1. Fresh Vegetables and Salad
   1.1 Flat Lettuce
   1.2 Roquette
   1.3 Mix Leaf
   1.4 Tomatoes
   1.5 Red Onion
   1.6 White Onion
   1.7 Parsley
   1.8 Avocado
   1.9 Flame Grilled Peppers
   1.10 Courgettes
   1.11 Salad Peppers / Tomatoes

2. Burgers and Chicken
   2.1 Spice Mix
   2.2 Beef / Junior Beef / Lamb / Jimmy’s
   2.3 Chicken
   2.4 Chicken Skewers

3. Cheesy Veg and Tuna
   3.1 Cheesy Veg
   3.2 Tuna Fishcake

4. Sauces
   4.1 Coleslaw
   4.2 Blue Cheese
   4.3 Cajun Mayonnaise
   4.4 Garlic Mayonnaise
   4.5 Hot Chilli
   4.6 Mexican Salsa
   4.7 Lime and Dill Mayonnaise

5. Cheeses
   5.1 Brie
   5.2 Mozzarella
   5.3 Goats Cheese
01. Fresh Vegetables & Salad

(Green Chopping Board and Knife, labelled for 3 days, including the day of prep)

1.1 Flat lettuce... 5 minutes to prep 6 heads (1/2 Box).
Method:
1. Fill the food prep sink with cold water.
2. Remove each head from the wrapping. Visually check it for both spoiled lettuce and pests.
3. Remove the base of the lettuce by taking the lettuce in hand; turning it upside down, break through the base leafs by curling your thumb under the base and ripping out the core. DO NOT CUT.
4. Separate all the leaves gently into the sink.
5. Core and smaller leafs should be used in mixed leaf salad.
6. Thoroughly wash in the sink. Take care not to tear or break up the leafs when washing.
7. Drain the water from the lettuce using a colander.
8. Store the lettuce in the salad fridge in a steel 1/1 Gastro. Store 6 heads per 1/1 gastro only.

1.2 Roquette... 05 minutes to prep 500g.
Method:
1. Fill the food prep sink with cold water.
2. Take the rocquette from the bag and remove any stalks and elastic bands.
3. Thoroughly wash in the sink.
4. Drain the water from the rocquette using a colander.
5. Store the rocquette in the salad fridge in a plastic 1/3 Gastro.

1.3 Mix Leaf... 10 minutes to prep 6 heads, 500g roquette and small flat lettuce
Method:
1. 2 heads each of Lollo Biondi, Lollo Ross, Radicchio and small leafs from the flat lettuce.
2. Fill the food prep sink with cold water.
3. When preparing the three mixed leaf lettuce it is important to cut them correctly. The Lollo Rosso and Lollo Blondi are simple as you only remove the core at the base. The Radicchio is slightly different in that you must still use your knife to cut out the core. Once done, the lettuce should be cut and small leafs from flat lettuce added and 500g of roquette.
4. Drain the water using a colander.
5. Store the lettuce in the salad fridge in a steel 1/1 Gastro.
6. During quiet periods do half the mix.

1.4 Tomatoes... 25 minutes to prep 2 x 1/3 Gastro (1 Box).
Method – by hand:
1. Take 1 box of tomatoes (5kg).
2. Slice the ‘Top’ off the tomato. It is important to take as little of the tomato off as possible at this point as it will be waste.
3. Slice the tomato; you should get 6-7 slices from 1 tomato (6mm thickness).
4. Retain the ‘tail’ of the tomato if Mexican Salsa or Hot Chilli is to be prepped.
5. Store the prepped tomatoes in the salad fridge in a plastic 1/3 Gastro.

1.4 Tomatoes... 15 minutes to prep 2 x 1/3 Gastro (1 Box).
Method – by Tamer:
1. Take 1 box of tomato (5kg).
2. Put 2 tomatoes into the tamer and close.
3. You should get 6-7 slices from 1 tomato.
4. Retain the ‘tail’ of the tomato if Mexican Salsa or Hot Chilli is to be prepped.
5. Store the prepped tomatoes in the salad fridge in a plastic 1/3 Gastro.

