

J - Christmas Dinner - Root Vegetable Plait

Root Vegetable Plait, Potatoes, Vegetables, Stuffing, cranberry sauce & Gravy

Primary

Prep:

Cook:

Portions: 1

Portion weight: **329.00g**

Portion cost: **£0.93**

Pricing



Dish cost:	£0.93
Retail price inc VAT:	£0.91
Retail price exc VAT:	£0.91
Profit:	£-0.02
Calculated gross profit:	-2.20%

Ingredients





Item	Qty	Cost
J - Gravy	30.00 g (30.00g)	£0.02
• Water (WATER)	27.91 ml	
• Gravy For Meat & Vegetarian Gluten Free - Knorr (KNO-MEA)	2.09g	
J - Savoy Cabbage	30.00 g (30.00g)	£0.07
• Cabbage Savoy (CAB-AIR)	30.00g	
J - Baton Carrots	30.00 g (30.00g)	£0.07
• Carrot Baton (BAT-AJB)	30.00g	
J - Roast Potatoes	100.00 g (100.00g)	£0.20
• Potatoes Peeled (PEE-ZWF)	97.94g	
• Oil Rapeseed - KTC (RAP-EFI)	2.04 ml	
• Sea salt Cornish - Cornish Sea Salt Co (SEA-EIZ)	0.08 pinch (0.3g)	
Stuffing	10.00 g (10.00g)	£0.04
• Stuffing Sage And Onion - Chef William (SAG-SJN)	10.00g	
Vegetable Plait	119.00 g (119.00g)	£0.48
• Courgette (COU-ZBY)	7.01g	
• Potato Sweet (SWE-LHV)	7.01g	
• Butternut squash (BUT-YWB)	7.01g	
• Chutney Caramelised Red Onion - Hogs Bottom (CAR-KLA)	5.01g	
• Carrot (CAR-TGZ)	7.01g	
• Sea salt Cornish - Cornish Sea Salt Co (SEA-EIZ)	2.00g	
• Spice Pepper Black Ground - Triple Lion (GRO-FAV)	2.00g	
• Stuffing Sage And Onion - Chef William (SAG-SJN)	10.00g	
• Pastry Single Sheets (680g X 16)	40.00g	



Allergens

SO2 	(Potatoes Peeled) (Carrot Baton)
Wheat 	(Stuffing Sage And Onion - Chef William) (Pastry Single Sheets (680g X 16))

May contain

Barley 	(Pastry Single Sheets (680g X 16))
Eggs 	(Pastry Single Sheets (680g X 16))
Milk 	(Pastry Single Sheets (680g X 16))
Mustard 	(Pastry Single Sheets (680g X 16))
Oats 	(Pastry Single Sheets (680g X 16))
Soya 	(Pastry Single Sheets (680g X 16))

Nutrients	Portion	100g
Energy	422.49kcal	128.42kcal
Salt	4.29g	1.30g
Fat	14.44g	4.39g
Saturated fat	5.98g	1.82g
Carbohydrate	66.36g	20.17g
Sugar	12.84g	3.90g
Protein	9.51g	2.89g
Fibre	6.19g	1.88g

Adults need around 2000 kcal a day

- Boullion Powder Vegetable - Knorr (*VEG-POW*) 5.01g
- Water (*WATER*) 20.00 ml
- Lentils Red - Buchanans (*RED-MVC*) 7.01g

Cranberry Sauce	10.00 g (10.00g)	£0.05
• Cranberry Sauce - Riverdene (<i>CRA-FEW</i>)	10.00g	

£0.93

Method

J - Gravy

Gravy

Primary

Gluten Free

Dairy Free

Prep:

Cook:

Portions: **10**

Portion weight: **53.75g**

Portion cost: **£0.03**

Ingredients

Item	Qty	Cost
Gravy For Meat & Vegetarian Gluten Free - Knorr (KNO-MEA)	37.50g	£0.33
Water (WATER)	500.00 ml	£0.00

£0.33



Allergens

No allergens present

May contain

No allergens present

Nutrients	Portion	100g
Energy	0.98kcal	1.81kcal
Salt	0.03g	0.05g
Fat	0.02g	0.03g
Saturated fat	0.00g	0.01g
Carbohydrate	0.21g	0.40g
Sugar	0.02g	0.04g
Protein	0.02g	0.03g
Fibre	0.02g	0.03g

Adults need around 2000 kcal a day

Method

Follow manufacturers instructions.

