, lower the heat to medium-low, and lower the boil to a light simmer for 10 minutes. Strain out the orange peels.
12. When the baklava finishes baking, remove and slowly pour the syrup over baklava.
13. Let the baklava rest for at least 2 hours before serving.

Production Flow Chart

	Michelle Cheng	Caitlyn Barbato	Kathleen Law	Michael Carino	Simon Gabriel									
	Preparation Day													
	Traditional Greek Salad	Mediterranean Chickpea Salad	Eggplant Rollatini	Pesto Crusted Salmon	Greek Marinated Flank Steak	Savory Spinach and Mushroom Strudel	Middle Eastern Chicken Kebabs	Lemony Lentil Soup	Tomato Basil Mozzarella Orzo	Ikarian Lemon and Roasted Potatoes	Grilled Eggplant	Tahini Butternut Squash	Vegan Baklava	
1-2pm				Peel garlic destem basil fabricate pesto	Mince: Garlic									
2-3pm					Combine: All marinade components		Combine marinade ingredients & cut onions					Cut squash and onions		
3-4pm							Marinate chicken			Chop potatoes, hold in water, in fridge. Chop garlic, hold in fridge.		Mince garlic for sauce and fabricate the sauce		
4-5pm			Cut eggplant, mince garlic, and chop spinach.					Dice onions and carrots	Chop sundried tomatos		Cut eggplant, mince garlic, and chop parsley.	Roughly chop cleaned parsley for garnish		
5-6pm													Prep nuts	
	Theme Meal Day													
6-7am	Slice peppers, and onions		Preheat oven and cut, season, and prep eggplant slices.		Put steak in marinade						Drain & rinse potatoes. Combine potato dish ingredients. Bake.			Preheat oven, prep and layer dough
7-8 am	Peel and cut cucumbers			Season fish		Chop onions & slice mushrooms for strudels. Sauté onions, mushrooms, and spinach.			Cook Orzo, drain	After initial 40 minutes, add oregano & mint, splash of broth and bake for 30 more minutes.	Combine the ingredients to make the tahini dressing and create the right consistency.			Cut, bake for 30 min, tent with foil and bake another 20min
8-9 am	Cut tomatoes and feta		Oil eggplant slices accordingly and let it cool out of the oven. Combine ingredients with eggplant slices, and bake altogether.	Sear fish and let cool to room temp		Combine ingredients for strudel filling. Roll out & fill puff pastry. Put strudels in oven to bake.		Sautee vegetables and combine w/ broth						
9-10 am	Combine ingredients	Chop salad veggies: tomatoes, cucumbers, pepper, olives, parsley. Drain & rinse chickpeas.		Put the pesto on the fish				Puree in blender, return to stove and finish cooking soup			Heat and season eggplant rounds, grill eggplant with the combined ingredients.	Roast veggies	Make syrup, pour over baklava and stand for 2 hrs	
10-11 am		Combine salad ingredients. Prep dressing. Mix in dressing at 10:45		Bake the fish			Cook Chicken		Add rest of seasoning ingredients to pasta, chop basil and cherry tomatoes, mozzarella		Combine the ingredients to make the tahini dressing to the right consistency and combine with eggplant.	Toast pine nuts in olive oil		
11-12 noon			Let eggplant cool in specific interval periods before serving.	Add bread crumbs then broil before serving	Grill & let sit 10 minutes before serving				Combine chopped ingredients into pasta			Put sauce over the veggies and then all other garnishes and serve		

Equipment - Convection Oven



Natural Gas

Fan circulates air throughout oven at a high rate

Full size capacity

Temperature range: 150-550°F

Used for: baking fish, strudel & baklava
roasting eggplant, potatoes, & squash

Equipment specsheet

Item#: _____ Quantity: _____
Project: _____ Approval: _____ Date: _____



Convection Ovens

Convection Ovens

Single Deck

MODELS

351FGC100L, 351FGC100N

DESCRIPTION

These Single Convection Ovens feature a sturdy steel construction with 4 legs. These ovens are equipped with built-in convection fan(s) for temperature uniformity throughout the cavity. The automatic ignition system activates in the event of a flameout and a shutdown device stops the system from trying to ignite the burner(s) after 3 unsuccessful attempts to ensure safety. The electronic automatic thermostat ensures accurate temperature for precise cooking.

