

A Taste of the South



Theme Meal

Presented by:




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Intern Summary



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In-service for production staff

Rationale and History

Throughout previous rotations, we brainstormed ideas for this themed meal. Winter themes and holiday themes first came to mind with our themed meal set for mid-January. However, upon further thought, we decided on a southern theme. Throughout our introduction to Riderwood, members of the dining services team reminded us that Riderwood is the residents' home and that everyone must take steps to build upon this "home" ambience.

Laryessa was born and raised in Kentucky, and Jinee spent most of her childhood in Georgia. A southern theme rang true to our hometown hearts. The main goal of our theme was to offer the residents some down-home comfort and friendly southern hospitality. Other theme objectives included creating an old-time feel through our decorations to bring back joyful and warm memories from the residents' pasts, and to further recognize that Riderwood is the residents' homes through our southern-style cooking made "just like Grandma's."

Southern foods generally do not bring to mind "healthy" as we future dietitians would always like to lean toward when creating a menu. However, these retired residents do not require as much focus on "healthy" menu items related to their decreased appetite with age as evidenced by the small portions residents request in the serving lines. In addition, this themed meal is a special event, and these menu items will not be consumed daily.

Our inspiration for the decorations developed from our own experiences in the South and through discussions with friends and family from the South. Magnolias, the state flower for Louisiana and Mississippi, were an elegant must-have, along with doilies on the tables, and Kentucky and Tennessee bourbons (Maker's Mark, Woodford Reserve, and Jack Daniel's). Through table centerpiece bulletins displaying photographs and facts related to each southern state, we reminded residents of famous landmarks such as The Fountain of Youth (St. Augustine, Florida), landmark events in history such as the St. Louis World's Fair (Missouri), the Grand Ole Opry (Tennessee) and country music, and popular southern-themed novels and movies such as *To Kill A Mockingbird* (Alabama) and *Gone with the Wind*. To remind residents of years past, license plate replicas hung across the room, representing all 14 southern states dated throughout the last century. Our white "Sunday" hats and the charming southern lady's jewelry box with a lacy handkerchief, an antique broach, and a delicate pearl necklace portrayed southern elegance.

To offer the residents some down-home cooking "just like Grandma," we turned to our own memories of southern country cooking and included old recipes from our families. Our *Kentucky Burgoo Burgers* and our *Bubble and Squeak* dishes reminded residents of Mama or Grandma taking leftovers and random ingredients from the pantry or refrigerator and just throwing something together. During the years following the Civil War and wars in the early 1900's, the southern region remained poorer than other regions due to a slower transition toward industrialization and a departure from slavery. Meals such as *Bubble and Squeak* limited waste and provided a different meal than served earlier in the week. Many southern

states maintain peaches as a major agricultural product, so we included home-style *Georgia Peach Cobbler*, which hit the spot for many of the residents. The 3rd leg of the Triple Crown, the Kentucky Derby, provided two items for our themed meal: *Mint Julep* (without the Julep) and *Derby Pie*. Laryessa also brought in her own silver mint julep cup to display. *Mint julep*, a mint-flavored lemonade usually containing Kentucky bourbon, and *Derby Pie*, a chocolate and walnut dessert, served as reminders of “going to the races.” With the United States’ only commercial tea farm in Summerville, South Carolina and the invention of iced tea by Richard Blechyden at the 1904 St. Louis World’s Fair, southern *sweet tea* (about half sweet and half tea) was also served alongside the mint julep.

Finally, we greeted residents with a sweet smile and with an offer for a cool beverage on their way into their dining room.

Choosing the Recipes

Throughout our introduction to Riderwood, members of the dining services team reminded us that Riderwood is the residents' home and that everyone must take steps to build upon this "home" ambience. We wanted to offer the residents some down-home cooking "just like Grandma," so we turned to our own memories of southern country cooking and included old recipes from our families.

Soup

Georgia Vidalia Onion Soup

A creamy blend of sweet onions

Entrees

Chef Jason's Country Fried Chicken

Traditional Fried Chicken with Chef Jason's secret spicy blend

Kentucky Burgoo Burgers

"Everything but the kitchen sink" over Southern homemade biscuits

Creole Style Crawfish

A low boil with potatoes, sausage, and corn

"Bubble and Squeak"

A vegetarian twist with celery, carrots, Brussels sprouts, and potatoes

Starches

Mama's Garlic Mashed Potatoes

Mama's twist on traditional mashed potatoes

Five Cheese Macaroni and Cheese

A delightful blend of cheeses to make you wonder what you were eating before!

Vegetables

Granny's Country Greens

Slow-cooked Greens just the way Granny fixed long ago!

