Katie Henderson

HSCI 465

Meal Planning Project

1. Menu

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Entrée  Brown Sugar Ham | Vegetable:  Sweet Potatoes | Side:  Stuffing | Salad:  Fruit Salad | Bread:  Hawaiian Rolls | Dessert:  Pumpkin Pie  Brownie a la Mode |

|  |
| --- |
| Beverage:  Chocolate Milk |

2. Recipe

**Brown Sugar Ham**

**INGREDIENTS**

Fully cooked, spiral-sliced ham (5 lbs)  
1 cup apple cider  
1/4 cup firmly packed brown sugar  
1/4 cup coarse ground mustard (the kind with whole mustard seeds in it)  
1/4 cup honey

**DIRECTIONS**

1. Heat oven to 350F with rack on lower position.

2. Mix together apple cider, brown sugar, mustard, and honey in a bowl.  Mix well to fully incorporate basting sauce.

3. Place ham in a 13×9 baking dish.  Coat ham with a generous amount of sauce.  Bake for 60-70 minutes, basting thoroughly  every 15 minutes.

4. To serve pre-cut slices, arrange slices neatly on a serving dish and brush leftover sauce all over ham slices and serve.  If serving ham whole, be sure to have leftover sauce available for drizzling.  The sauce is what makes this ham so great!

**SERVINGS:** 15

**Sweet Potatoes**

**INGREDIENTS**

4 medium sweet potatoes, washed a cut in bite size pieces

¼ cup apple juice

2 tablespoons butter (or coconut oil to make this dairy-free), melted

2 tablespoons brown sugar

4 teaspoons pumpkin pie spice

**DIRECTIONS**

1. Preheat the oven to 350 degrees
2. Spread the sweet potato pieces in a casserole dish.
3. In a small bowl, combine apple juice, melted butter or coconut oil, sugar, and spices.
4. Drizzle spice mixture over the sweet potato. Toss to ensure the sweet potatoes are thoroughly coated.
5. Cook at 350 degrees for 1 hour or until fork tender.

**SERVINGS:** 10

**Stuffing**

**INGREDIENTS**

1 cup apple cider

1/2 cup raisins

2 pounds sweet fennel sausage

6 stalks celery, diced

1 large Spanish onion, diced

2 pounds Macoun apples, or another local variety, medium dice

1 tablespoon chopped sage

1 large loaf sourdough bread, cut into 1 1/2-inch cubes

1/4 pound butter

1 bay leaf

Salt and pepper, to taste

**DIRECTIONS**

1. Preheat the oven to 350 degrees.

2. Combine the raisins and cider in a stainless steel saucepan and bring to a boil over medium heat. Immediately remove from heat and set aside to allow raisins to plump. In a stainless steel pot render the sausage over medium heat until it loses its raw look. Break it up so that the pieces are not so large.

3. Place the sausage in a strainer to allow all of the fat and juices to drain from the meat. Reserve the juices. Place a small amount of sausage fat back into the pot and sauté the celery and onions. Slowly cook until softened. Add the cooked sausage, apples, and sage to the pot and cook for 5 minutes.

4. Strain the raisins from the cider and add to the pot. Add the cubed sourdough and reserved cider and stir all ingredients well. Season with salt and pepper. Bring to a boil and cover.

5. Place the pot in the oven for 1 hour, stirring every 15 minutes.

6. Remove from the oven, check seasoning, and either serve immediately or allow to cool before stuffing inside the turkey.

**SERVINGS:** 8

**Fruit Salad**

**Ingredients:**

2   cups chilled cantaloupe cubes or balls

2   cups chilled honeydew melon cubes or balls

1   tablespoon honey

1   teaspoon fresh lime juice

1   tablespoon snipped fresh mint

1   cup fresh blueberries and/or red raspberries

**Directions:**

1. In a medium bowl combine cantaloupe and honeydew melon. Drizzle honey and lime juice over melon; gently toss to mix. Cover and chill for up to 24 hours.

