

Chimichurri Sauce				
Ingredient	Amount	Calories	Fat	Sodium
Parsley	2 cups	22	0.5	34
Olive oil	2 oz	477.5	54	1
Red Wine Vinegar	2 oz	11	0	4.75
Water	2 oz	0	0	0
Cilantro	.5 cup	2	0	0
Garlic	4 cloves	18	0	2
Red pep flake	2 t	11	0.5	1
cumin	1 t	8	0.5	4
salt	.5 t	0	0	960
total		549.5	55.5	1006.75
per serving (12)		45.79	4.63	83.90

Totals per serving		
Calories	Fat	Sodium
488.95	20.37	569.75

Queso Fresco - per serving				
Ingredient	Amount	Calories	Fat	Sodium
Queso Fresco	1 T	22.88	1.81	51.94

Wild Rice - per serving				
Ingredient	Amount	Calories	Fat	Sodium
Wild Rice Blend	1/4 cup	80	0.5	0
Bay Leaf	1	0	0	0
Thyme	1/8 t	0	0	0
total		80	0.5	0

Fermented Pepper Sauce				
Ingredient	Amount	Calories	Fat	Sodium
red jalepeno	6 oz	47.6	0.68	5.1
garlic clove	2	9	0	1
achiote	2 t	200	0	0
salt	3/4 t	0	0	1440
sugar	1 t	16	0	0
g. mustard	3/4 t	7.5	0.525	0.225
smk paprika	1/2 t	3.25	0.15	0.8
kombucha	4 oz	22	0	0
olive oil	2 oz	477.5	54	2
total		782.85	55.36	1449.13
per serving (10)		78.29	5.54	144.91

broccolini - per serving				
Ingredient	Amount	Calories	Fat	Sodium
broccolini	3 oz	35	0	25

Pork Roulade - per serving				
Ingredient	Amount	Calories	Fat	Sodium
Pork Brisket	4 oz	110	3	260
Peach	1/4 cup	61	0.4	0
Poblano	2 oz	16	0	4
Olive oil	1 t	40	4.5	0
Chive	1 t	0	0	0
total		227	7.9	264

Ingredient	Amount	Total Cost
Parsley	2 cups/8	\$ 0.32
Olive oil	2 oz/8	\$ 0.03
Red Wine Vinegar	4 oz/8	\$ 0.02
Cilantro	.5 cup/8	\$ 0.03
Garlic	4 cloves/8	\$ 0.03
Red pep flake	2 t/10	\$ 0.01
cumin	1 t/8	\$ 0.02
salt	.5 t/8	\$ 0.01
Queso Fresco	1 T	\$ 0.07
Wild Rice Blend	1/4 cup	\$ 0.10
Bay Leaf	1	\$ 0.02
Thyme	1/8 t	\$ 0.01
red jalepeno	6 oz/10	\$ 0.10
garlic clove	2 cloves/10	\$ 0.01
achiote	2 t/10	\$ 0.33
salt	3/4 t/10	\$ 0.01
sugar	1/2 t/10	\$ 0.01
g. mustard	3/4 t/10	\$ 0.01
smk paprika	1/2 t/10	\$ 0.01
kombucha	4 oz/10	\$ 0.85
olive oil	2.3 oz/10	\$ 0.03
broccolini	3 oz	\$ 0.71
Pork Brisket	4 oz	\$ 0.56
Peach	1/4 cup	\$ 0.28
Poblano	2 oz	\$ 0.37
Chive	1 t	\$ 0.05
Total Cost Per Plate		\$ 4.01

Equipment	Qty
Blender	1
Qt Cup	2
Serving Spoon	3
Saucepan w/lid	1
1/3 pan	3
Steam pan/basket	1
Rondeau w/lid	1
Plastic wrap	1 roll
Butcher Twine	1 bundle
Meat mallet	1
Paper towels	1 bundle
Thermometer	1
Measure spoons	1 set
Measure cups	1 set
Measure Pitcher	1