Down Home Broccoli Casserole

A tangy classic of broccoli and cheese baked to perfection

Desserts

Red Velvet Cake

A rich, sweet chocolate cake with butter roux icing

Georgia Peach Cobbler

No sugar added Fresh Peach cobbler with a delectable sugar-free topping

Kentucky Derby Pie

A chocolate and walnut tart that will satisfy your sweet tooth

Recipes

Main Dishes

Chef Jason's Country Fried Chicken

Yield: 125 portion Portion Size: 4 oz.		
Ingredient	Amount	Procedure
Chicken Breast Buttermilk Pepper	125 pieces 10 gallons 1 cup	Soak chicken in buttermilk and pepper mixture for 24 hours.
Corn Meal Flour Cayenne Pepper Salt	2 lbs. 2 lbs. ¼ cup ½ cup	Mix equal parts of corn meal and flour together. Add Cayenne pepper and salt to mixture and mix well. Drain chicken from buttermilk and bread chicken with mixture. Place in deep fryer to cook.

Recipe courtesy of Chef Jason McCreedy, Riderwood Village

Kentucky Burgoo Burgers

Yield: 200 portions Portion Size: 3 ½ oz.		
Ingredient	Amount	Procedure
Ground sirloin Ground pork Paprika Garlic Worcestershire Parsley Salt Pepper	15 lbs. 15 lbs. 2/3 cup ¼ cup ¾ cup 1 cup 2 tbsp.	Mix the meat with paprika, garlic, Worcestershire, parsley, salt and pepper. Heat a large skillet over medium high heat with a tablespoon extra-virgin olive oil, a turn of the pan. Form 4 large patties and make an indentation in

		the center of each burger to counteract the burger bulge that happens as the meat cooks. Cook burgers 6 minutes on each side, turning once.
Rice vinegar Salt Sugar Vegetable Oil	1 gallon 3 cups 3 cups 1 gallon	Mix all ingredients together for vegetable marinade.
Frozen Lima Beans Frozen Corn Frozen Okra Green Beans	15 cups 15 cups 15 cups 15 cups	Mix vegetables together and place in vegetable marinade. When ready to steam vegetables, drain vegetable marinade. Steam vegetables for 5 minutes. Serve burgers and vegetables with homemade biscuits.

Recipe Adapted from Rachel Ray, Food Network.com

Bubble and Squeak

Yield: 200 portions Portion Size: 3 ½ oz.		
Ingredient	Amount	Procedure
Onions, halved Garlic cloves Cloves Peppercorns Bay leaves Celery Vegetable base	15 medium ¼ cup 3 tablespoons 120 30 15 cups 1 container	Place all ingredients in a large pot and boil for 1 hour to blend flavors.
Potatoes Whole white onions Brussels sprouts Whole baby carrots	120 medium, peeled 120 30 pounds 240 oz.	Cook potatoes and whole onions in corned-beef liquid, covered, until nearly tender. Add Brussels sprouts, cover, and cook 15 minutes longer. Add carrots and heat through. Serve with Mustard Sauce

Mustard Sauce

Yield: 1 gallon Portion Size: 3 tablespoons		
Ingredient	Amount	Procedure
cornstarch sugar dry mustard salt water	1 cup 2/3 cup 1/3 cup 2 ½ tablespoons 1 gallon	In top of double boiler, mix together cornstarch, sugar, dry mustard, and salt. Add water. Cook and stir over direct low heat until mixture thickens and boils 1 minute.
Butter Vinegar Horseradish Egg Yolks Vegetable Base Water	1 cup 1 quart 1/3 cup 30 2 lbs. 1 gallon	Remove from heat and mix in butter, vinegar, and horseradish. Add egg yolks. Cook and stir over boiling water until sauce thickens slightly. Makes about 1 1/3 cups.

Creole Style Crawfish

Yield: 70 lbs crawfish Portion size: 5 crawfish		
Ingredient	Amount	Procedure
Lemons Onions Cayenne Red Pepper Salt Black Pepper Crawfish Zatarain's Liquid Shrimp and Crab Boil	15 15, halved 1 ½ pints 1 ½ pints ¼ cup 70 lbs ½ pint	Fill large pot halfway full of water. Add seasonings, lemons, and onions and allow water to come to a rolling boil. Add crawfish and continue to boil. Allow crawfish to come to a low boil. Crawfish will begin to sink to the bottom of the pot. Allow crawfish to soak for 45 minutes.

Recipe adapted from Chef Emile L. Stieffel, Aurora Catering

Starches

Mama's Garlic Mashed Potatoes

Yield: 30 lbs. Portion Size: ½ cup		
Ingredients	Amount	Procedure
Mealy potatoes Salt	30 lbs. ¼ cup	Wash potatoes. Cut each potato into four to six uniform pieces. Place potatoes in a pot, cover them with water and add salt. Bring the water to a boil, reduce to a simmer and cook until the potatoes are tender.
Butter Milk White pepper Garlic powder	1 lb. 1.5 quarts 1.5 teaspoon 1 tablespoon	<p>When the potatoes are cooked, drain well in a colander. The potatoes must be very dry. Transfer them to the bowl of an electric mixer. Using the whip attachment, whip the potatoes for 30-45 seconds. Scrape the sides and bottom of the bowl and whip for another 15 seconds or until the potatoes are smooth and free from lumps. The potatoes must be smooth before adding any liquids or they will remain lumpy.</p> <p>Add the butter, milk and seasonings. Whip on low speed to incorporate all of the ingredients. Scrape the sides and bottom of the bowl and whip again for several seconds. Adjust consistency and seasoning.</p>