1.5 Red Onion...25 minutes to prep 1 x 1/3 Gastro (2.5kg).
Method - by hand:
1. Remove the top and bottom of all the onions.
2. Peel all the outer skin off the onions.
3. Slice by hand into 3mm slices.
4. Store the prepped red onions in the salad fridge in a plastic 1/3 Gastro.
1.5 Red Onion… 15 minutes to prep 1 x 1/3 Gastro (2.5kg)
Method – by machine:
1. Take the red onion from the bag and lay it on its side.
2. Remove the top and bottom of all the onions.
3. Peel all the outer skin off the onions.
4. Set up the Dito Sama using the 3mm Slicing disc.
5. Place the onions flat side down into the machine and push down the lid to cut the onion into rings.
Repeat with the remainder of the onions.
6. Store the prepped red onions in the salad fridge in a plastic 1/3 Gastro.

1.6 White Onion… 15 minutes to prep 1/2 Gastro or 5L bucket (5kg)
Method – by Robot Coupe
1. Take the white onion from the bag and lay it on its side.
2. Remove the top and bottom of all the onions.
3. Peel all the outer skin off the onions.
4. Cut the onions into quarters.
5. Set up the Robot Coupe using the Julienne blade.
6. Place the onions into the chute of the Robot Coupe and start the machine. Push the onions onto the blade using the ram press to julienne the onions. Repeat until all the onions are prepped.
7. Store the prepped white onions in the salad fridge in a steel 1/2 Gastro or 5L bucket.

Method – by Dito Sama:
1. Take the white onion from the bag and lay it on its side.
3. Remove the top and bottom of all the onions.
4. Peel all the outer skin off the onions.
5. Set up the Dito Sama using the 4mm Julienne disc.
6. Place the onions flat side down into the machine and push down the lid to julienne the onions. Repeat until all the onions are prepped.
7. Store the prepped white onions in the salad fridge in a steel 1/2 Gastro or 5L bucket.

1.7 Parsley… 10 minutes to prep 6 bunches.
Method – by Robot Coupe:
1. Set up the Robot Coupe using the S Blade.
2. Fill the food prep sink with cold water.
3. Thoroughly wash in the sink.
4. Drain the water using a colander.
5. Twist off the ‘woody’ stalks of the parsley.
6. Blitz in the Robot Coupe. Use a ‘pulsing’ action with the on/off button to avoid over blitzing the parsley, it should be finely chopped but remain course in texture.
7. Store the prepped parsley in the un-prepped salad fridge in a 5L bucket.

Method – by Dito Sama:
1. Set up the Dito Sama using the S Blade.
2. Fill the food prep sink with cold water.
3. Thoroughly wash in the sink.
4. Drain the water using a colander.
5. Twist off the ‘woody’ stalks of the parsley.
6. Blitz in the Dito Sama. Using the arm to make sure the consistency is the same.
7. Store the prepped parsley in the un-prepped salad fridge in a 5L bucket.

1.8 Avocado… 20 minutes to prep 7 fruit (1/2 Box)
Method
1. Take an avocado and slice through the top of the fruit. Hold the knife steady and carefully slice from the top through a full 360 degrees so that you have two halves. Do this with the entire box.
2. Take the stone out of the halves that contain them.
3. Use a tablespoon to scoop out all the flesh from each avocado.
4. Roll 3 limes using the palm of your hand to release the juices from the pulp inside, cut and squeeze into the avocado.
5. Now crush the avocado flesh with your hands, mixing it around and leaving it free of large lumps.
1.9 Flame Grilled Peppers… 10 minutes to prep 1/3 Gastro/ 1kg
Method:
1. Prepare the peppers employing the same technique as with the tomato i.e. removing the ‘tops and tails’.
2. Stand the pepper on its base and with your knife cut down. Place the pepper on its side and work around removing contact between the peppers flesh and the white core in the centre. Ideally you should have removed the core which should still be holding all the seeds.
3. Cut the pepper you are left with into equal pieces.
4. Use tops and tails for salad peppers.
5. Store the prepped peppers in the salad fridge in a plastic 1/3 Gastro.

1.10 Courgettes… 10 minutes to prep 1/3 Gastro 1.5kg
Method:
1. Remove the top and tail of all the courgettes.
2. Lay the courgettes length ways and slice into 3 long strips. These should be of an even thickness to ensure a standard cooking time on the grill.
3. Repeat this process until all the vegetables you need have been prepped.
4. Store the prepped courgettes in the salad fridge in a plastic 1/3 Gastro.

1.11 Salad tomatoes and peppers… 10 minutes to prep 1 of each 1/6 Gastro.
Method:
Peppers:
1. After prepping flame grilled peppers you will be left with ‘the top and tails’.
2. Simply slice the ‘tops and tails’ into 2mm thick slices.
3. Store the prepped salad peppers in the salad fridge in a plastic 1/6 Gastro.