2. Just before serving, add mint and toss gently to mix. Sprinkle with fresh berries.

3. Makes 4 to 6 side-dish servings

**Servings: 6**

**Hawaiian Rolls**

**INGREDIENTS:**

1/3 cup milk (cold is fine, warm would help it rise faster)  
1/2 cup brown sugar  
1 scant tablespoon instant dry yeast  
1/4 cup olive oil  
1/4 cup (1/2 stick) butter, melted and slightly cooled  
2 large eggs, lightly beaten  
An 8 oz. can crushed pineapple, NOT drained (about 2/3 cup)  
4 cups bread flour (all-purpose would also work)  
1 teaspoon salt

**For the tops:**  
1 egg  
1/4 cup water  
A few tablespoons melted butter

**DIRECTIONS:**

1. Mix together the milk, sugar, and yeast. Let it sit for about 5 minutes. Add the oil, butter, eggs, and pineapple and mix to combine. Add the flour about 1/2 cup at a time, mixing well after each addition. Add the salt. Knead for about 10 minutes by hand or in a stand mixer with a dough hook.

2. Cover with a damp cloth (or grease the top) and let rise until doubled (somewhere around 45-60 minutes). Punch the dough down and divide into twelve equal balls. Place in a well buttered 9×13 inch pan and let rise again until doubled (again, 45-60 minutes). Preheat oven to 350ºF.

3. Beat together the egg and water for the top and brush the tops of the risen rolls with the egg wash. Bake for about 25 minutes or until the tops are nicely browned. Brush the top with some melted butter and serve warm.

**SERVINGS:** 12

**Pumpkin Pie**

**INGREDIENTS:**

1      coconut crust  
1      15 oz can of pumpkin puree or 2 cups fresh baked pumpkin  
3      eggs  
1/3- ½ cup honey or other natural sweetener, to taste  
1      tsp dried ginger or 1 Tbsp freshly grated ginger  
1      tsp cinnamon  
¼     tsp sea salt  
¼     tsp powdered cloves  
¼     tsp nutmeg  
1      cup milk

**DIRECTIONS:**

1.  Line a 9 inch pie pan with your choice of gluten-free crust.  Crack the eggs into a large bowl and beat well.  Add the rest of the ingredients until thoroughly combined.  Pour batter into pie crust.

2.  To avoid the crust getting burned, cover edges of pie pan with strips of aluminum foil until they just over the edges of the pie crust.

3.  Bake at 325 for 45 minutes or until firm.

**PIE CRUST**

**INGREDIENTS:**  
 1/2    cup melted butter or coconut oil  
 1       cup flour

**DIRECTIONS:**  
 1.  Mix the coconut with the butter or oil in a small bowl.  Transfer to a buttered or oiled 9-inch pie pan and press firmly and evenly against the bottom and sides.

2.  For pumpkin or pecan pie, add the filling and then bake according to recipe directions.  This pie crust can also be baked by itself for 30 minutes at 300 degrees and then used with filling that doesn’t need to be baked, such as a Coconut Cream Pie.

**SERVINGS:** 8

**Brownie a la Mode**

##### **INGREDIENTS:**

1/2 cup white sugar

1/2 cup brown sugar

1/4 cup light olive oil

4 large eggs

1 cup flour

2 teaspoons vanilla

1 cup cocoa powder

1/4 teaspoon salt

1/2 cup mini chocolate chips

1/2 cup nuts, chopped

Vanilla Ice Cream

##### **DIRECTIONS:**

1. Preheat oven to 350 degrees F.
2. In a medium size bowl, combine sugar and oil. Using a hand mixer, blend ingredients well. Adds egg and mix on high speed for 2 minutes.
3. In a small bowl, combine vanilla and coffee powder. Stir and set aside.
4. Add almond meal, salt and cocoa to sugar/oil mix. Using a spoon or spatula mix together until smooth.
5. Add coffee/vanilla. Stir well.
6. Fold in chocolate chips and nuts.
7. Line a 12 X 8 ,or pan of your choice, with parchment paper.
8. Pour batter into pan and spread evenly. Bake for 30 minutes or until brownies puff up in the center.
9. Serve warm with ice cream.

**SERVINGS:** 12

**Chocolate Milk**

**INGREDIENTS:**

1 cup milk

2 Tbsp Nesquik Chocolate Powder

**DIRECTIONS:**

1. Mix together and enjoy!

**SERVINGS: 1**

3. Adjusted recipe to serve 40

**Brown Sugar Ham**

**INGREDIENTS FOR 12 IN WEIGHT**

5 lbs Fully cooked, spiral-sliced ham  
8 oz apple cider  
1.77 oz firmly packed brown sugar  
1.34 oz coarse ground mustard  
3.00 oz cup honey

