



# WTO recipe costs

How much will your favourite meals cost per portion?

# Steak and Chips

<b>Remain Steak and Chips</b>	
2 maris piper potatoes	0.22
Vegetable oil	0.15
1 x 220g/8oz sirloin steak	3.68
salt and freshly ground black pepper	0.12
Mustard	0.14
Frozen peas	0.12
<u>Total</u>	<u>£4.43</u>

<b>WTO Steak and Chips</b>	
2 maris piper potatoes	0.23
Vegetable oil	0.15
1 x 220g/8oz sirloin steak	3.93
salt and freshly ground black pepper	0.12
Mustard	0.14
Frozen peas	0.12
<u>Total</u>	<u>£4.69</u>
<b>Increase</b>	<b>5.9%</b>



# Lamb curry with Rice

<b>Remain Lamb Curry with rice</b>	
3g Ginger	0.03
1/2 onion	0.14
1 garlic clove	0.04
Vegetable oil	0.05
1 cinnamon stick (5g)	0.06
1 tbsp ground coriander (2.5g)	0.01
1 tsp ground cumin (1g)	0.03
1 tsp ground turmeric (1g)	0.01
½ tsp fennel seeds (0.5g)	0.03
187g leg of lamb, diced	17.5
100g can chopped tomatoes	0.06
1 red chilli or green chilli, deseeded and sliced (9g)	0.02
small bunch coriander (8g)	0.19
75g basmati rice	0.08
<u>Total</u>	<u>£2.50</u>

<b>WTO Lamb Curry with rice</b>	
3g Ginger	0.04
1/2 onion	0.15
1 garlic clove	0.04
Vegetable oil	0.05
1 cinnamon stick (5g)	0.07
1 tbsp ground coriander (2.5g)	0.01
1 tsp ground cumin (1g)	0.03
1 tsp ground turmeric (1g)	0.01
½ tsp fennel seeds (0.5g)	0.03
187g leg of lamb, diced	1,75
100g can chopped tomatoes	0.06
1 red chilli or green chilli, deseeded and sliced (9g)	0.02
small bunch coriander (8g)	0.21
75g basmati rice	0.15
<u>Total</u>	<u>£2.62</u>
<b><u>Increase</u></b>	<b><u>4.8%</u></b>



# Spaghetti Bolognese

<b>Remain Spaghetti Beef Bolognese</b>	
Olive oil	0.03
14g smokey streaked bacon	0.09
1/3 onion	0.09
1/3 large carrot	0.02
1/3 celery stick	0.02
1/3 garlic clove	0.01
½ sprigs rosemary	0.07
83g minced beef	0.73
133g tinned tomatoes	0.08
5g basil	0.12
Dried oregano	0.01
Bay leaves	0.02
1/3 <sup>rd</sup> tbsp tomato puree	0.01
1/6 beef stock cube	0.01
21ml red wine	0.17
Cherry tomato	0.03
7g parmesan cheese	0.08
67g spaghetti	0.07
<u>Total</u>	<u>£1.66</u>

<b>WTO Spaghetti Beef Bolognese</b>	
Olive oil	0.04
14g smokey streaked bacon	0.29
1/3 onion	0.09
1/3 large carrot	0.02
1/3 celery stick	0.02
1/3 garlic clove	0.01
½ sprigs rosemary	0.07
83g minced beef	0.82
133g tinned tomatoes	0.08
5g basil	0.12
Dried oregano	0.01
Bay leaves	0.02
1/3 <sup>rd</sup> tbsp tomato puree	0.01
1/6 beef stock cube	0.01
21ml red wine	0.18
Cherry tomato	0.03
7g parmesan cheese	0.11
67g spaghetti	0.09
<u>Total</u>	<u>£2.02</u>
<b><u>Increase</u></b>	<b><u>21.7%</u></b>



# Beef Lasagne

<b>Remain Beef Lasagne</b>	
5g olive oil	0.03
125g lean mince beef	0.85
15g prosciutto	0.30
266g passata	0.21
33g beef stock	0.41
Nutmeg	0.01
50g lasagne sheets	0.05
87g readymade white sauce	0.27
21g mozzarella	0.10
<u>Total</u>	<u>£2.23</u>

