

State:

South Dakota

School:

Mobridge Pollock School

Year:

SY 2023 – 2024

Recipe

State Name	South Dakota / Mobridge Pollock High School
Educator Name	Ella Gonzales

Menu Item	Shrimp cocktail with avocado & cream cheese filling		
Number of Portions	1	Portion Size	5 oz
Cooking Method(s)	Boil		
Recipe Source (MLA)	Sushi World with Arnold. "Avocado Cream Cheese". Arnold Yummy Food Channel. https://www.youtube.com/watch?v=34Qu9kZn1lw , Accessed 3 March 2024		

Ingredients	
Item	Amount
Shrimp, shelled & deveined	3 pcs
Butter	3 Tbsp
Garlic, minced	1 Tbsp
Lemon juice	1 Tbsp
Salt	TT
Pepper	TT
Avocado	1 pc
Cream cheese	2 Tbsp
Mustard	½ tsp
Hot Honey	2 Tbsp
Lemon juice	1 Tbsp
Olive oil	1 Tbsp
Salt	TT
Pepper	TT
Cherry Tomatoes	2 pcs
Mini Cucumber, sliced	1/2 pc
Bell Pepper, julienne	1/2 pc
Feta cheese	1 Tbsp
Truffles, sliced	½ oz

Procedure

1. Place $\frac{1}{4}$ cup of water, garlic, shrimp, and bell pepper in a pot. Season with salt and pepper. Cook until the shrimp is opaque. Finish with a squeeze of lemon and remove from heat.
2. Meanwhile, mix half of the avocado, cream cheese, mustard, hot honey, lemon juice, and olive oil in a bowl until it forms a smooth paste. Season with salt and pepper.
3. Spread the avocado and cream cheese mixture on a plate. Place the remaining half of the avocado by slicing it thinly and form it into a flower with the use of a round mold.
4. Top with shrimp and garnish with cherry tomatoes, cucumber, bell pepper, feta cheese, and truffles.

Recipe Cost

State Name	South Dakota / Mobridge Pollock School		
Educator Name	Ella Gonzales		
Menu Item	Shrimp cocktail with avocado & cream cheese filling		
Number of Portions	1	Portion Size	5 oz

Ingredient	Purchase Unit	Purchase Cost	Unit Cost	Amount Needed	Ingredient Cost
Shrimp	1 lb / 30 pc	6.96	.30	3 pcs	.90
Olive oil	16 oz / 36 Tbsp	6.48	.18	1Tbsp	.18
Butter	8 oz / 16 Tbsp	2.32	.44	3Tbsp	1.32
Galic, minced	6 oz / 12 Tbsp	5.99	.50	1Tbsp	.50
Lemon juice	3 oz / 6 Tbsp	.58	.09	1Tbsp	.09
Avocado	1 pc	.60	.60	1 piece	.60
Cream cheese	8 oz / 16 Tbsp	3.17	.19	2Tbsp	.39
Mustard	20 oz / 120 tsp	2.86	.02	½ tsp	.02
Hot honey	12 oz / 24 Tbsp	11.99	.50	1 ½ Tbsp	.75
Cherry Tomatoes	1 pack / 20 pcs	2.98	.11	1Tbsp	1.02
Mini Cucumber	1 pack / 6 pcs	1.97	.33	1/2 pc	.16
Bell pepper	1 piece	.65	.65	1/2 pc	.32
Feta Cheese	8 oz / 16 Tbsp	4.96	.31	1 Tbsp	.31
Truffles	7.82 oz	28.99	3.71	½ oz	1.85

Subtotal	8.41
1 % for small amounts of spices (Q Factor)	.08
Total Recipe Cost	8.49

Menu Price

State Name	South Dakota / Mobridge Pollock School
Educator Name	Ella Gonzales

Menu Category	• Starter	o Entree	o Dessert
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Ingredient	Portion Cost
Shrimp	.90
Butter	.18
Garlic	1.32
Lemon juice	.50
Avocado	.09
Cream cheese	.60
Mustard	.39
Hot Honey	.02
Olive oil	.75
Cherry Tomatoes	1.02
Mini Cucumber	.16
Bell Pepper	.32
Feta cheese	.31
Truffles	1.85

Total Plate Portion Cost	8.49
Menu Price at 33% Food Cost	25.72
Actual Price on Menu	25.00

Product Check-In Inventory List

State Name	South Dakota / Mobridge Pollock School
Educator Name	Ella Gonzales

Container Purpose	€ Refrigerator	€ Dry Storage
Number of Items in Container / Cooler	Refrigerator (9) / Dry Storage (5)	

Inventory List	
Item	Confirmed <i>(This column for judge use only)</i>
REFRIGERATOR	
Shrimp	
Butter	
Cream cheese	
Cherry tomatoes	
Mini cucumber	
Bell pepper	
Feta cheese	
DRY STORAGE	
Avocado	
Lemon	
Mustard	
Hot honey	
Olive oil	
Garlic	
Truffles	

