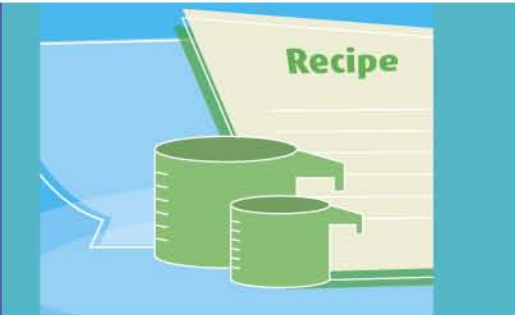


RECIPE TEMPLATE

RECIPE/MENU ITEM

Roasted Pumpkin Soup

Adapted from Newcastle Kitchen and Cutlery school canteen workshop 10/8/07



Total cost of ingredients	\$	_____
Number of serves		10
Cost per serve	\$	_____
Selling price per serve	\$	_____
Profit per serve	\$	_____
% mark up		_____
Date last reviewed		_____

RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Pumpkin, peeled and chopped	1 kg			1. Roast pumpkin in hot oven until golden.
Onion, peeled and chopped	1			2. Fry onions in large saucepan in a little chicken stock, add garlic and margarine.
Garlic, peeled and finely sliced	2 cloves			3. Stir gently. Add pumpkin and cover with chicken stock
Margarine, monounsaturated	1tsp			4. Simmer.
Chicken stock, low salt (i.e. Maisel brand)	500ml			5. Add evaporated skim milk and blend until smooth
Evaporated skim milk	600ml			6. Serve in soup cup or noodle box with sprinkle of chives and bread roll
Chives, chopped as garnish	1 bunch			
Noodle box or soup cup	10			

NOTES may be refrigerated for 3 days

This food is a **green** according to fresh Tastes @ School healthy canteen strategy