<b>WTO Beef Lasagne</b>	
5g olive oil	0.04
125g lean mince beef	0.99
15g prosciutto	0.51
266g passata	0.22
33g beef stock	0.45
nutmeg	0.01
50g lasagne sheets	0.07
87g readymade white sauce	0.28
21g mozzarella	0.18
<u>Total</u>	<u>£2.75</u>
<u>Increase</u>	<u>23.3%</u>





# Fish, chips and mushy peas

<b>Remain Fish, Chips &amp; mushy peas</b>	
200g unpeeled, even-size Maris Piper or King Edward potato	0.18
10g olive oil	0.06
75g peas	0.10
162.5g cod fillet	2.29
12.5g self raising flour	0.01
12.5g corn flour	0.04
21ml sparkling water	0.01
100ml sunflower oil for frying	0.15
<u>Total</u>	<u>£2.84</u>

<b>WTO Fish, Chips and mushy peas</b>	
200g unpeeled, even-size Maris Piper or King Edward potato	0.18
10g olive oil	0.08
75g peas	0.10
162.5g cod fillet	2.82
12.5g self raising flour	0.01
12.5g corn flour	0.04
21ml sparkling water	0.01
100ml sunflower oil for frying	0.43
<u>Total</u>	<u>£3.67</u>
<b><u>Increase</u></b>	<b><u>29.2%</u></b>



# Quiche Lorraine with salad

<b>Remain Quiche Lorraine with salad</b>	
83g short crust pastry	0.18
5g olive oil	0.03
lean rashers of smoked dry cure bacon	0.25
1 large egg	0.17
47ml single cream	0.12
25 ml milk	0.02
23g gruyere cheese, finely grated	0.35
Lettuce	0.18
Tomatoes	0.19
Cucumber	0.16
Spring onion	0.50
Cress	0.21
Peppers	0.30
<u>Total</u>	<u>£2.66</u>

<b>WTO Quiche Lorraine with salad</b>	
83g short crust pastry	0.18
5g olive oil	0.04
lean rashers of smoked dry cure bacon	0.25
1 large egg	0.17
47ml single cream	0.12
25 ml milk	0.02
23g gruyere cheese, finely grated	0.42
Lettuce	0.19
Tomatoes	0.20
Cucumber	0.17
Spring onion	0.52
Cress	0.21
peppers	0.31
<u>Total</u>	<u>£2.77</u>
<u>Increase</u>	<u>4.1%</u>



# Carrot cake with cream cheese frosting

<b>Remain carrot cake with frosting</b>	
47ml vegetable oil	0.47
20g natural yoghurt	0.07
1 medium egg	0.14
Vanilla extract	0.03
Orange zest	0.09
53g self-raising flour	0.04
67g light muscovado sugar	0.20
5g ground cinnamon	0.11
Nutmeg	0.01
53g carrots	0.16
4g sultana	0.04
20g walnuts	0.24
20g salted butter	0.13
60g icing sugar	0.06
20g Mascarpone cheese	0.08
<b><u>Total</u></b>	<b><u>£1.87</u></b>

<b>WTO carrot cake with frosting</b>	
47ml vegetable oil	0.47
20g natural yoghurt	0.07
1 medium egg	0.14
Vanilla extract	0.09
Orange zest	0.09
53g self-raising flour	0.04
67g light muscovado sugar	0.21
5g ground cinnamon	0.12
Nutmeg	0.01
53g carrots	0.16
4g sultana	0.04
20g walnuts	0.34
20g salted butter	0.13
60g icing sugar	0.06
20g Mascarpone cheese	0.14
<b><u>Total</u></b>	<b><u>£ 2.11</u></b>
<b><u>Increase</u></b>	<b><u>12.8%</u></b>





# Fruit Salad

<b>Remain fruit salad</b>	
1 apple	0.16
1 small orange	0.18
Grapes	0.20
1 kiwi fruit	0.30
Orange juice	0.05
<u>Total</u>	<u>£0.89</u>

<b>WTO fruit salad</b>	
1 apple	0.16
½ small orange	0.18
Grapes	0.21
1 kiwi fruit	0.40
Orange juice	0.05
<u>Total</u>	<u>£1.00</u>
<u>Increase</u>	<u>12.4%</u>