Appetizer

Shrimp cocktail with avocado & cream cheese filling



Recipe

State Name	South Dakota / Mobridge Pollock High School
Educator Name	Ella Gonzales

Menu Item	Creamy Salmon & Scallop Pasta with Sun-Dried Tomato Garlic Sauce		
Number of Portions	1	Portion Size	9 oz
Cooking Method(s)	Boil, Pan fry		
Recipe Source (MLA)	Beseker, Joci. "Creamy Salmon Pasta with Sun Dried Tomato Garlic Sauce". Premier Catch. https://www.premiercatch.com/blogs/seafood-recipes/creamy-salmon-pasta-with-sun-dried-tomato-garlic-sauce , Accessed 3 March 2024		

Ingredients	
Item	Amount
Salmon filet	3 oz
Olive oil	1 Tbsp
Butter	¼ cup
Salt	TT
Pepper	TT
Scallops	3 pcs
Paprika	1/8 tsp
Onion, minced	¼ cup
Garlic, minced	1 Tbsp
Sun dried tomatoes, minced	¼ cup
Saffron	1/8 tsp
Lemon juice	1/8 tsp
Beef Broth	½ cup
Spaghetti	4 oz
Alfredo sauce	½ cup
Fresh Basil Blossom	Garnish

Procedure

1. Pat dry and season salmon with olive oil, salt, and pepper to taste. Place butter in a skillet and pan fry salmon for 3 minutes on each side under medium heat. Strain and let rest on a plate.
2. Pat dry scallops and season with salt, pepper, and paprika. Place olive oil in a skillet and pan fry scallops for 2 minutes on each side under low-medium heat. Strain and let rest on a plate.
3. Using the same pan used for the scallops, sauté onions, garlic, and sundried tomatoes with olive oil. Season with salt, pepper, paprika, and saffron. Deglaze the pan with lemon juice and beef broth. Let it simmer for 5 minutes. Remove from heat and strain. Place the sauce back to heat and emulsify by adding 1 tablespoon of butter until a gravy consistency is achieved.
4. Place water in a pot and let it boil. Cook spaghetti for 8-10 minutes or until al dente. Place in an ice bath and set aside.
5. Simmer Alfredo sauce in a separate pot and season with salt and pepper to taste.
6. Assemble the plate by placing the spaghetti, alfredo sauce, salmon, scallops and sauce. Garnish with saffron and basil flowers on top.

Recipe Cost

State Name	South Dakota / Mobridge Pollock School		
Educator Name	Ella Gonzales		
Menu Item	Creamy Salmon & Scallop Pasta with Sun-Dried Tomato Garlic Sauce		
Number of Portions	1	Portion Size	9 oz

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Salmon fillet	1 lb / 16 oz	11.29	.71	3 oz	2.12
Olive oil	17 oz / 34 Tbsp	6.12	.18	2 Tbsp	0.36
Butter	16 oz / 34 Tbsp	5.54	.17	3 Tbsp	0.52
Scallops	1 lb / 25 pcs	19.98	.81	3 pcs	2.40
Onion	1 pc / 2 cups	0.93	.51	¼ cup	0.12
Garlic	8 oz / 16 Tbsp	3.98	.25	1 Tbsp	0.25
Sun dried tomatoes	3 oz	3.44	.12	1 oz	1.15
Saffron	2 g / .5 tsp	12.95	25.9	1/8 tsp	3.24
Lemon juice	3 oz / 18 Tsp	0.58	.032	1/8 tsp	0.004
Beef Broth	14.5 oz / 1.8 cups	1.00	0.55	½ cup	0.28
Spaghetti	32 oz	1.76	0.05	4 oz	0.22
Alfredo sauce	15 oz / 1.87 cups	6.36	3.40	½ cup	1.70
Fresh Basil Blossom	1 bundle / 25 count	7.25	.30	1 count	.30

Subtotal	12.66
1 % for small amounts of spices (Q Factor)	.13
Total Recipe Cost	12.79

Menu Price

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Menu Category	o Starter	• Entree	o Dessert
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Recipe	Portion Cost
Salmon fillet	2.12
Olive oil	0.36
Butter	0.52
Scallops	2.40
Onion	0.12
Garlic	0.25
Sun dried tomatoes	1.15
Saffron	3.24
Lemon juice	0.004
Beef Broth	0.28
Spaghetti	0.22
Alfredo sauce	1.70
Fresh Basil Blossom	.30

Total Plate Portion Cost	12.79
Menu Price at 33% Food Cost	38.75
Actual Price on Menu	40

Product Check-In Inventory List

State Name	South Dakota / Mobridge Pollock School
Educator Name	Ella Gonzales

Container Purpose	€ Refrigerator	€ Dry Storage
Number of Items in Container/Cooler	Refrigerator (4) / Dry Storage (9)	