Tomatoes:
1. Remove the base from the tomato so it sits on the flat side.
2. Depending on the size of the tomato, cut into 8 pieces.
3. Store the prepped salad tomatoes in the salad fridge in a plastic 1/3 Gastro.
02. Burgers & Chicken

(Red Chopping Board and Knife, labelled for 3 days)

2.1 Spice Mix...05 minutes to prep 1 container.
Method:
1. Weigh out all the ingredients accurately on scales;
   - 2kg of Mustard powder (1 tin)
   - 1.2kg of cracked black pepper (2 tubs)
   - 1.5kg of table salt.
2. Place all the ingredients in the spice mix container and mix thoroughly to ensure even distribution of the contents.

2.2 Patty Mix...20 minutes to prep 1 mix.
The mix used for Beef/Junior Beef/Lamb is identical, and is as follows:
   - 8kg Coarsely Minced Beef / Lamb / 10kg Jimmy’s
   - 450g Julienned Onion
   - 100g Garlic Puree
   - 100g Fresh Parsley
   - 200g Spices Mix
   - 240ml Worcester sauce

Beef / Junior Beef / Lamb / Jimmy’s Patties...25 minutes to prep 1 mix (rolled and pressed).
Method:
1. Weigh and combine onion, garlic, parsley and spice mix.
2. Pour the mix into the mixer with 8kg (2 bags) of Beef / Lamb (or 10kg of Jimmy’s Beef) and 240ml of Worcester sauce.
3. Mix for 2 minutes.
4. Using scales, weigh the meat into 200g balls (120g for junior/smaller beef). After weighing out 2 mixes of beef, begin to press.
5. On a clean work surface, place meat on silicone disks, cover them with other disks. Firmly press the meat with a burger press.
6. Repeat until all the meat is prepped.
7. Store the prepped burgers in the prepped meat fridge, stacking the burgers 4 high, 32 per tray (6 high, 48 per tray for juniors) in a steel 1/1 Gastro.

2.3 Chicken...25 minutes to prep 1 Gastro (2x 5kg Bags)
Method:
1. Start by removing the chicken mini fillets from two bags of chicken.
2. Store the prepped chicken mini fillets in the chicken fridge in a plastic 1/3 Gastro labelled as ‘junior chicken’.
3. Take one chicken breast at a time and remove any fat and bone fragments.
4. The first cut is into the gulley that runs down the side of the breast starting from the knuckle. This first area will help define the thickness of the finished chicken.
5. Once the gulley has been opened you can make a smooth, clean cut through the main breast. Start with your knife placed flat against the area you have already cut. With your other hand placed on the other side of the breast carefully run your knife through. Stop before you get to the other side.
6. Open up the breast and if needed make a second small incision at the end of the breast if that area is still too thick.
7. Your breast should now resemble a butterfly shape. Repeat until two bags are prepped.
8. Store the prepped chicken in the chicken fridge in a steel 1/1 Gastro.

2.4 Chicken Skewers...02 minutes to prep 5 portions.
Method:
1. One portion consists of 3 chicken mini fillets.
2. For every portion add ½ tablespoon of oil and a half tablespoon of glaze.
3. Store the prepped chicken in the Chicken fridge in a plastic 1/6 Gastro.
03. Cheesy Veg & Tuna Fishcakes

(Labelled for 1 month)

3.1 Cheesy Veg Patty... 45 minutes to prep 1 mix.
Method:
1. Set up the Robot Coupe using the S-blade. Blitz 2800g of plain buns into bread crumbs and pour them into the mixer.
2. Grate 2500g of cheddar and add to the breadcrumb.
3. Weigh and combine 700g of prepped white onion and 100g of prepped parsley with the mix.
4. Add 85g of spice mix, 100ml of milk and 3tbsp of mixed herbs.
5. Mix for 2 minutes.
6. Using scales weigh into 100g balls, begin to press.
7. On a clean work surface, place balls on silicone disks, cover them with other disks. Firmly press with the cheese press.
8. Store the prepped cheese patties in the prepped frozen freezer on a covered plastic tray.

