



## Recipe Production

**Recipe Number:** SA020

**Recipe Name:** MEDITERRANEAN COUSCOUS 4 QT

**Hot:** No

**Recipe Source:** Cook Book

**HACCP Process Category:**

Complex

**Serving Description:** 4 QUART

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
1	4 QUART				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3537	COUSCOUS WW 6/1.5 LB	8	Ounce			(Unassigned)
TAP	WATER	1	Cup	4	Fl Oz	(Unassigned)
1505	CHEESE FETA 2/8 LB	5	Ounce	14 1/8	Gram	(Unassigned)
	Onions, spring or scallions (includes tops)	1	Ounce	14 1/8	Gram	(Unassigned)
2579	PEPPER RED 25 LB	13	Ounce	3 2/3	Gram	(Unassigned)
2508	OLIVE RIPE SLICED 6/10	14	Ounce			(Unassigned)
2501	BEANS GARBANZO 6/10	4	Pound	5 1/4	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	2	tsp			(Unassigned)
1022	SPICE PEPPER BLK 18OZ	1/4	tsp			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	5	Tbsp			(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	6	Tbsp			(Unassigned)
1049	SPICE OREGANO BULK 5 LB	2	tsp			(Unassigned)

Cooking Instructions				
<b>Cooking Temperature:</b>	0	<b>Cooking Times:</b>	<b>Hours:</b> 0	<b>Minutes:</b> 0

**Pre-Preparation Instructions**

Yield Factors  
 Green onion yield = 83%  
 Olives, canned yield = 54%  
 Pepper yield = 80%  
 Garbanzo yield = 65%  
 Cook couscous per package directions. Chill.  
 Crumble feta.  
 Drain and chill olives and beans.

**Preparation Instructions**

Combine cooked couscous, olives, red peppers, and green onions.  
 In a separate bowl whisk together lemon juice, oil, and spices.  
 Toss all ingredients together.  
 Transfer to hotel pans. Cover, label, date. Keep cold per HACCP until transported.

**Serving Instructions**



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Keep salad cold until use on salad bar.

One recipe batch of 4 qts yields 32/0.5 cup servings 2 full salad bar 1/4 pans.

Transfer salad to salad bar 1/4 pan and place on salad bar.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	3,783.6415	138.2815	3,783.6415		
Saturated Fat	g	32.1064	1.1734	32.1064	7.64	
Sodium	mg	11,825.9323	432.2047	11,825.9323		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	139.8520	5.1112	139.8520	33.27	
Cholesterol	mg	138.7740	5.0718	138.7740		
Carbohydrate	g	507.8146	18.5592	507.8146	53.69	
Total Dietary Fiber	g	90.5350	3.3088	90.5350		
Protein	g	118.1650	4.3186	118.1650	12.49	
Vitamin A (RE)	RE	1,989.1237	72.6969	1,989.1237		
Vitamin A (IU)	IU	10,803.4982	394.8376	10,803.4982		
Vitamin C	mg	437.0485	15.9729	437.0485		
Calcium	mg	1,622.7181	59.3058	1,622.7181		
Iron	mg	31.4251	1.1485	31.4251		
Moisture	g	1,655.5687	60.5064	1,655.5687		*
Ash	g	44.3591	1.6212	44.3591		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3537	COUSCOUS WW 6/1.5 LB	1.00	(Unassigned)	0	0.33	BAG (1.5 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1505	CHEESE FETA 2/8 LB	1.00	(Unassigned)	0	0.34	LB	/
	Onions, spring or scallions (includes	1.00	(Unassigned)				/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	0	0.82	LB	/
2508	OLIVE RIPE SLICED 6/10	1.00	(Unassigned)	0	0.13	CAN (104 OZ)	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	0	0.62	CAN (111 OZ)	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.02	OZ	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.02	GAL	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.09	CONT (32 FL (	/
1049	SPICE OREGANO BULK 5 LB	1.00	(Unassigned)	0	0.01	LB	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

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