STANDARD FEATURES

- Rugged stainless steel exterior and interior
- 54,000 BTU
- Automatic ignition system for flameout situations
- 3 wire racks with 11 sets of rack slides (per oven)
- Electric automatic thermostat for precise cooking
- Porcelain interior floor
- 60 minute timer
- Convection fan with cook and cool modes and high (0.5 HP) and low (.14 HP) speeds
- Interior light controlled on exterior control panel
- Independent glass doors
- 3/4" rear gas connection
- 120V electrical connection required for operation



SERIES SPECIFICATIONS

Cooking Surface	(3) Chrome-plated Racks
Power	Natural Gas or Liquid Propane
Oven Style	Convection Fan
Oven BTU	54,000
Oven Temp Range	150 - 500°F
Control Type	Manual Dial w/ 60 min. timer
Fan Speed	0.5 HP High, .014 HP Low
Gas Inlet Size	3/4"

LIMITED WARRANTY

Cooking Performance Group warrants this product from manufacturer defect and workmanship for a period of **1 Year** from the original date of purchase.

To register your equipment, visit:
CookingPerformanceGroup.com

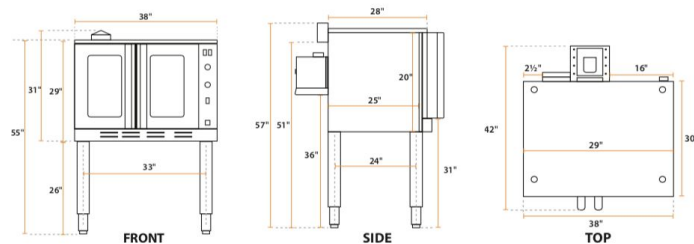


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03/2020

PRODUCT SPECIFICATIONS



Model #	Overall Size			Oven BTU	# of Ovens	Oven Interior Size			V/Hz	Amps	Convection Fan Horsepower (HP)	Combustible Clearances	
	Width	Depth	Height			Width	Depth	Height				Sides	Rear
351FGC100 L/N	38"	42"	57"	54,000	1	29"	25"	20"	120V / 60 Hz	9.3A	High speed: 0.5 Low Speed: 0.14	6"	2"

Note: Regulator - 3 1/4" depth. Dimensions above do not include regulator.

INSTALLATION

Install the Convection Oven on and around non-combustible surfaces, allowing 6" of clearance on the sides and 2" of clearance from the back. Install underneath a ventilation hood that corresponds with local and national codes.

- 3/4" rear gas connection configured for areas at an altitude less than 2,000 ft
- Manual gas shut-off valve and gas pressure regulator must be installed for safety and ease of servicing

SHIPPING INFORMATION

Model #	Shipping Crate Size			Weight	Freight Class
	Width	Depth	Height		
351FGC100 L/N	42"	37"	46 1/2"	400 lb	92.5

Note: Unit is shipped in a carton and crate on a pallet

OPTIONS & ACCESSORIES

COMPANION ITEMS

#600KM348

Regency 48" Mobile Gas Connector Hose Kit with 2 Elbows, Full Port Valve, Restraining Device, and Quick Disconnect - 3/4"



#35165002030, #35165002031,

#351CASTRCONV
Cooking Performance Group Caster Kits



#351110578

Cooking Performance Group Oven Rack - 28" x 20 3/8"



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Caitlyn B.

Service & execution

Due to the the COVID-19 outbreak we were not able to serve and execute our menu to the original audience. BUT, one of us got the chance to make the zesty za'atar spiced squash! It is a simple recipe but due to circumstances and availability of ingredients, pistachios replaced pine nuts which are one of the best parts and there was only dried parsley. The people who ate this recipe were impressed by the complexity of the flavor given the simplicity of the recipe. Everyone was intrigued and wanted to know the ingredients! This also excited vegans because it is a hardy, protein rich (tahini and nuts) meal!