3.2 Tuna Fishcake... 30 minutes to prep 1 mix.
Method:
1. Blanch a basket of chips and allow them to cool down.
2. Set up the Robot Coupe using the S-blade, blitz 1000g of plain buns into bread crumbs and pour them into the mixer.
3. Weigh out and blitz 200g of red chillies and 30g of coriander with stalks removed (keep the stalks for mint yoghurt).
4. Once you have allowed them to cool, blitz 1300g of warm chips and add to the bowl.
5. Drain 3 tins of tuna and add to the mix.
6. Add 1tbsp of salt, 1tbsp of cracked black pepper and 1tbsp of mixed herbs.
7. Mix for 2 minutes.
8. Using scales weigh into 200g balls.
9. On a clean work surface, place balls on silicone disks, cover them with other disks. Firmly press using the standard press (allocated to tuna fish cake burger).
10. Store the prepped tuna patties in the prepped frozen freezer on a covered plastic tray.
4. Sauces

(Green Chopping Board and Knife, labelled for 5 days / Blue Cheese, White Chopping Board, Black Knife)

4.1 Coleslaw… 30 minutes to prep 1 mix (20kg)
Method - by hand:
Ingredients:
• 6kg White Cabbage
• 4kg Carrots
• 3kg White Onions
• 3kg Red Peppers
• 4kg Mayonnaise
• Season with 4 tbsp Salt & 8 tbsp Cracked Black Pepper
1. Peel the carrots and grate by hand.
2. Quarter the cabbage then remove any damaged or wilted leaves. Remove the root.
3. Cut the onions in half, remove the top and tail, then peel.
4. Place the cabbage flat side down on the chopping board and slice by hand into 3-4mm strips.
5. Top and tail Red Peppers. Use the same technique as for flame grilled peppers and then slice finely by hand.
6. Place all the prepped items into a large mixing bowl and thoroughly mix in the mayonnaise and seasoning.
7. Store the prepped coleslaw in 10L buckets or in steel 1/1 Gastro.

4.1 Coleslaw… 30 minutes to prep 1 mix (20kg)
Method - Dito Sama:
Ingredients:
• 6kg White Cabbage
• 4kg Carrots
• 3kg White Onions
• 3kg Red Peppers
• 4kg Mayonnaise
• 4 tbsp Salt
• 8 tbsp Cracked Black Pepper
1. Set up the Dito Sama using the julienne blade.
2. Peel the Carrots, top and tail them and then cut into half or into 3 depending on size. Grate using the Dito Sama by loading the carrots into the machine and pushing down the lid.
3. Set up the Dito Sama using the 3mm slicing blade.
4. Quarter the cabbage then remove any damaged or wilted leaves. Remove the root. Then cut each quarter from top to bottom into 3 strips.
5. Place the cabbage flat side down into the machine and push down the lid to cut the cabbage.
6. Cut the onions in half, remove the top and tail, then peel.
7. Place the onion root side down in the machine and pull down the lid to cut the onion.
8. Top and tail Red Peppers. Use the same technique as for flame grilled peppers and then slice finely.
9. Place all the prepped items into a large mixing bowl and thoroughly mix in the mayonnaise and seasoning.
10. Store the prepped coleslaw in 10L buckets or in steel 1/1 Gastro.

4.2 Blue Cheese sauce… 20 minutes to prep 1 mix (5kg)
Method:
1. Remove the rind from 3kg of blue cheese (1.5 quarters). It is advisable to wear gloves whilst doing the blue cheese due to its strong smell.
2. Break the cheese into small pieces and place into a large mixing bowl.
3. Weigh 2kg of Mayonnaise and mix into the cheese.
4. Store the prepped blue cheese in a 10L bucket in the sauce fridge.

4.3 Cajun Mayonnaise… 05 minutes to prep 1 mix (1kg)
Method:
1. Weigh 1kg of mayonnaise and 20g of Cajun spice and mix thoroughly.
2. Store in a plastic 1/6 Gastro in the sauce fridge.
**4.4 Garlic Mayonnaise... 5 minutes to prep 1 mix (10kg)**

**Method:**
1. Weigh 100g of prepped parsley and 200g of garlic puree.
2. Thoroughly mix the garlic and parsley with 10kg of mayonnaise.
3. Store the prepped garlic mayonnaise in a 10L bucket in the sauce fridge.

