

An Italian Fish Day Meal In Three Courses

Menu	Source	Précis Of Recipe	List Of Ingredients	Actual Ingredients	Priority, Timing & Preparation Method	Kg	Budget	Budget/Kg
First Course					14 = serve 6pm; 20 = clear 6.30pm			
Bellaria	Platina, book 1 chapter 16	"... whatever is of light and slight nourishment... is more safely and pleasantly eaten in the first course... [such as] certain sweets which we call bellaria, seasoned with spices and pine nuts, or honey, or sugar..."	almonds, honey, sesame seeds, poppy seeds	4kg almond meal, 2kg honey, 500g sesame seeds, 500g poppy seeds	2 = 1pm cold prep, cold store	7	\$ 116	\$ 16.57
Bread	Platina, book 1 chapter 14	"... put the flour, with warm water and some salt... and a bit of leaven... [and knead] to that consistency at which bread can be made easily..."	flour, yeast, sugar, salt	10kg flour, 500g salt, 500g sugar, 1 container yeast	1 = 1pm cold prep, let rise; 6 = 4pm shape into loaves, oven, let cool	15	\$ 17	\$ 1.13
Olives	Platina, book 2 chapter 13	"... There are several kinds of olives... The preserving kind are larger and best to eat..."	olives, olive oil	5kg olives, 1l olive oil	11 = 5.30pm cold prep	6	\$ 72	\$ 12.00
Fried Beans	Platina, book 7 chapter 32	"... fry broad beans... with onions, figs, sage, and several other garden herbs... in the form of a cake, and cover with spices."	beans, onions, figs, herbs, olive oil, salt, pepper, spices	5kg tinned fava beans, 2kg onions, 0.5kg figs, 2 bunches sage, 500ml olive oil, salt, pepper, spices	8 = 5pm range	7	\$ 50	\$ 7.14
Lettuce Salad	Platina, book 4 chapter 2	"... season raw lettuce... with ground salt... a little olive oil and more vinegar... some add a little mint and parsley..."	lettuce, herbs, olive oil, vinegar, salt	10 lettuces, 5 bunches mint, 5 bunches parsley, 250ml olive oil, 500ml vinegar, salt	3 = 2pm cold prep, cold store	10	\$ 49	\$ 4.90
Second Course					19 = serve 6.30pm; 22 = clear 7pm			
Fried Sardines	Platina, book 10 chapter 61	"... When fried, they are covered with verjuice or orange juice."	sardines, orange juice, olive oil, salt, pepper	6kg sardines, 500ml olive oil, 1kg flour, 3l orange juice, salt, pepper	13 = 6pm range	7	\$ 74	\$ 10.57
Roast Fish With Green Relish	Platina, book 10 chapter 31	"... cooked in whatever way you wish... [if] roasted [serve with] green relish."	fish fillets, olive oil, salt, pepper	10kg fish fillets @ \$20, salt, pepper, 500ml olive oil	12 = 6pm oven	10	\$ 208	\$ 20.80
Stewed Tuna	Platina, book 8 chapter 6	"Grind... fragrant herbs... ginger... cinnamon... salt... soak in sharp vinegar... [and] garlic..."	herbs, garlic, vinegar, salt, ginger, cinnamon	5 bunches herbs, ginger, cinnamon, salt, 250ml vinegar, garlic	4 = 2pm cold prep, cold store	1	\$ 17	\$ 17.00
Stewed Chickpeas	Platina, book 10 chapter 2	"... tuna with ground pepper, cinnamon, and coriander, onion cooked and cut up, vinegar, honey, and olive oil."	tuna, onion, herbs, honey, olive oil, vinegar, pepper, cinnamon	4kg tinned tuna, pepper, cinnamon, 2 bunches coriander, 2kg onions, 250ml vinegar, 500ml honey, 250ml olive oil	7 = 4pm range	7	\$ 61	\$ 8.71
Stewed Cabbage	Platina, book 7 chapter 57	[simmer soaked chick-peas]"... in a pot without water... groats... olive oil and salt... pepper... cinnamon... water... sage... rosemary... parsley... boil until it is reduced..."	chickpeas, oats, herbs, olive oil, salt, pepper, spices	6kg chickpeas, 750g quick oats, olive oil, salt, pepper, 3 bunches herbs, spices	5 = 3pm range	8	\$ 42	\$ 5.25
Risi e Bisi Venetian Rice With Peas	Platina, book 7 chapter 66	[boiled cut up green vegetables in olive oil and water with sugar][and salt]	cabbage, olive oil, salt, sugar	8kg cabbage, 250ml olive oil, salt, sugar	10 = 5pm range	8	\$ 13	\$ 1.63
	Waverley Root, The Food of Italy p.405	"... prepare... olive oil... and chopped celery... add garlic, onions and parsley... rice... water... peas... [and salt]"	rice, peas, celery, onion, garlic, parsley, olive oil, salt	2kg rice, 1/2 head of celery, 1 bulb garlic, 500g onions, 1 bunch parsley, 2kg peas, 500ml olive oil, salt	9 = 5pm range	10	\$ 26	\$ 2.60
Third Course					21 = serve 7pm; 23 = clear 7.30pm			
Rice In Almonds	Platina, book 7 chapter 7	[cooked rice]"... seasoned with ground almonds... and sugar..."	rice, almonds, sugar	2kg rice, 2kg almond meal, sugar	15 = 6pm range	8	\$ 51	\$ 6.38
Stewed Fruit	Platina, book 10 chapter 68		fruit, sugar, spices	10kg tinned fruit, sugar, spices	16 = 6pm range	10	\$ 27	\$ 2.70
Fresh Fruit	Platina, book 10 chapter 68	"... the eating of... [fruit]... is not frowned upon. Either almonds or hazelnuts or other nuts ought to be eaten after fish..."	fruit	10kg fresh fruit	17 = 6.30pm cold prep, cold store	10	\$ 50	\$ 5.00
Nuts And Dried Fruit	Platina, book 10 chapter 68		nuts, dried fruit	500g hazelnuts, 500g dried apricots, 500g dates, 500g currants	18 = 6.30pm cold prep	2	\$ 27	\$ 13.50
Total						126	\$ 900	\$ 7.14