Simon G




Simon G

Customer Survey

Customer Food Evaluation Sheet

Please circle the appropriate Roman Numeral to indicate your enjoyment.
V being very satisfied and **I** being unsatisfied.

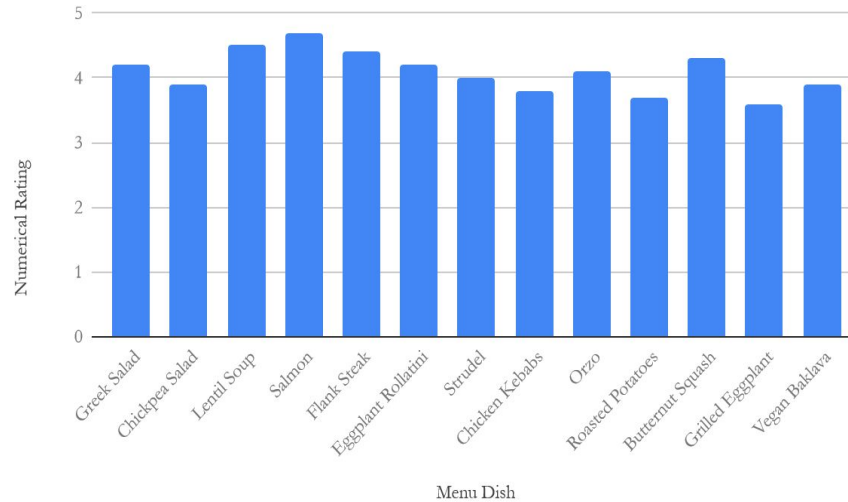
Menu Dishes



Menu Dishes	I	II	III	IV	V
I. Traditional Greek Salad					
II. Mediterranean Chickpea Salad					
III. Lemon Lentil Soup					
IV. Pesto Crusted Salmon					
V. Greek Marinated Flank Steak					
VI. Eggplant Rollatini					
VII. Savory Spinach & Mushroom Strudel					
VIII. Middle Eastern Chicken Kebabs					
IX. Tomato & Basil Orzo					
X. Ikarian Lemon & Herb-Roasted Potatoes					
XI. Grilled Eggplant					
XIII. Tahini Butternut Squash					
XIII. Vegan Baklava					

General Comments:

Mediterranean Customer Survey Results



Menu Dish	Overall Rating
Greek Salad	4.2
Chickpea Salad	3.9
Lentil Soup	4.5
Salmon	4.7
Flank Steak	4.4
Eggplant Rollatini	4.2
Strudel	4.0
Chicken Kebabs	3.8
Orzo	4.1
Roasted Potatoes	3.7
Butternut Squash	4.3
Grilled Eggplant	3.6
Vegan Baklava	3.9

Our Experience

Although we were disappointed we could not serve the menu we had worked so hard on, we are happy we got to learn these skills. We all now have a hand full of new and rather sophisticated recipes in our arsenals that we can impress our families and friends with. Not only do we have these recipes, but the entire theme meal project is an attractive item on a resume when applying to jobs in the industry. On the bright side, we did not have any huge mess ups in execution at the dining hall and no cuts, scrapes or burns!

Simon G

A top-down view of a wooden table laden with a variety of Mediterranean dishes. In the center, a large platter features a roasted lamb skewer (kebab) with onions and tomatoes. To the left, a bowl of vibrant red hummus sits next to a plate of green pickled vegetables (tsipouro). Above the kebab, a plate of fresh green salad is garnished with olives. To the right, a large platter holds roasted eggplants, zucchini, and cherry tomatoes. In the foreground, a bowl of quinoa salad is mixed with vegetables and herbs. Scattered around are small bowls of nuts (almonds, walnuts), a bowl of pomegranate seeds, and a small jar of honey. The scene is set with a white napkin, a fork, and a knife, suggesting a dining setting.

*Questions?
Questions?
Questions?*

Thank You

