

**Modern Medical Kitchen, IO2 Central Kitchen**

**Harissa Crusted Catfish with Wheat Berry Salad (Bethany)**

**Version: 32**

**Hot**

**Summary**

| Portions | Std. Port. Size | Yield        | Production Loss | Cost of Sales | Sales Price |
|----------|-----------------|--------------|-----------------|---------------|-------------|
| 25.000   | 12.000 Oz       | 18.750 Pound | 8.78 %          | 3.53          |             |

| Pos | Type | Component                  | POT QTY | Std. Port | Weight | Volume | Loss | Loss2 | ACT QTY | BU    | AVE  | COS   | Prep. Type | Lead Days |
|-----|------|----------------------------|---------|-----------|--------|--------|------|-------|---------|-------|------|-------|------------|-----------|
| 1   | I    | Fish Catfish Fillet Frozen | 24      | Ea.       | 23.685 |        |      |       | 24      | Each  | 2.50 | 59.28 |            |           |
| 2   | I    | Vegetable Oil Spray        | 0       | Tsp       | 0.002  |        |      |       | 0       | Pint  | 0.00 | 0.00  |            |           |
| 3   | I    | Salt Bulk                  | 4       | Pinch     | 0.007  |        |      |       | 0       | Pound | 0.54 | 0.00  |            |           |
| 5   | I    | Oil Olive                  | 4       | Tsp       | 0.041  |        |      |       | 0       | Pint  | 3.57 | 0.15  |            |           |
| 6   | I    | Vegetable Asparagus        | 2       | Lb        | 2.222  |        | 40 % |       | 4       | Pound | 2.79 | 10.33 | Seared     |           |
| 7   | I    | Vegetable Red Pepper Fresh | 2       | Lb        | 2.222  |        | 4 %  |       | 2       | Pound | 1.94 | 4.50  | Seared     |           |
| 8   | R    | Wheat Berry Salad          | 24      | 4.000 Oz  | 5.921  |        |      |       | 6       | Pound | 0.28 | 6.55  |            |           |
| 9   | I    | Harissa Seasoning          | 8       | Tbsp      | 0.247  |        |      |       | 0       | Pound | 0.00 | 0.00  |            |           |
| 10  | R    | Harissa Sauce              | 24      | 2.000 Oz  | 2.961  |        |      |       | 3       | Pound | 0.31 | 7.32  |            |           |

**External Recipe Viewer**





**Modern Medical Kitchen, IO2 Central Kitchen**

**Wheat Berry Salad**

**Version: 11**

**Cold**

**Summary**

| Portions | Std. Port. Size | Yield       | Production Loss | Cost of Sales | Sales Price |
|----------|-----------------|-------------|-----------------|---------------|-------------|
| 23.685   | 4.000 Oz        | 5.921 Pound | 2.76 %          | 0.28          |             |

**Breakdown**

| Portions | Port. Size | Total QTY | Weight/Port. | Origin  |
|----------|------------|-----------|--------------|---|
| 23.685   | 4.000 Oz   | 23.685    | 0.250 Pound  | Sub-Recipe for Harissa Crusted Catfish with Wheat Berry Salad (Bethany) |