Antoine's Five Cheese Macaroni

Yield: 8 gravy pans Portion Size: ½ cup		
Ingredient	Amount	Procedure
Elbow Macaroni	30 lbs.	Place macaroni in water and cook until al dente.
Salt	½ cup	Mix all ingredients together well and place in pan to bake. Bake for 45 minutes.
Black pepper	¼ cup	
Garlic	½ cup	
Mild cheddar cheese	10 lbs.	
Mozzarella cheese	4 lbs.	
Swiss cheese	4 lbs.	
Provolone cheese	4 lbs.	
Sharp cheddar cheese	2 cans	
Heavy cream	1 gallon	
Milk	1 gallon	
Onion powder	½ cup	

Recipe courtesy of Chef Antoine Green, Riderwood Village

Vegetables

Granny's Country Greens

Yield: 30 lbs. Portion size: ½ cup		
Ingredient	Amount	Procedure
Ham hocks	15 lbs.	Cover ham hocks with 1 inch water, bring to a boil, reduce to a simmer and cook until the hocks are tender, approximately 1 hour.
Collard Greens	40 lbs.	Place greens in with ham hocks and simmer for approximately 3 hours. Remove the meat from the ham hocks and cut into a medium dice. Stir the diced ham into the greens and serve.

Down Home Broccoli Casserole

Yield: 100 portions Serving Size: ½ cup		
Ingredient	Amount	Procedure
Fresh Broccoli	54 cups	Place broccoli in a small amount of water and cook until tender. Drain water from broccoli
Mild Cheddar Cheese Cream of Celery Soup Mayonnaise Eggs Crackers	2.5 lbs. 4 quarts 1 cup mayonnaise 9 5 boxes	Add cheddar cheese, cream of celery soup, mayonnaise and egg to broccoli. Mix well and place in a baking dish. Top with crushed ritz crackers. Bake at 350 for about 30 minutes or until bubbly.

Cream of Celery Soup

Yield: 2 ½ gallons		
Ingredient	Amount	Procedure
Butter Onions	8 oz. 8 oz., finely chopped	Melt butter. Add onions and sauté until tender.
All-purpose flour Chicken base Pepper Water	12 oz. 3 oz. ½ teaspoon 2 quarts	Add flour, chicken base, and pepper to onions. Stir until blended. Cook for 5 minutes. Add water and stir until mixture thickens.
Celery Carrots Milk	2 lbs. 8 oz. chopped, cooked 1 lb. diced 2 gallons	Add celery and carrots. Stir in milk. Heat to 180 degrees.

Desserts

Red Velvet Cake

Yield: (2) 18x26 cakes		
Ingredients	Amount	Procedure
Buttermilk Baking Soda Vinegar	½ gallon 1.25 tablespoons 2.25 tablespoons	Mix all three ingredients together in a large bowl.
All-purpose flour Baking powder	8 lbs. ¼ cup	Mix remaining ingredients together and pour into a

Salt	1.5 tablespoon	greased and floured 18x26 pan. Bake at 350 for 30 minutes or until spongy.
Cocoa	0.5 cup	
Salt	1.5 tablespoon	
Salad oil	6 cups	
Sugar	7 lbs.	
Eggs	16	
Red food coloring	1 cup	
Glaze:		
Milk	½ gallon	Bring to a boil. Poke holes in cake and pour glaze over cake while hot. Cool completely.
Sugar	6 cups	
Icing:		
Cream Cheese	4 lbs.	Mix all ingredients together until smooth. Spread over cake
Soft Butter	¼ lbs.	
Powdered Sugar	8 lbs.	

Sugar Free Georgia Peach Cobbler

Yield: 8 cobblers (~96 servings)		
Ingredients	Amount	Procedure
Butter	2 lbs.	Place butter in pan and place in oven to melt.
All-Purpose Flour	8 cups	Mix all ingredients together. Place mixture in pan of melted butter. Put peaches on top of batter. Bake at 400 for about 40 minutes or until brown on top
Baking powder	1/4 cup	
Salt	1.25 tablespoon	
Milk	½ gallon	
Splenda	8 cups	
Cinnamon	3 tablespoon	
Nutmeg	2 teaspoon	
Peaches	10 lbs.	