**SERVINGS:** 15

40/15 = 2.67 conversion factor

**INGREDIENTS FOR 40 IN WEIGHT**

13.35 lbs Fully cooked, spiral-sliced ham  
21.36 oz apple cider  
4.73 oz firmly packed brown sugar  
3.58 oz coarse ground mustard  
8.01 oz honey

**INGREDIENTS FOR 40 IN MEASUREMENT**

13.35 lbs Fully cooked, spiral-sliced ham  
2 ½ cups apple cider  
2/3 cup firmly packed brown sugar  
2/3 cup coarse ground mustard  
2/3 cup honey

**Sweet Potatoes**

**INGREDIENTS FOR 10 IN WEIGHT**

8 lbs sweet potatoes

2 oz apple juice

1.01 oz butter

.89 oz brown sugar

.35 oz pumpkin pie spice

**SERVINGS:** 10

40/10 = 4 conversion factor

**INGREDIENTS FOR 40 IN WEIGHT**

32 lbs sweet potatoes

8 oz apple juice

4.04 oz butter

3.56 oz brown sugar

1.4 oz pumpkin pie spice

**INGREDIENTS FOR 40 IN MEASUREMENT**

16 medium sweet potatoes

1 cup apple juice

1/2 cup butter

1/2 cup brown sugar

1/3 cup pumpkin pie spice

**Stuffing**

**INGREDIENTS FOR 8 IN WEIGHT**

8 oz apple cider

2.67 oz raisins

2 pounds sweet fennel sausage

12 oz celery, diced

3 lbs large Spanish onion, diced

2 pounds apples

0.06 oz chopped sage

4 lbs large loaf sourdough bread, cut into 1 1/2-inch cubes

1/4 pound butter

1 bay leaf

0.02 oz Salt and pepper

**SERVINGS:** 8

40/8 = 5 conversion factor

**INGREDIENTS FOR 40 IN WEIGHT**

40 oz apple cider

13.35 oz raisins

10 lbs sweet fennel sausage

60 oz celery, diced

5 large Spanish onion, diced

10 lbs apples

o.3 oz chopped sage

20 lbs large loaf sourdough bread, cut into 1 1/2-inch cubes

1.25 lbs butter

5 bay leaves

0.1 oz salt and pepper

**INGREDIENTS FOR 40 IN MEASURMENT**

5 cups apple cider

2 ½ cups raisins

10 lbs sweet fennel sausage

30 stalks of celery, diced

3 lbs large Spanish onion, diced

10 lbs apples

1 Tbsp chopped sage

5 large loaves sourdough bread, cut into 1 1/2-inch cubes

2 ½ cups butter

5 bay leaf

¼ tsp salt and pepper

**Fruit Salad**

**INGREDIENTS FOR 6 IN WEIGHT**

12.49 oz chilled cantaloupe balls

12.49 oz chilled honeydew melon balls

0.75 oz honey

0.17 oz fresh lime juice

0.06 oz tablespoon snipped fresh mint

5.22 oz fresh blueberries and/or red raspberries

40/6 = 6.67 conversion factor

**INGREDIENTS FOR 40 IN WEIGHT**

83.31 oz chilled cantaloupe balls

83.31 oz chilled honeydew melon balls

5.00 oz honey

1.13 oz fresh lime juice

0.40 oz tablespoon snipped fresh mint

34.82 oz fresh blueberries and/or red raspberries

**INGREDIENTS FOR 40 IN MEASUREMENT**

13 1/3 cups chilled cantaloupe balls

13 1/3 cups chilled honeydew melon balls

¼ cup and 2 Tbsp honey

2 Tbsp fresh lime juice

7 Tbsp tablespoon snipped fresh mint

6 2/3 cups fresh blueberries and/or red raspberries

**Hawaiian Rolls**

**INGREDIENTS FOR 12 IN WEIGHT**

2.84 oz milk  
3.55 oz brown sugar  
0.33 oz instant dry yeast  
1.90 oz olive oil  
2.02 oz butter  
2 large eggs, lightly beaten  
8 oz. can crushed pineapple  
14.02 oz bread flour  
0.18 oz salt

**For the tops:**  
1 egg  
2 oz water  
1.52 oz melted butter

**SERVINGS:** 12

40/12 = 3.33 conversion factor

**INGREDIENTS FOR 40 IN WEIGHT**

9.46 oz milk  
11.82 oz brown sugar  
1.10 oz instant dry yeast  
6.33 oz olive oil  
6.73 oz butter  
7 large eggs, lightly beaten  
26.64 oz. can crushed pineapple  
46.69 oz bread flour  
0.60 oz salt