| Pos | Type | Component                                | POT QTY | Std. Port | Weight | Volume | Loss | Loss2 | ACT QTY BU | AVE   | COS  | Prep. Type | Lead Days |
|-----|------|--|---------|-----------|--------|--------|------|-------|------------|-------|------|------------|-----------|
| 1   | I    | Wheat Berries                            |         | 5 Cup     | 2.337  |        |      |       | 2 Pound    | 0.00  | 0.00 |            |           |
| 2   | I    | Spice Ginger Fresh                       |         | 3 Tbsp    | 0.041  |        |      |       | 0 Pound    | 3.82  | 0.16 |            |           |
| 3   | I    | Garlic Minced                            |         | 3 Tbsp    | 0.144  |        |      |       | 0 Pound    | 3.82  | 0.55 |            |           |
| 4   | I    | Oil Olive                                |         | 3 1/8 Tsp | 0.004  |        |      |       | 0 Pint     | 3.57  | 0.01 |            |           |
| 5   | I    | Vegetable Crimini Mushrooms Fresh Medium |         | 3 1/2 Cup | 0.330  |        |      |       | 0 Pound    | 3.27  | 1.08 |            |           |
| 6   | I    | Fresh Peach                              |         | 2 Cup     | 0.779  |        |      |       | 1 Pound    | 0.00  | 0.00 |            |           |
| 7   | I    | Vegetable Green Onion Fresh              |         | 3 Tbsp    | 0.096  |        |      |       | 0 Pound    | 4.63  | 0.44 |            |           |
| 8   | I    | Vinegar Balsamic                         |         | 3 1/4 Cup | 0.390  |        |      |       | 0 Pint     | 2.73  | 1.07 |            |           |
| 9   | I    | Honey Bulk                               |         | 3 Tbsp    | 0.097  |        |      |       | 0 Pint     | 7.47  | 0.73 |            |           |
| 10  | I    | Oil Olive                                |         | 3 1/8 Cup | 0.195  |        |      |       | 0 Pint     | 3.57  | 0.70 |            |           |
| 11  | I    | Herb Mint Fresh                          |         | 3 Tbsp    | 0.026  |        |      |       | 0 Pound    | 14.00 | 0.36 |            |           |
| 12  | I    | Herb Basil Fresh                         |         | 3 1/4 Cup | 0.045  |        |      |       | 0 Pound    | 32.60 | 1.46 |            |           |
| 12  | I    | Water Bulk                               |         | 9 Cup     | 4.675  |        |      |       | 5 Pint     | 0.00  | 0.00 |            |           |
| 13  | I    | Fig                                      |         | 3 1/2 Cup | 0.515  |        |      |       | 1 Pound    | 0.00  | 0.00 |            |           |

**External Recipe Viewer**



**Modern Medical Kitchen, IO2 Central Kitchen**

**Harissa Sauce**

**Version: 5**

**Summary**

| Portions | Std. Port. Size | Yield       | Production Loss | Cost of Sales | Sales Price |
|----------|-----------------|-------------|-----------------|---------------|-------------|
| 23.685   | 2.000 Oz        | 2.961 Pound | 6.11 %          | 0.31          |             |

**Breakdown**

| Portions | Port. Size | Total QTY | Weight/Port. | Origin  |
|----------|------------|-----------|--------------|---|
| 23.685   | 2.000 Oz   | 23.685    | 0.125 Pound  | Sub-Recipe for Harissa Crusted Catfish with Wheat Berry Salad (Bethany) |

| Pos | Type | Component                 | POT QTY | Std. Port | Weight | Volume | Loss | Loss2 | ACT QTY BU | AVE  | COS  | Prep. Type | Lead Days |
|-----|------|---------------------------|---------|-----------|--------|--------|------|-------|------------|------|------|------------|-----------|
| 1   | I    | Red Pepper Roasted Canned |         | 5 Cup     | 2.017  |        |      |       | 2 Pound    | 2.50 | 5.04 |            |           |
| 2   | I    | Tomato Paste Canned       |         | 11 Tbsp   | 0.356  |        |      |       | 0 Pound    | 2.49 | 0.89 |            |           |
| 3   | I    | Water Bulk                |         | 5 Tbsp    | 0.168  |        |      |       | 0 Pint     | 0.00 | 0.00 |            |           |
| 4   | I    | Harissa Seasoning         |         | 11 Tbsp   | 0.336  |        |      |       | 0 Pound    | 0.00 | 0.00 |            |           |
| 5   | I    | Oil Olive                 |         | 11 Tbsp   | 0.336  |        |      |       | 0 Pint     | 3.57 | 1.20 |            |           |
| 6   | I    | Pepper Serrano Fresh Ea   |         | 5 Ea.     | 5.383  |        | 15 % |       | 6 Each     | 0.00 | 0.00 |            |           |
| 7   | I    | Juice Lemon Bulk          |         | 5 Tbsp    | 0.168  |        |      |       | 0 Pint     | 1.19 | 0.20 |            |           |

**External Recipe Viewer**