Kentucky Derby Pie

Yield: 10 pies Serving Size: 1/12 of pie		
Ingredients	Amount	Procedure
Pie shells	10	Melt butter and cool slightly. Add sugar, eggs, chocolate chips, flour, walnuts, and vanilla. Bake at 350 for 30 minutes.
Butter	2.5 lbs.	
Eggs	20	
Sugar	7.5 cups	
Semi-sweet chocolate chips	10 cups	
English walnuts	10 cups	
Vanilla	2.5 tablespoons	
All-purpose flour	10 cups	

Beverages

Mint Julep

Yield: 40 servings		
Ingredients	Amount	Procedure
Water	5 cups	Combine water, sugar and chopped mint. Stir and bring to a boil. Cook until sugar has dissolved. Remove from heat and set aside to cool. After about an hour, strain mint leaves.
White sugar	5 cups	
Fresh Mint	1 tablespoon, chopped	
Ice, crushed	40 cups	Combine ice, lemonade and sugar syrup in a large bowl. Add mint leaves as desire to serve.
Lemonade, prepared	10 cups	
Fresh mint	As desired	

Southern Sweet Tea

Yield: 2 gallons		
Ingredient	Amount	Procedure
Water, boiling Tea bags	1 gallon 4 family sized	Pour boiling water over the tea bags. Set aside and let steep for 5 minutes. Remove tea bags.
Sugar Cold Water Ice Cubes	3 cups 1 gallon	In a large pitcher, add sugar and pour warm tea over sugar; stirring until sugar is melted. Add 5 cups cold water and stir until well mixed. Cool and serve in tall glasses over ice.

Ma's Homemade Biscuits

Yield: 150 biscuits Serving Size: 1 biscuit		
Ingredient	Amount	Procedure
Milk All-purpose flour Shortening Baking Powder Salt	1 gallon 8 lbs. 1 lb. ½ cup 3 tbsp.	Mix all ingredients together and roll onto floured surface. Cut biscuits and place in oven to bake.

Nutrient Analysis

Main Dishes	Calories	Carbohydrates	Protein	Fat	Sodium
Burgoo Burgers	384 kcal	16 g	20 g	24 g	1250 mg
Bubble and Squeak	72 kcal	16.69 g	2.06 g	0.21 g	30 mg
Crawfish	70 kcal	0 g	14 g	1 g	80 mg
Fried chicken	350 kcal	0 g	38 g	15 g	90 mg

Sides and Soup	Calories	Carbohydrates	Protein	Fat	Sodium
Broccoli and Cheese Casserole	266 kcal	8 g	10g	22 g	522 mg
Collard Greens	60 kcal	5 g	2 g	3 g	290 mg
Mashed Potatoes	178 kcal	23 g	4 g	7 g	621 mg
Macaroni and cheese	125 kcal	10.53 g	15 g	12 g	1000 mg
Vidalia Onion Soup	110 kcal	13 g	3 g	5 g	953 mg
Biscuits	220 kcal	27 g	4 g	10 g	1300 mg

Desserts	Calories	Carbohydrates	Protein	Fat	Sodium
Red Velvet Cake	300 kcal	42 g	4 g	13 g	330 mg
Peach Cobbler	215 kcal	25 g	4 g	11 g	500 mg
Derby Pie	427 kcal	23 g	5 g	36 g	310 mg

Drinks	Calories	Carbohydrates	Protein	Fat	Sodium
Mint Julep	100 kcal	10 g	0 g	0 g	50 mg
Sweet Tea	100 kcal	10 g	0 g	0 g	0 g

Order Sheets

Seasonings

Name	Amount	Unit
Paprika	1.67	cup
Salt	3.00	cup
Black Pepper	1.50	cup
Dark Brown Sugar	2.00	cup
White Sugar	2.00	gal
White sugar	7.00	lb
Peppercorns	120.00	each
Corn starch	1.00	cup
Dry mustard	3.00	tbsp
Vegetable base	2.00	lbs
Ground Cayenne Pepper	3.00	cup
Sea Salt	3.50	cup
Granulated Garlic	0.28	cup
White Pepper	0.25	cup
All-purpose flour	2.00	gal
All-purpose flour	22.00	lb
Baking Powder	0.75	cup
Cocoa	0.50	cup
Baking Soda	1.25	tbsp
Powdered sugar	1.00	lb
Cinnamon	3.00	tbsp
Nutmeg	2.00	tsp
Corn Meal	3.25	gal

Baking Liquids

Name	Amount	Unit
Worcestershire	1.75	cup
Extra-virgin olive oil	4.00	cup
Cider Vinegar	3.00	cup
Pickling Juice (from green beans)	1.00	cup
Hot sauce	1.00	cup
Zatarain's Concentrated Liquid Shrimp & crab boil	0.07	gal
Vanilla	5.00	tbsp
Red food Coloring	1.00	cup
Vinegar	5.50	cup
Vegetable oil	7.00	cup
Tabasco sauce	3.00	Tbsp

Meat

Name	Amount	Unit
Ground sirloin	15.00	lb
Ground pork	15.00	lb
Crawfish	70.00	lb
Chicken Breast	125.00	each
Ham hocks	30.00	lb

Dairy

Name	Amount	Unit
Mild Cheddar Cheese	36.00	cup
Mild Cheddar Cheese	10.00	lb
Swiss Cheese	4.00	lb
Provolone (shredded) Cheese	4.00	lb
Sharp Cheddar Cheese	2.00	cans
Milk	6.50	gal
Buttermilk	1.25	gal
Heavy Cream	3.00	gal
Cream Cheese	4.00	lb
Butter	14.00	lb
Eggs	66.00	each

