

# LACA SCHOOL CHEF OF THE YEAR 2021

## STANDARD INGREDIENT COSTING SHEET

Please refer to this sheet when compiling your recipe and costings.

If you are using any ingredient that appears on this list, the cost below must be used to calculate your recipe total

PASTA/RICE		FRESH FRUIT		SALAD & VEGETABLE ITEMS	
Basmati Rice	0.20p per 100g	Apples – cooking	0.09p per 100g	Aubergine	0.25p per 100g
Brown/Long Grain Rice	0.15 per 100g	Apples – eating	0.20p per 100g	Beef tomato	0.14p per 100g
Orzo	0.15p per 100g	Banana (flesh only)	0.19p per 100g	Tomatoes	0.16p per 100g
Quinoa	0.36p per 100g	Blueberries	£1.72 per 100g	Beetroot	0.15g per 100g
Cous Cous	0.16p per 100g	Grapes – red or green	0.40p per 100g	Broccoli	0.22p per 100g
Lasagne sheets	0.20p per 100g	Honeydew melon	0.11 per 100g	Carrots	0.07p per 100g
Lentils Red/Green	0.20p per 100g	Kiwi fruit	0.30p per 100g	Cherry tomato	0.38p per 100g
Noodles	0.28p per 100g	Mango – fresh	50p per 100g	Courgettes	0.23p per 100g
Pasta Dried-Variou	0.15 p per 100g	Pears	0.20p per 100g	Cucumber	0.20p per 100g
Pudding Rice	0.11p per 100g	Pineapple	0.12p per 100g	Iceberg lettuce	0.16p per 100g
BAKING SUNDRIES		Strawberries	0.45p per 100g	Kale	0.26g per 100g
Flour (plain/self raising)	0.06p per 100g	Watermelon	0.11p per 100g	Leeks	0.17p per 100g
Strong flour	0.08p per 100g	Whole Lemon*	24p each	Butternut Squash	0.14p per 100g
Gluten free flour	0.60p per 100g	Whole Lime*	35p each	Parsnips	0.20p per 100g
Polenta flour	0.17p per 100g	Whole Orange*	20p each	Sugar Snaps	0.66p per 100g
Bread roll/bap mix	0.37p per 100g	(* give quantity as 100g on costing sheet to generate the correct price for whole fruit)		Lettuce	0.26p per 100g
Baking Powder	0.35p per 100g	HERBS & SPICES		Mushrooms	0.26p per 100g
Bicarbonate of Soda	0.24p per 100g	Balsamic Vinegar	0.48p per 100ml	Onions	0.09p per 100g
Bouillon – all flavours	0.05p per 100g	Chilli Cayenne	0.08p per 10g	Peppers	0.20p per 100g
Cornflour	0.10p per 100g	Cinnamon	0.08p per 10g	Potatoes	0.11p per 100g
Custard Powder	0.28p per 100g	Cooking Salt	0.02p per 10g	Spinach	0.40p per 100g
Dates	0.20p per 100g	Fresh Basil/coriander	0.30p per 10g	Sweet Potato	0.10p per 100g
Desiccated Coconut	0.38p per 100g	Fresh Garlic	0.12p per 10g	QUORN	
Dried Apricots	0.40p per 100g	Fresh Parsley	0.15p per 100g	Quorn Fillet	1.31p per 100g
Dried Fruit (other)	0.30p per 100g	Grnd Black Pepper	0.11p per 10g	Quorn Mince	1.17p per 100g
Dried Yeast	0.52p per 100g	Grnd White Pepper	0.11p per 10g	Quorn Pieces	1.41p per 100g
Food Colourings	0.03p per 10ml	Ground Ginger	0.09p per 10g	Quorn Best of British Vegan	1.72p per 100g
Glacé Cherries	0.44p per 100g	Ground Mixed Spice	0.09p per 10g	Sausage	
Lemon Juice	0.02p per 10ml	Ground Paprika	0.07p per 10g	Quorn Vegan Chicken Free Slices	1.50p per 100g
Rolled Oats	0.10p per 100g	Madras Curry Powder	0.24p per 10g	Quorn Vegan Smoky Ham Slices	1.50p per 100g
Vegetable Suet	0.46p per 100g	Mint Sauce	0.30p per 100ml	PAPER AND SUNDRY ITEMS	
Vegetarian Jelly Crystals	0.39p per 100g	Mixed Herbs	0.12p per 10g	Cake cases	0.15p each
Stuffing Mix	0.14p per 100g	Mustard Powder	0.22p per 10g	Muffin tulips	0.27p each
Suet Mix	0.13p per 100g	Nutmeg	0.20p per 10g	Greaseproof paper	0.02p per sheet
SUGAR		Sweet Pickle	0.36p per 100g		
Black Treacle	0.18p per 100g	Vinegar	0.04p per 100ml		
Golden Syrup	0.15p per 100g	Soy sauce	0.02p per 10ml		
Sugar all types	0.15p per 100g	Worcestershire Sauce	0.06p per 10ml		
PRESERVES		Cajun seasoning	0.08p per 10g		
Clear Honey	0.44p per 100g	Tandoori seasoning	0.08p per 10g		
Fruit Jam/Mincemeat	0.20p per 100g	Jerk seasoning	0.12p per 10g		
Lemon Curd	0.20p per 100g	Piri Piri seasoning	0.12p per 10g		
Marmalade	0.15p per 100g	CANNED PRODUCE			
BEVERAGES		Condensed milk	0.23p per 100ml		
Cocoa Powder	0.68p per 100g	Evaporated milk	0.37p per 100ml		
Coffee	£2.90 per 100g	Coconut milk	0.17p per 100ml		
MARGARINE/COOKING OILS & FATS		Baked beans	0.10p per 100g		
Butter	0.52p per 100g	Other tinned beans/pulses	0.09p per 100g		
Margarine/white fat	0.16p per 100g	Tinned tomatoes – chopped	0.07p per 100g		
Rapeseed Oil	0.25p per 100ml	Tinned tomatoes – whole	0.10p per 100g		
Vegetable Oil	0.12p per 100ml	Tomato puree	0.12p per 100g		
DAIRY		Tomato coulis	0.20p per 100g		
Cheddar cheese	0.59p per 100g	Tinned fruit – average (water or juice, no syrup)	0.17p per 100g		
Mozzarella	0.42p per 100g	Mango – pulp	18p per 100g		
Cream Cheese	0.40p per 100g	BAKERY			
Crème Fraiche- Low Fat	0.33p per 100ml	Brown/white sliced bread	0.13p per 100g		
Eggs*	0.22p each	Wrap/chapati - 10"	0.08p per 100g		
* give quantity as 100g on costing sheet to generate the correct price for eggs		Wrap/chapati - 12"	0.13p per 100g		
Halloumi	0.97p per 100g	Pitta bread	0.19p per 100g		
Mayonnaise	0.1p per 100g	Fresh herbs	0.23p per 100g		
Natural Yoghurt	0.50p per 500ml				
Parmesan Cheese	1.70p per 100g				
Semi Skimmed milk	0.07p per 100ml				
Sour Cream	0.35p per 100g				