30g or 50g

J - Savoy Cabbage

Savoy Cabbage

Primary

Prep: 00:00

Cook: 00:00



Portions: 10 Portion weight: 30.00g Portion cost: £0.07

Ingredients

Item	Qty	Cost
Cabbage Savoy (CAB-AIR)	300.00g	£0.66

£0.66



Allergens

No allergens present

May contain

No allergens present

Nutrients	Portion	100g
Energy	8.10kcal	27.00kcal
Salt	0.01g	0.02g
Fat	0.06g	0.20g
Saturated fat	0.01g	0.04g
Carbohydrate	1.23g	4.10g
Sugar	1.23g	4.10g
Protein	0.72g	2.40g
Fibre	1.23g	4.10g

Adults need around 2000 kcal a day

Method

Savoy Cabbage

- Cook in a pan of boiling water or steamer for 4-5mins until tender.

Primary Portion =60g

or

Secondary Portion =80g

(For a single portion use 60g or 80g per portion for a dual vegetable portion (eg on roast day) use 30g or 40g per portion of each veg).

J - Baton Carrots

Primary

Prep: 00:00

Cook: 00:00



Portions: 10 Portion weight: 30.00g Portion cost: £0.07


Ingredients

Item	Qty	Cost
Carrot Baton (BAT-AJB)	300.00g	£0.72

£0.72



Allergens

SO2  (Carrot Baton)

May contain

No allergens present

Nutrients	Portion	100g
Energy	10.20kcal	34.00kcal
Salt	0.02g	0.07g
Fat	0.12g	0.40g
Saturated fat	0.03g	0.10g
Carbohydrate	2.31g	7.70g
Sugar	2.16g	7.20g
Protein	0.15g	0.50g
Fibre	1.17g	3.90g

Adults need around 2000 kcal a day

Method

1. Steam the veg in the steamer or boil in pan for 4-5 minutes until just cooked.

If using raw as carrot sticks please wash before serving.

Carrots

For a single portion use 60g per portion for a dual vegetable portion (eg on roast day) use 30g per portion of each veg.

60g or 80g

J - Roast Potatoes

Roast Potatoes

Primary

Gluten Free

Dairy Free

Prep: 00:00

Cook: 00:00



Portions: 10 Portion weight: 122.53g Portion cost: £0.25


Ingredients

Item	Qty	Cost
Potatoes Peeled (PEE-ZWF)	1200.00g	£2.42
Oil Rapeseed - KTC (RAP-EFI)	25.00 ml	£0.06
Sea salt Cornish - Cornish Sea Salt Co (SEA-EIZ)	1.00 pinch (0.3g)	£0.00

£2.48



Allergens

SO2  (Potatoes Peeled)

May contain

No allergens present

Nutrients	Portion	100g
Energy	120.88kcal	98.65kcal
Salt	0.04g	0.03g
Fat	2.62g	2.14g
Saturated fat	0.20g	0.16g
Carbohydrate	23.52g	19.20g
Sugar	1.08g	0.88g
Protein	2.28g	1.86g
Fibre	2.40g	1.96g

Adults need around 2000 kcal a day

Method

Primary Portion 120g raw weight

Secondary Portion 140g raw weight.

Allow for 20-25% loss during cooking so 120g raw potato = 90-100g of cooked potato.

Potatoes

- Rinse the potatoes and then drain.
- Place the potatoes on a lined tray and oil and season, using your hands to mix the potatoes and seasoning/oil so that the potatoes are all coated.
- Place in oven for around 50-60 minutes until they are golden brown and cooked through, turning half way through to ensure even cooking.

Alternatively

- Cut the potatoes into desired size.
- Place on lined baking tray and coat in the oil and salt.
- Place in the combi on the steam and oven setting for around an hour, again turning once or twice to ensure even cooking.