Fresh Herbs

Name	Amount	Unit
Garlic	1.00	cup
Garlic	6.00	oz
Parsley	11.00	cup
Thyme leaves	30.00	tbsp
Cloves	90.00	each
Bay leaves	30.00	each
Whole garlic pods	0.84	lb

Produce

Name	Amount	Unit
White onions	45.00	each
Green bell pepper	5.00	cup
Tomato sauce	1.00	gal
<i>Frozen</i> Lima Beans	15.00	cup
<i>Frozen</i> corn	15.00	cup
Chopped <i>frozen</i> okra	15.00	cup
Chopped pickled green beans	7.50	cup
Celery	15.00	cup
Celery	40.00	oz
Medium potatoes	120.00	each
potatoes	30.00	Lb

Produce (continued)

Size "B" potatoes	7.00	lb
Whole pearl onions	120.00	each
Brussels sprouts	30.00	lb
Whole baby carrots	16.00	lb
Lemons	17.00	each
Green tomatoes	2.00	cases
Broccoli	54.00	cup
Vidalia onion	50.00	lb
Collard greens	40.00	lb
Peaches	32.00	each

Miscellaneous

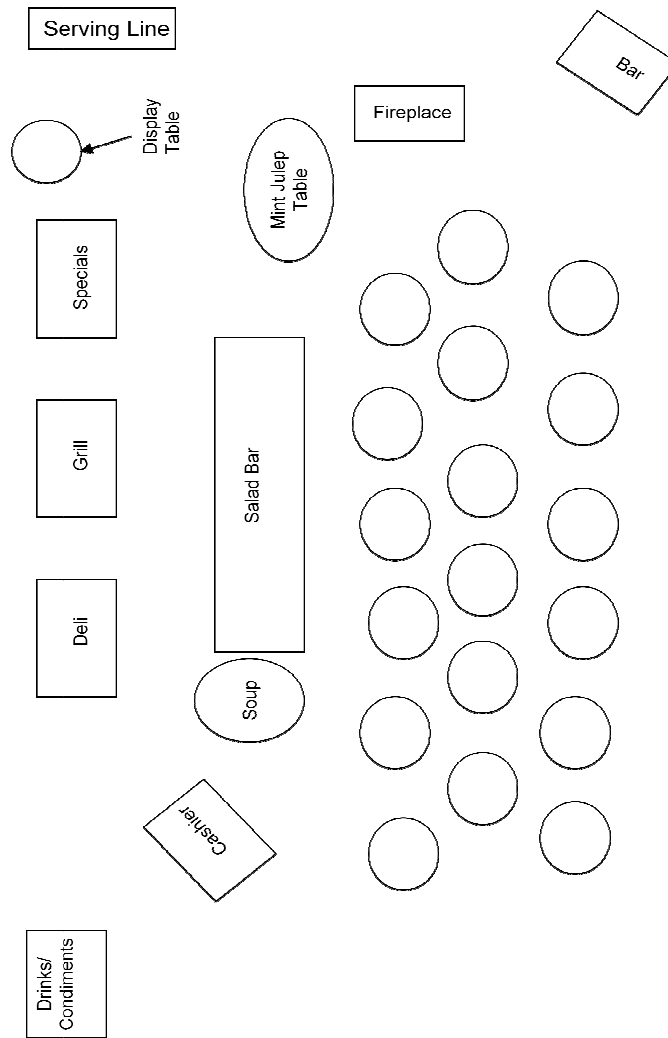
Name	Amount	Unit
Horse radish	5.00	tbsp
Mayonnaise	1.25	cup
Ritz Crackers	9.00	boxes
Chicken base	3.00	oz
Chicken broth	4.50	gal
Elbow macaroni	30.00	lb
Tea bags (family sized)	8.00	each
Pie shells	10.00	each
Semi-sweet chocolate chips	10.00	cups
Mint leaves	1.00	case

Theme Meal Production Schedule

Thursday	Friday	Monday	Tuesday	Wednesday	Thursday
<ul style="list-style-type: none"> Thaw Chicken Place in Buttermilk to soak overnight 	<ul style="list-style-type: none"> Fry Chicken Place Chicken in Freezer Prepare Red Velvet Cake and Freeze 	<ul style="list-style-type: none"> Make biscuit dough Prepare Cream of Celery Soup Prep Derby Pie Prep Greens Prepare Burgoo and the "Burgers" 	<ul style="list-style-type: none"> Prep Bubble and Squeak Ice Cake Cook Greens Prep Onion Soup Take burgers out of the freezer 	<ul style="list-style-type: none"> Bake Pies Prep Broccoli Casserole Make Sweet Tea Prep Macaroni and Cheese Prepare Mustard Sauce Prepare, Portion and Cut Biscuits Place vegetables in "pickle juice" for pickling Prep Mint Juleps 	<ul style="list-style-type: none"> Cook Crawfish Prepare Mashed Potatoes Prepare and Cook Peach Cobblers Bake Macaroni and Cheese Bake Chicken Cook Bubble and Squeak Heat Onion Soup, Burgoo Burgers, Greens Cook Fried Green Tomatoes

Layout of Dining Room

Layout of Dining Room



Layout of Decorations

Display Table

- 🍷 Placed at Entrance of Potomac Café
- 🍷 Display Table had a white table cloth with maroon table runner and white doilies sprinkled with fresh mint leaves.
- 🍷 Mint Julep served with fresh mint leaves and served in a faux crystal bowl
- 🍷 Mint Julep and sweet tea were served in small clear plastic cups and displayed on silver trays.