An Italian Fish Day Meal In Three Courses

Final Shopping List

dry goods	chickpeas	6 kg
dry goods	cinnamon	0.3 kg
dry goods	dates	0.5 kg
dry goods	dried apricots	0.5 kg
dry goods	figs	0.5 kg
dry goods	flour	11 kg
dry goods	garlic (jar)	1 item
dry goods	ginger	0.3 kg
dry goods	hazelnuts	0.5 kg
dry goods	honey	2.5 kg
dry goods	oats	0.75 kg
dry goods	olive oil	4 litres
dry goods	olives	5 kg
dry goods	orange juice	3 litres
dry goods	pepper	0.5 kg
dry goods	poppy seeds	0.5 kg
dry goods	rice	4 kg
dry goods	salt	2 kg
dry goods	sardines	6 kg
dry goods	sesame seeds	0.5 kg
dry goods	sugar	1 kg
dry goods	tinned fava beans	5 kg
dry goods	tinned fruit	10 kg
dry goods	tinned tuna	4 kg
dry goods	vinegar	1 litre
dry goods	yeast	1 item
fresh fish	fish fillets @ \$20/kg	10 kg
fruit & veg	basil	2 items
fruit & veg	cabbage	8 kg
fruit & veg	celery	1 item
fruit & veg	coriander	3 items
fruit & veg	fruit	10 kg
fruit & veg	lettuce	10 items
fruit & veg	mint	6 items
fruit & veg	onions	5 kg
fruit & veg	parsley	6 items
fruit & veg	rosemary	1 item
fruit & veg	sage	2 items