Inventory List	
Item	Confirmed <i>(This column for judge use only)</i>
REFRIGERATOR	
Salmon filet	
Scallops	
Butter	
Fresh Basil Blossom	
DRY STORAGE	
Sun dried tomatoes	
Lemon	
Onions	
Garlic	
Olive oil	
Saffron	
Beef broth	
Spaghetti	
Alfredo sauce	

Main Dish

Creamy Salmon & Scallop Pasta with Sun-Dried Tomato Garlic Sauce



Recipe

State Name	South Dakota / Mobridge Pollock School
Educator Name	Ella Gonzales

Menu Item	Mango Float		
Number of Portions	1	Portion Size	5 oz
Cooking Method(s)	N/A		
Recipe Source (MLA)	Carter, Betsy and Tan, Jun. "Mango Float". Tasty. https://tasty.co/recipe/mango-float . Accessed 3 March 2024		

Ingredients	
Item	Amount
Butter, melted	3 Tbsp
Graham crackers	¼ cup
Sugar	2 Tbsp
Cinnamon	1 Tbsp
Whipping cream	¼ cup
Condensed milk	1 Tbsp
Vanilla extract	1/8 tsp
Mango	1 piece
Mango puree	¼ cup
Gold flakes (Garnish)	1 sheet
Mint leaves (Garnish)	3 pieces

Procedure
<ol style="list-style-type: none"> 1. Crust: Combine crushed graham cracker, sugar, and cinnamon in a mixing bowl. Mix graham cracker mixture with melted butter. Press the graham cracker and butter mixture using a mold. Chill and set aside. 2. Whipped cream: On a separate mixing bowl, combine whipping cream, condensed milk, and vanilla until soft peaks are achieved. Place the whipped cream mixture on top of the crust. Chill and set aside. 3. Slice mangoes into thin slices and place them on top of the whipped cream mixture making a rose shape. 4. Top with gold flakes and mint leaves for garnish. 5. Drizzle mango puree around the mango float.

Recipe Cost

State Name	South Dakota / Mobridge Pollock School		
Educator Name	Ella Gonzales		
Menu Item	Mango Float		
Number of Portions	1	Portion Size	5 oz

Ingredient	Purchase Unit	Purchase cost	Unit cost	Amount Needed	Ingredient Cost
Butter, melted	16 oz / 32 Tbsp	5.54	.17	3 Tbsp	.52
Graham crackers	14.4 oz / 1.8 cups	2.44	1.36	¼ cup	.34
Sugar	20 oz/40 Tbsp	2.12	.056	2 Tbsp	.11
Cinnamon	2.4 oz / 4.7 Tbsp	3.63	.765	1 Tbsp	.77
Whipping cream	16 oz / 2 cups	5.12	2.56	¼ cup	.64
Condensed milk	14 oz / 28 Tbsp	2.08	.07	1 Tbsp	.07
Vanilla extract	2 oz / 4 Tbsp	6.97	1.74	1/8 tsp	.22
Mango	1 pc	.94	.94	1 piece	.94
Mango puree	16.9 oz / 2.1 Cup	15.49	7.38	¼ cup	1.84
Gold flakes (Garnish)	1 pack / 100 pcs	7.95	.08	1 pc	.08
Mint leaves (Garnish)	.5 oz	1.78	3.56	.1 oz	.35

Subtotal	5.88
1 % for small amounts of spices (Q Factor)	.065
Total Recipe Cost	5.94

Menu Price

State Name	South Dakota / Mobridge Pollock School
Educator Name	Ella Gonzales

Menu Category	<input type="radio"/> Starter	<input type="radio"/> Entree	<input checked="" type="radio"/> Dessert
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Recipe	Portion Cost
Butter, melted	.52
Graham crackers	.34
Sugar	.11
Cinnamon	.77
Whipping cream	.64
Condensed milk	.07
Vanilla extract	.22
Mango	.94
Mango puree	1.84
Gold flakes (Garnish)	.08
Mint leaves (Garnish)	.35

Total Plate Portion Cost	5.94
Menu Price at 33% Food Cost	18.01
Actual Price on Menu	18.00

Product Check-In Inventory List

State Name	South Dakota / Mobridge Pollock School
Educator Name	Ella Gonzales

Container Purpose	€ Refrigerator	€ Dry Storage
Number of Items in Container/Cooler	Refrigerator (2) / Dry Storage (8)	

Inventory List	
Item	Confirmed <i>(This column for judge use only)</i>
Refrigerator	
Butter	
Heavy Whipping Cream	
Dry Storage	
Graham Crackers	
Sugar	
Cinnamon	
Condensed Milk	
Mango Puree	
Vanilla Extract	
Gold Flakes	
Mango	

Dessert
Mango Float