Baker's Rack

- 🐎 The top of the rack had magnolias laying
- 🐎 The second rack had a old-fashioned opened fan, a charming Southern ladies jewelry box with a lacey handkerchief, an antique brooch, and a delicate pearl necklace.
- 🐎 The third rack had an old-fashioned glass oil lamp, a sample tea set and silver platter.
- 🐎 The last rack held items from Kentucky including a KY license plate, a Mint Julep cup, and a Jack Daniel's bottle.

Tables in Dining room

- 🍷 A maroon cloth napkin with a white doily displayed the centerpiece.
- 🍷 The centerpiece on the table featured a bulletin with facts from a southern state on one side and photographs of landmark place or events on the other side.

Other Room Decorations

- 🐎 License plate replicas of the southern states were hung across the back portion of the dining room.

Marketing

Flyer and Menu

The flyer advertising the theme meal was placed on the community board at all communities. There was also a flyer placed on all of the tables at Potomac Café 1 week prior to the event. We will also be visiting all dining facilities the week prior to promote the event.

Booklet

A special thank you and Facts about Kentucky and Georgia were given to each of our guests the day of the event. These were handed out as guests came into the dining area.

Word of Mouth

The interns invited Riderwood residents, employees and other guests that they met prior to the day of the theme meal. The interns also reminded the residents about the meal at dinner on January 16th at Fireside and Potomac Café.

Recipe Costing

Kentucky Burgoo Burgers

Yield: 60 servings

Amount	Unit	Ingredient	Cost
15.00	lb	Ground sirloin	49.04
15.00	lb	Ground pork	24.09
0.67	cup	Paprika	1.25
0.25	cup	garlic, grated or minced	0.30
0.75	cup	Worcestershire sauce	1.25
1.00	cup	parsley	0.25
2.00	tbsp	salt	0.05
2.00	tbsp	pepper, ground black	0.05
60.00	tbsp	Extra-virgin olive oil	1.92
5.00	cups	onion, small, finely chopped	1.33
3.00	bottles	rice vinegar	15.00
15.00	cup	frozen lima beans	8.85
15.00	cup	frozen corn	27.39
15.00	cup	chopped, frozen okra	10.75
7.50	cup	chopped pickled green beans	6.00
15.00	tbsp	hot sauce	4.15
60.00	each	biscuits, split & buttered	
TOTAL			151.67

Bubble & Squeak

Yield: 60 servings

Amount	Unit	Ingredient	Cost
15	each	onion, halved	1.33
1/4	cup	garlic	0.30
90	each	cloves	1.00
120	each	peppercorns	1.50
30	each	bay leaves	0.45
15	cup	celery, cut into 2-inch pieces	2.93
120	each	medium potatoes, peeled	7.26
120	each	whole pearl onions	11.91
30	lb	Brussels sprouts	16.38
240	oz	whole baby carrots, drained	2.85
30	tbsp	minced parsley	0.60
20	cup	mustard sauce (see below)	
TOTAL			46.51

Mustard Sauce**Yield: 20 cups**

Amount	Unit	Ingredient	Cost
15.00	tbsp	cornstarch	3.85
30.00	tsp	sugar	0.50
15.00	tsp	dry mustard	0.75
7.50	tsp	salt	0.15
15.00	cup	water	
15.00	tbsp	butter	2.53
3.75	cup	vinegar	1.75
15.00	tsp	horseradish	0.13
30.00	each	egg yolks, beaten	4.88
2.00	lbs	vegetable base	7.71
1.00	gal	water	
TOTAL			22.25

Boiled Crawfish**Yield: 140**

Amount	Unit	Ingredient	Cost
0.07	case	Lemons, Choice (235 count)	5.86
2.80	lb	onions, halved WITH skin	0.74
0.28	cups	ground black pepper	0.05
0.07	gal	zatarain's concentrated liquid shrimp & crab boil	2
70.03	lb	crawfish	157.50
TOTAL			166.15

Broccoli & Cheese Casserole**Yield: 60 portions**

Amount	Unit	Ingredient	Cost
54.00	cups	fresh broccoli	21.55
36.00	cups	mild cheddar cheese	6.41
13.50	cups	cream of celery soup (see recipe below)	
18.00	tbsp.	mayonnaise	0.65
TOTAL			28.61

