



x



MINI TACOS RECIPE CARD





MEXICAN BAKED TACO



<u>FOR TACO DOUGH</u>			<u>COSTING (in ₹)</u>		<u>NO. OF PORTIONS:</u>
<u>INGREDIENTS</u>	<u>QUANTITY</u>		<u>WHOLESALE</u>	<u>M.R.P.</u>	
	<u>(In gms)</u>	<u>(In cups)</u>			
Flour	150 g	1 + 1/8 cup	4	6	
Corn meal	135 g	1 + 1/8 cup	5.4	5.4	
Salt	5 g	1 tsp	1	1	
Oil	15-20 g	1 + ½ tbsp.	2	2.5	
Water	180 g	½ + ¼ cup	3.5	3.5	
<u>TOTAL</u>			₹ 15.9	₹ 18.4	<u>INSTRUCTIONS</u>
<u>METHOD</u> <ol style="list-style-type: none"> 1. Pre-heat the oven at 160°C. 2. Mix flour, corn meal, salt, oil then gradually add water and make a soft dough. 					<u>OVEN TEMPERATURES</u>



<ol style="list-style-type: none"> 3. Dust corn meal and roll the dough as thin as possible and cut it with 10 cm round ring and dock it with fork. 4. Now on a saucepan cook it till it gets layer on surface then it will be baked on a wire rack. 5. First apply oil on both sides, clip it with toothpick. 6. Bake it at for 5-10 min at 160 °C. 	<p>OTG 160°C (lower rod only)</p> <p>DECK OVEN Upper temperature – 160 °C Lower temperature – 160°C</p> <p>UNOX 160°C, Fan speed – 1, Humidity – 0</p>
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FOR SALSA			COSTING (in ₹)		NO. OF PORTIONS:	
INGREDIENTS	QUANTITY (In gms) (In cups)		WHOLESALE	M.R.P.		
Green capsicum	35 g	¼ cup	5	5		
Yellow bell pepper	35 g	¼ cup	10	10		
Red bell pepper	35 g	¼ cup	10	10		
Onion	1 small	1 small	3	3		
Spring onion greens	40 g	¼ + 1/8 cup	5	5		
Tomato	1 medium	1 medium	2	2		
Green chilli	2-3 pc	2-3 pc	2	2		
Ketchup	10 g	2 tsp	4	4		
Lemon juice	2.5 g	½ tsp	2	2		
Sugar	4.5 g	1 tsp	1	1		
Coriander (chopped)	accordingly	accordingly	1	1		
TOTAL			₹ 45	₹ 45		INSTRUCTIONS
METHOD						
<ol style="list-style-type: none"> 1. In a bowl, Take finely chopped vegetables. 2. Add the dressings and seasonings and mix everything together. 						



FOR SOUR CREAM			COSTING (in ₹)		NO. OF PORTIONS:
INGREDIENTS	QUANTITY		WHOLESALE	M.R.P.	
	(In gms)	(In cups)			
Elle n vire cream	150 g	-	86	93.75	
Lemon juice	5 g	1 tsp	2	2	
Salt	3 g	½ tsp	1	1	
Garlic (chopped)	5-6 cloves	5-6 cloves	2	2	
Jalapeno (chopped)	5-6 pc	5-6 pc	8	8	
TOTAL			₹ 99	₹ 106.75	INSTRUCTIONS
METHOD In a bowl, mix everything together and keep it overnight.					

FOR MEXICAN BEANS FILLING			COSTING (in ₹)		NO. OF PORTIONS: 1
INGREDIENTS	QUANTITY		WHOLESALE	M.R.P.	
	(In gms)	(In cups)			
Oil	24 g	2 tbsp	2.5	3	
Onion	1 large	1 large	3	3	
Garlic (chopped)	4-5 cloves	4-5 cloves	2	2	
Heinz beans	150 g	½ + ¼ cup	79.5	79.5	
Ketchup	14 g	1 tbsp	4	4	
Taco seasoning	8 g	2 tsp	21.6	21.6	
TOTAL			₹ 112.6	₹ 113.1	INSTRUCTIONS
METHOD <ol style="list-style-type: none"> 1. In a saucepan, add oil and put onion and garlic and sauté for around 2 minutes. 2. Add tomato ketchup and taco seasoning to it, mix it well and let it boil. 3. Add boiled beans, cover it and cook for another 4-5 minutes. 4. Mash some of the beans, combine well and keep it in a bowl. 					Do not mash all of the beans.



ASSEMBLY

1. At the bottom of the taco shell, place lettuce leaves.
2. Put a layer of Mexican beans filing. Next add salsa.
3. Top it with sour cream. Garnish with parsley leaves.