**For the tops:**  
4 egg  
6.66 oz water  
5.06 oz melted butter

**INGREDIENTS FOR 40 IN MEASUREMENT**

1 1/8 cup milk  
1 1/3 cup brown sugar  
3 Tbsp and 1 tsp instant dry yeast  
¾ cup olive oil  
¾ cup butter  
7 large eggs, lightly beaten  
3.33 can crushed pineapple  
3 lbs bread flour  
1 Tbsp salt

**For the tops:**  
4 egg  
¾ cup water  
2/3 cup melted butter

**Pumpkin Pie**

**INGREDIENTS FOR 8 IN WEIGHT**

15 oz can of pumpkin puree  
3 eggs  
6.00 oz honey   
0.5 oz freshly grated ginger  
0.09 oz cinnamon  
0.04 oz sea salt  
0.04 oz powdered cloves  
0.04 oz nutmeg  
8 oz milk (full fat)  
4.05 oz melted butter  
3.51 oz flour

**SERVINGS:** 8

40/8 = 5 conversion factor

**INGREDIENTS FOR 40 IN WEIGHT**

75 oz can of pumpkin puree  
15 eggs  
30.00 oz honey   
2.5 oz freshly grated ginger  
0.45 oz cinnamon  
0.2 oz sea salt  
0.2 oz powdered cloves  
0.2 oz nutmeg  
40 oz milk (full fat)  
20.25 oz melted butter  
17.55 oz flour

**INGREDIENTS FOR 40 IN MEASUREMENT**

4.7 lbs of pumpkin puree  
15 eggs  
2 ½ cups honey   
5 Tbsp freshly grated ginger  
1 Tbsp and 2 tsp cinnamon  
1 tsp sea salt  
1 tsp powdered cloves  
1 tsp nutmeg  
4 2/3 cup milk (full fat)  
2 ½ cups melted butter  
5 cups flour

**Brownie a la Mode**

##### **INGREDIENTS FOR 12 IN WEIGHT**

3.38 oz white sugar

3.55 oz brown sugar

1.90 oz light olive oil

4 large eggs

3.17 oz flour

.35 oz vanilla

3.92 oz cocoa powder

.04 oz salt

3.17 oz mini chocolate chips

2.05 oz nuts, chopped

16 oz Vanilla Ice Cream

**SERVINGS: 12**

40/12 = 3.33 conversion factor

**INGREDIENTS FOR 40 IN WEIGHT**

11.26 oz white sugar

11.82 oz brown sugar

6.33 oz light olive oil

13 large eggs

10.56 oz flour

1.17 oz vanilla

13.05 oz cocoa powder

0.13 oz salt

10.56 oz mini chocolate chips

6.83 oz nuts, chopped

53.28 oz Vanilla Ice Cream

**INGREDIENTS FOR 40 IN MEASURMENT**

1 ½ cup white sugar

1 2/3 cup brown sugar

¾ cup light olive oil

13 large eggs

3 1/3 cup flour

2 ¼ Tbsp vanilla

3 1/3 cups cocoa powder

¼ Tbsp salt

1 2/3 cup mini chocolate chips

1 2/3 cup nuts, chopped

4 (16 oz) cartons of Vanilla Ice Cream

**Chocolate Milk**

**INGREDIENTS FOR 1 IN WEIGHT**

8 oz milk

0.49 oz Nesquik Chocolate Powder

40/1 = 40 conversion factor

**INGREDIENTS FOR 40 IN WEIGHT**

320 oz milk

19.6 oz Nesquik Chocolate Powder

**INGREDIENTS FOR 40 IN MEASUREMENT**

40 cups milk

5 cups Nesquik Chocolate Powder

4. A purchase order listing all food and non-food items needed

CSUSB

The Sycamore Room

5500 University Pkwy

San Bernardino, CA 92407

|  |
| --- |
| Purchase Order No.: 2567 |
| Please Refer to the above number on all invoices, two copies required. |
| Date: October 22, 2013 |
| Requisition No.: GB1234 |
| Dept.: Foodservice |
| Date required: November 22, 2013 |

|  |
| --- |
| To: Wholesale Grocers |
| 500 Blue Star Lane |
| Newburg, OR 97132 |