Cream of Celery Soup**Yield: 2.5 gal**

Amount	Unit	Ingredient	Cost
8.00	oz.	Butter	1.50
8.00	oz.	onions, finely chopped	0.13
12.00	oz.	all-purpose flour	0.45
3.00	oz.	chicken base	1.01
0.50	tsp	white pepper	0.1
2.00	qt.	water	
2.00	gal.	milk	11.28
40.00	oz.	celery	1.95
1.00	lb	carrots	1.43
TOTAL			17.85

Fried Chicken Breasts**Yield: 125 servings**

Amount	Unit	Ingredient	Cost
125.00	each	chicken breast	86.46
5.00	qts	buttermilk	3.19
0.50	cup	pepper	0.25
2.00	gal	corn meal	6.57
2.00	gal	flour	16.00
0.25	cup	cayenne pepper	1.25
0.50	cup	salt	0.10
TOTAL			113.82

Vidalia Onion Soup**Yield: 8 gallons (~4 cups)**

Amount	Unit	Ingredient	Cost
50.00	lb	vidalia onions	17.90
6.75	lb	butter	10.87
4.50	lb	all-purpose flour	2.25
4.50	gal	chicken broth	10.8
2.00	gal	heavy cream	24.09
1.00	gal	milk	5.64
TOTAL			71.55

Collard Greens**Yield: 80 servings**

Amount	Unit	Ingredient	Cost
30.00	lbs	hamhocks	11.75
3.00	tbsp	tabasco sauce	0.83
0.00		water	
40.00	lbs	collard greens	22.80
10.00	tsp	salt and pepper	0.25
TOTAL			35.63

Garlic Mashed Potatoes**Yield: 20 lbs.**

Amount	Unit	Ingredient	Cost
30.00	lbs.	potatoes	11.6
6.00	tbsp.	salt	0.05
1.00	lbs.	whole butter	1.61
12.00	tsp.	salt	0.05
1.50	qt	milk	2.12
1.50	tsp.	white pepper	0.1
6.00	oz.	chopped garlic	0.5
TOTAL			16.03

Macaroni and Cheese**Yield: 8 Gravy Pans**

Amount	Unit	Ingredient	Cost
30.00	lbs.	elbow macaroni	21.98
0.50	cup	salt	0.10
1.00	cup	oil	1.00
0.25	cup	black pepper	0.05
0.50	cup	fresh garlic	2.00
10.00	lbs.	mild cheddar cheese	25.63
4.00	lbs.	swiss cheese	14.44
4.00	lbs.	provolone cheese (shredded)	7.00
2.00	can	sharp cheddar cheese	7.77
10.00	lbs.	shredded mozzarella cheese	24.35
4.00	qts	heavy cream	12.05
4.00	qts	milk	5.64
1.00	bunch	fresh parsley	0.25
TOTAL			122.26

Sweet Tea**Yield: 2 gallon**

Amount	Unit	Ingredient	Cost
1.00	gal	water	
4.00	each	family sized tea bag (3 regular sized)	3.70
3.00	cups	sugar	1.25
1.00	gal	cold water	
TOTAL			4.95

Kentucky Derby Pie**Yield: 10 pies (~ 80 pieces)**

Amount	Unit	Ingredient	Cost
10.00	each	pie shell, unbaked	8.64
2.50	lb	stick of margarine	4.39
20.00	each	eggs, beaten	3.20
7.50	cup	sugar	7.50
10.00	cup	semi-sweet chocolate chips	20.63
10.00	cup	English walnuts, chopped	6.79
2.50	tbsp	vanilla	0.10
TOTAL			51.25

Ma's Biscuits**Yield: 16 batches (~192 biscuits)**

Amount	Unit	Ingredient	Cost
1	gal	milk	5.64
8	lb	all purpose flour	4.00
1	lb	Crisco	2.00
0.50	cups	baking powder	0.16
3.00	tbsp	salt	0.30
TOTAL			12.10

Financial Statement

Theme Meals Purchased	327
Cost of Theme Meal	\$7.95 each
Total Sales of Theme Meal	\$2599.65

Food Cost Percentage	36.4%
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Sales from Theme Meal	\$2599.65
Cost of Ingredients	<u>945.16</u>
Profit	\$1454.49

***Note:** This financial statement does not take into account the cost of labor. As interns, that information is not available to use for inclusion in this report.

Intern Summary Jinee

Thank you to both residents and staff for welcoming me into your community! I enjoyed working among you and side-by-side with you in the front-of-house and back-of-house.

I am comfortable and creative in my kitchen at home preparing food for me and a few friends, but my comfort was challenged by the more extensive assortment of equipment available in the Riderwood production kitchens. Fortunately, the experienced chefs, cooks, and other staff did not hesitate to demonstrate correct usage and clean-up of the sizeable equipment. I quickly familiarized myself with the correct procedures of Fireside's kitchen crew throughout the production, the service, and the clean-up that goes into the residents' dining experience. This knowledge, along with valuable input from the Fireside staff, prepared me for the production of our themed meal.