Stuffing

Prep: 00:00

Cook: 00:00

Portions: 10 Portion weight: 10.00g Portion cost: £0.04

Ingredients

Item	Qty	Cost
Stuffing Sage And Onion - Chef William (SAG-S/N)	100.00g	£0.38

£0.38



Allergens

Wheat  (Stuffing Sage And Onion - Chef William)

May contain

No allergens present

Nutrients	Portion	100g
Energy	31.30kcal	313.00kcal
Salt	0.35g	3.55g
Fat	0.34g	3.41g
Saturated fat	0.04g	0.38g
Carbohydrate	7.23g	72.34g
Sugar	0.18g	1.77g
Protein	0.83g	8.26g
Fibre	0.34g	3.36g

Adults need around 2000 kcal a day

Method

Mix the stuffing with boiling water as per manufacture instructions

Cranberry Sauce

Prep: 00:00

Cook: 00:00

Portions: 10

Portion weight: 10.00g

Portion cost: £0.05



Ingredients

Item	Qty	Cost
Cranberry Sauce - Riverdene (CRA-FEW)	100.00g	£0.53
		£0.53



Allergens

No allergens present

May contain

No allergens present

Nutrients	Portion	100g
Energy	14.40kcal	144.00kcal
Salt	0.01g	0.12g
Fat	0.02g	0.20g
Saturated fat	0.00g	0.00g
Carbohydrate	3.40g	34.00g
Sugar	2.90g	29.00g
Protein	0.01g	0.10g
Fibre	0.16g	1.60g

Adults need around 2000 kcal a day

Method

Vegetable Plait

Prep: 00:00 Cook: 00:00

Portions: 1 Portion weight: 119.00g Portion cost: £0.48




Ingredients

Item	Qty	Cost
Courgette (COU-ZBY)	7.01g	£0.03
Potato Sweet (SWE-LHV)	7.01g	£0.01
Butternut squash (BUT-YWB)	7.01g	£0.01
Chutney Caramelised Red Onion - Hogs Bottom (CAR-KLA)	5.01g	£0.04
Carrot (CAR-TGZ)	7.01g	£0.01
Sea salt Cornish - Cornish Sea Salt Co (SEA-EIZ)	2.00g	£0.02
Spice Pepper Black Ground - Triple Lion (GRO-FAV)	2.00g	£0.02
Stuffing Sage And Onion - Chef William (SAG-SJN)	10.00g	£0.04
Pastry Single Sheets (680g X 16) (PUF-LSP)	40.00g	£0.16
Boullion Powder Vegetable - Knorr (VEG-POW)	5.01g	£0.12
Water (WATER)	20.00 ml	£0.00
Lentils Red - Buchanans (RED-MVC)	7.01g	£0.02
		£0.48



Allergens

Wheat  (Stuffing Sage And Onion - Chef William) (Pastry Single Sheets (680g X 16))


May contain

Barley  (Pastry Single Sheets (680g X 16))

Eggs  (Pastry Single Sheets (680g X 16))

Milk  (Pastry Single Sheets (680g X 16))

Mustard  (Pastry Single Sheets (680g X 16))

Oats  (Pastry Single Sheets (680g X 16))

Soya  (Pastry Single Sheets (680g X 16))

Nutrients	Portion	100g
Energy	259.29kcal	217.89kcal
Salt	3.85g	3.24g
Fat	11.75g	9.87g
Saturated fat	5.73g	4.82g
Carbohydrate	32.87g	27.62g
Sugar	5.48g	4.61g
Protein	5.93g	4.99g
Fibre	1.32g	1.11g

Adults need around 2000 kcal a day

Method

- 1 Put the lentils into a pan of boiling water and boil for about half an hour or until just cooked. Drain and rinse with cold water.
- 2 Peel the sweet potato and butternut squash and cut into small chunks. Finely dice the onion. Place on a baking tray and roast in the oven for about 10minutes until just cooked. Grate the carrot and Courgette
- 3 Mix the vegetable bouillon with the water. In a mixer put the lentils, Stuffing mix, Stock, grated carrot, Courgette and the roasted vegetables.
- 4 Slowly mix using the dough hook until you have a dough like consistency. You may need to add a little more water.
- 5 Cut the large pastry sheet in half and place your mix down the middle of the pastry. With a sharp knife cut 1cm slits running away from your vegetable mix on each side of the mix. Fold each slit across the mix to form a plait.
- 6 Brush with water and place on a lined baking tray. Put in the oven at 180oc for 20 - 30 minutes
- 7 leave to cool slightly before slicing.