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**4.5 Hot Chilli... 20 minutes to prep 1 mix (5kg)**

**Method – Robot Coupe:**
1. Set up the Robot Coupe using the Julienne disc.
2. Remove the tops from 1kg of red chillies and 1kg green chillies and prep in the Robot Coupe. Prep by loading the chillies into the chute and pushing onto the grater blade using the ram press.
3. Set up the Robot Coupe using the S-Blade.
4. Top, tail and peel 350g of red onion and 350g of white onion.
5. Blitz the onion with 1.5kg of tomato tops, 250g of BBQ relish, 150g of sweet chilli sauce, 1tbsp of salt and 2tbsp of cracked black pepper.
6. Mix together the blitzed sauce with the chillies.
7. Store the prepped hot chilli in a 5L bucket in the sauce fridge.

**Method – Dito Sama:**
1. Set up the Dito Sama using the 4mm Julienne disc.
2. Remove the tops from 1kg of red chillies and 1kg green chillies and prep in the Dito Sama.
3. Set up the Dito Sama using the S-Blade.
4. Top, tail and peel 350g of red onion and 350g of white onion.
5. Blitz the onion with 1.5kg of tomato tops, 250g of BBQ relish, 150g of sweet chilli sauce, 1tbsp of salt and 2tbsp of cracked black pepper.
6. Mix together the blitzed sauce with the chillies.
7. Store the prepped hot chilli in a 5L bucket in the sauce fridge.

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**4.6 Mexican Salsa... 30 minutes to prep 1 mix (2.5kg)**

**Method: by hand**
1. Weigh out and finely dice and chop by hand:
   - 750g Tomatoes tails
   - 325g Red Onion
   - 325g White Onion
   - 500g Red Peppers tops and tails
   - 75g Red Chillies
   - 25g Coriander Leaves
2. Mix in a bowl with:
   - 50g Garlic Puree
   - 150g Sweet Chilli Sauce
   - 1tsp Salt
   - 1tbsp Cracked Black Pepper
3. Store the prepped Mexican Salsa in a 5L Bucket in the Sauce Fridge.

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**4.7 Lime and Dill Mayonnaise... 5 minutes to prep 1 mix (1kg)**

**Method: by hand**
1. Weigh 1kg of mayonnaise in a mixing bowl.
2. Weigh and finely chop 60g of dill.
3. Roll the 3 limes using the palm of your hand to release the juices from the pulp inside, cut them in half and squeeze into the mayonnaise.
4. Mix all the ingredients together.
5. Store the prepped Lime and dill mayonnaise in a plastic 1/6 Gastro in the sauce fridge.

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**4.8 Mint and Red Onion Yoghurt... 5 minutes to prep 1 mix (1kg)**

**Method: by hand**
1. Weight 1kg of natural yoghurt in a mixing bowl.
2. Finely dice 20g of prepped red onion and coriander stalks left over from tuna fishcakes.
3. Mix all the ingredients together with 10ml of mint sauce.
4. Store the prepped mint and red onion yoghurt in a plastic 1/6 Gastro in the Sauce fridge.
05. Cheeses...

(White Chopping Board and Black Knife, labelled for 5 days)

5.1 Brie... 10 minutes to prep 1 wheel.
Method: by hand
1. Take the brie out of its packet.
2. Slice the brie into quarters, and the each quarter into 12 slices.
3. Assemble the slices into portions, 3 slices each separated by silicone discs.
4. Store the prepped brie in a plastic 1/3 Gastro in the Dairy fridge.

5.2 Mozzarella... 10 minutes to prep 1 box.
Method: by hand
1. Open all the packets of mozzarella and pour the balls and water into a 1/3 gastro.
2. Take each ball 1 at a time and slice into even lengths aiming for 8 slices a ball.
3. Store the prepped mozzarella in a plastic 1/3 Gastro in the Dairy fridge.

5.3 Goats Cheese... 15 minutes to prep 1kg Roll.
Method: by hand
1. Remove the goat’s cheese from its packaging and slice the rind off whilst the cheese is still chilled.
2. Put the cheese to one side and leave for approximately 30 minutes to allow it to reach room temperature so that it is easier to knead.
3. Place the cheese on the board and begin to knead it and roll it out.
4. Split the cheese into 3 rolls 1 inch in diameter. Roll them in prepped parsley until covered.
5. At this stage you will require a jug of hot water. By placing your knife in the hot water, you will cut through the cheese with greater ease.
6. Slice into 1cm thick portions.
7. Assemble the slices into portions, 3 slices each separated by silicone discs.
8. Store the prepped goats cheese in a plastic 1/6 Gastro in the dairy fridge.