With our themed meal less than 5 weeks into our rotation at Riderwood, Laryessa and I worked within the community kitchens and dining rooms to develop further background on large foodservice production and to acquaint ourselves with the residents, the staff, and the community environment. Periodically, Laryessa and I met with Chef de Cuisine, Jason, to continue developing our menu and our plan to expedite our themed meal, including a production schedule with food safety and food delivery times in consideration and a grocery list based on extended recipes. For example, dry storage items came in on different days than perishable fruits and vegetables. In addition, we attempted to obtain lard for our biscuits, but no one carried lard normally; it is a special-order item that we could not receive in time to prepare a large number of biscuits from scratch. We "rolled with the tide" (ref: Alabama), and I went to a nearby grocery store for Crisco. Laryessa and I also discussed decoration plans continuously with cost and location of desired items in consideration. For example, our dream design included magnolia bouquets on each table, lacy tablecloths and doilies, and items on each table serving as symbols of each of the 14 states (each table a different "state"). However, even one bouquet of magnolias was outside of our budget, especially in the middle of January. I modified the idea for items on each table by creating different bulletins representing each of the 14 southern states with 3-5 facts and photographs related to each state. I also added a more budget-friendly reminder of the southern states with printed replicas of each state's license plates from throughout the past century. We stayed within our budget by shopping at local thrift stores and purchasing a few fake magnolia bunches (Louisiana and Mississippi state flower) and orange blossoms (Florida state flower).

I was slightly hesitant to conduct a true southern menu. Southern foods generally do not bring to mind "healthy" as we future dietitians would always like to lean toward when creating a menu. However, these retired residents do not require as much focus on "healthy" menu items related to their decreased appetite with age as evidenced by the small portions residents request in the serving lines. In addition, this themed meal is a special event, and these menu items will not be consumed daily.

Intern Summary Laryessa

Since learning of the date for our theme meal, Jinee and I had brainstormed about what we wanted to do. Since we are both from Southern states, we thought it was only appropriate to do a Southern theme. I grew up on good Southern foods and wanted to use some of the recipes that I my grandmothers used to fix for the holidays.

After choosing the theme and beginning the planning of the meal, things seemed to fall in place. We were familiar with the South and brought a wide variety of knowledge of the foods prepared there. Some of the menu items were hot topics among the residents, which made us more excited about our theme meal. Excitement begin to grown as I walked through the dining rooms to promote our event and seeing the residents at lunch and hearing comments that they could not wait for our day to come really helped us to try and make the day more and more special for them.

It takes a lot of time and effort to prepare for the theme meal. From coming up with the recipes to making sure that all of our ingredients are on the grocery list in correct amounts and making sure our foods come on time was a daunting task. We were prepared for little issues along the way and didn't let small problems bother us. We were prepared for foods that didn't come in and were able to modify foods that did not come out as we had hoped. Through all of our preparation during the week, we had a very easy day of the theme meal. Everything just had to be placed in the fryer or oven to be cooked.

The decorations were a little more difficult that what we first thought. Coming up with foods from the South was very easy, but trying to tie in all of our decorations for a common theme was not as easy as we first thought. There were many things that I could think of that reminded me of the South, but we had a small budget to work with and many of the ideas that we had were just too expensive to use. We became very creative and bought some little trinkets that you would see in a Southern home long ago, used old license plates from each of the states and wanted to bring a little history back by placing some information about each state on the table for the residents to look at while they were eating lunch.

Doing a theme meal for these residents was such a rewarding experience. Many of the residents expressed their thanks at bringing back memories from when they were children and foods that they remembered having long ago.

A Taste of the South

Please rate this themed meal for the following 1-5, with Excellent being 1 and Poor being 5:

1. Overall Theme Meal

1 2 3 4 5

2. Flavor of Food

1 2 3 4 5

3. Presentation

1 2 3 4 5

4. Decorations

1 2 3 4 5

Thank you for completing our survey!





Jinee & Laryessa

Survey Results

43 Total Responses

	Excellent (5)	Very Good (4)	Good (3)	Fair (2)	Poor (1)
Overall Theme Meal	21	15	5	2	
Taste of Food	21	13	7	2	
Presentation	18	13	10	2	
Decorations	12	15	12	4	

Comments:

-  Soup was great; chicken too!
-  We appreciate the thought and ingenuity that went into this effort. While the setting isn't ideal, you pulled it off very well.
-  Overall theme was unknown; food was sure bland; and decorations were unnecessary.
-  The lunch was great. It felt like we were at a party and I guess we were Southern style. Please do it again soon!

🍎 Everything was excellent. Except the soup, would have preferred French onion – not creamed.

🍎 You all did great!

🍎 Everything was very tasty. Information about various Southern states was excellent.

🍎 The food was too salty! Let people add own salt.

🍎 I like your Southern Belle hats and also licenses.

🍎 Food was not hot enough; meat was too dry.

Photos of Theme Meal









Thank You

Thank you to everyone at Riderwood for making “A Taste of the South” such a success.

We especially want to thank Fred, Jason, Ernest, Tyrone, Everett, Tee, Antoine, Yao, Kelly, Brent, Potomac Café and Fireside Staff, Dining Services Management Team and Magdy for their support and encouragement.

Jinee and Laryessa