Ship to: \_\_\_\_\_\_\_\_\_ F.O.B.: \_\_\_\_\_\_\_\_\_ Via: \_\_\_\_\_\_\_\_\_\_\_\_ Terms: \_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| **Total Quantity** | **Unit** | **Description** | **Supplier** |
| 10 | Lbs | Apples | Wholesale Grocers |
| 0.3 | Oz | Sage | Wholesale Grocers |
| 32 | Lbs | Sweet Potatoes | Wholesale Grocers |
| 1 | Oz | Bay Leaves | Wholesale Grocers |
| 14 | Lbs | Ham | Wholesale Grocers |
| 4.34 | Lbs | Apple Juice | Wholesale Grocers |
| 11.26 | Oz | Granulate Sugar | Wholesale Grocers |
| 2 | Lbs | Brown Sugar | Wholesale Grocers |
| 12.66 | Oz | Olive Oil | Wholesale Grocers |
| 13.05 | Oz | Cocoa Powder | Wholesale Grocers |
| 1.17 | Oz | Vanilla | Wholesale Grocers |

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Dozen | Large Eggs | Wholesale Grocers |
| 10.56 | Oz | Chocolate Chips | Wholesale Grocers |
| 4.68 | Lbs | Flour | Wholesale Grocers |
| 6.83 | Oz | Walnuts | Wholesale Grocers |
| 10 | Lbs | Vanilla Ice Cream | Wholesale Grocers |
| 10 | Lbs | Sweet Sausage | Wholesale Grocers |

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | Bunches | Celery | Wholesale Grocers |
| 10 | Lbs | Onions | Wholesale Grocers |
| 13.35 | Oz | Raisins | Wholesale Grocers |
| 3.58 | Oz | Mustard, Ground | Wholesale Grocers |
| 1.4 | Oz | Pumpkin Pie Spice | Wholesale Grocers |
| 2.68 | Lbs | Honey | Wholesale Grocers |
| 2.24 | Lbs | Butter | Wholesale Grocers |
| 1.10 | Oz | Yeast, Instant dried | Wholesale Grocers |
| 1.03 | Oz | Salt | Wholesale Grocers |
| 0.1 | Oz | Pepper | Wholesale Grocers |

|  |  |  |  |
| --- | --- | --- | --- |
| 3 | Gallons | Milk | Wholesale Grocers |
| 24 | Oz Can | Pineapple, Crushed | Wholesale Grocers |
| 6.66 | Oz | Water | Wholesale Grocers |
| 75 | Oz can | Pumpkin, Pureed | Wholesale Grocers |
| 2.5 | Oz | Ginger, Fresh | Wholesale Grocers |
| 0.45 | Oz | Cinnamon | Wholesale Grocers |
| 0.2 | Oz | Cloves, Powdered | Wholesale Grocers |
| 0.2 | Oz | Nutmeg | Wholesale Grocers |

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | 20 Packet | Dessert Plates | Wholesale Grocers |
| 3 | 20 Packet | Napkins | Wholesale Grocers |
| 3 | 40 Packet | Mixed Utensils (forks, knives) | Wholesale Grocers |
| 3 | Cans | Pam Spray | Wholesale Grocers |

|  |  |  |  |
| --- | --- | --- | --- |
| 4 | 20 Packet | Cups | Wholesale Grocers |
| 4 | 20 Packet | Dinner Plates | Wholesale Grocers |
| 7 | Large | Cantaloupe | Wholesale Grocers |
| 7 | Large | Honeydew | Wholesale Grocers |
| 1 | Container | Lime Juice | Wholesale Grocers |

|  |  |  |  |
| --- | --- | --- | --- |
| 0.50 | Oz | Fresh Mint | Wholesale Grocers |
| 2.5 | Lbs | Fresh Blueberries and Raspberries | Wholesale Grocers |
| 2 | 48.7 Container | Nesquik Chocolate Powder | Wholesale Grocers |
|  |  |  |  |

1. Estimate of Personnel Needed (Cooks & Servers)

2 Cooks and 5 Servers

1. List of quantities of nonfood items needed (tableware, flatware, napkins)

80 cups

60 dinner plates

80 napkins

80 dessert plates

60 forks

60 knives

1. Any additional information that might be helpful

It depends on when the meal is, but if it is in the morning, then cooks would need to prepare some of the food the day before so it would be all ready to go into the oven. If the meal is in the evening, then the cooks would need to get to the kitchen that morning to start preparing the food.