

# Coster Module

# Garlic and Mushroom Gratin

**Dish Name:** Garlic and Mushroom Gratin

**Dish Type:** Main Course

**Number of Portions:** 10

**Prepared By:** Olympus Associates

**Reviewed By:**

**Menu Description:** An excellent vegetarian main course of mushrooms, broccoli, cauliflower and carrots with a tangy mustard grain sauce and hint of garlic

Ingredient	Supplier	Specification	Packed	Unit Cost	Qty	Delivery Weight (Yield)	Dressed Weight (Yield)	Yield	Cost
Broccoli	Green Grocer	Washed	1,000g	£0.62	1,130	100	90	90%	£0.70
Carrots	Green Grocer	Main Crop	1,000g	£0.18	60	100	90	90%	£0.01
Cauliflower	Green Grocer	Washed	1ea	£0.54	4	100	90	90%	£2.16
Mushrooms	Green Grocer	Button	1,000g	£1.91	1,700	100	100	100%	£3.25
Garlic Puree	Dry Goods Supplier	Glass	6x1,010g	£34.50	50	100	100	100%	£0.28
Sauce Mustard Grain	Internal	Fresh	10ea	£4.52	10	100	100	100%	£4.52
Butter Block	Dairy Supplier	Salted	40x250g	£14.60	250	100	100	100%	£0.37
Grated Cheddar	Dairy Supplier	UK	200g	£1.47	250	100	100	100%	£1.84
<b>Ingredients Total</b>									£13.13
<b>Post Yield Total</b>									£13.41

**Completed Portion Volume** 0 ltr/kg

**% Added to Cover**

**Wastage** 3

**Staff Meals** 3

**Seasonal Variations** 4

Service Area	FCOS %	GP %	Total Gross Dish Price	Calculated Gross Selling Price per Portion	Actual Gross Selling Price per Portion	Actual GP %
Lunch Chance	31%	69%	£55.92	£5.59	<b>£5.75</b>	69.9%
Function Dinner	26%	74%	£66.68	£6.67	<b>£6.50</b>	73.3%
Room Service	25%	75%	£69.34	£6.93	<b>£7.00</b>	75.2%

## Method

Prep broccoli and cauliflower into small florets  
 Slice mushrooms in half  
 Warm a thick bottomed pan with butter  
 Add all above ingredients saute for 3 minutes  
 Add garlic puree and saute for a further 2 minutes then add mustard grain sauce  
 Heat to 85°C.  
 Sprinkle with grated cheddar cheese, place under grill until cheese melted  
 Peel and grate carrots finely for garnish

## Presentation

Serve in a large warmed restaurant soup dish.  
 As above sprinkle with cheese and grill.  
 Decorate with grated carrot.  
 Serve on main course plate with a white serviette and main course knife and fork.

Health & Safety	
Preparation	Place all vegetables in a clean sink with cold water and anti-bacterial solution for 10 minutes Drain and ensure no dirt or any creatures are retained Ensure care is taken whilst grating both cheese and carrot
Utensils	Thick bottomed pan Green chopping board Heat resistant plastic spoon Soup bowl chip free
Storage / Labelling	Ensure mustard sauce is stored below 5°C and within date usage date Ensure residual garlic puree is stored in fridge
Reheat / Service	Serve at 85°C Ensure whilst gratinating care is taken over exceptionally hot dish

Taste Panel			
Appearance	4	Presentation	4
Flavour	4	Value for Money	3
Temperature	5	Service	4
Notes	Very rich and creamy, a nice alternative.		

Nutrition /100g			
Energy kJ	472	Fat g	14.9
Energy kcal	114	Fat (saturates) g	10.8
Protein g	83	Fat (mono-unsaturates) g	3.3
Carbohydrates g	8.35	Fat (poly-unsaturates) g	0.8
Carbohydrates (sugars) g	8.75	Fibre g	1
		Sodium g	0.1

Dietary			
Vegetarian	Yes	May Contain Nuts	
Vegan		May Contain Pork	
High Fibre	Yes	May Contain Beef	
Kosher			
Halal			



**Photograph 1**