

LUNCH MEDITERRANEAN RECIPES

GREEN BEANS - TOMATO - GARLIC



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:



MEDITERRANEAN	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE

PLATED / PRESENTATION / INGREDIENTS



1

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FINAL PRESENTATION

CHICKPEAS-EGGPLANT-PEPPERS



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:

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Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
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PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

BEEF KAFTA - PICKLED VEGGIES



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

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PLATED / PRESENTATION / INGREDIENTS



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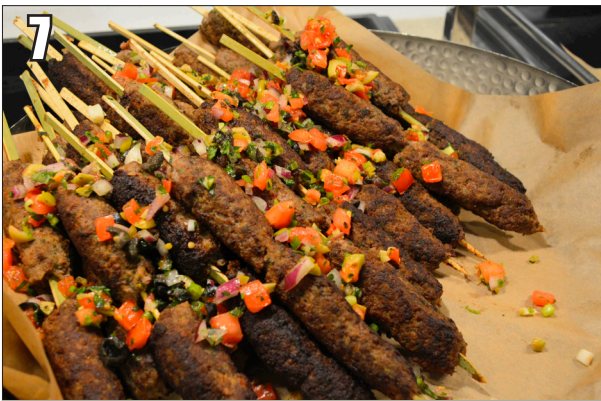
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FINAL PRESENTATION

CHILI TAHINI SAUCE



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

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PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

YELLOW BASMATI RICE



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

Allergens:



MEDITERRANEAN	ASSIGNED VESSEL
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
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PLATED / PRESENTATION / INGREDIENTS



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FINAL PRESENTATION

TOASTED NAAN BREAD



QUANTITY	INGREDIENTS	PREPARATIONS
INGREDIENTS TO ASSEMBLE		

METHOD FOR PREPARATION

CULINARY NOTES:

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Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day	
	SIZE



PLATED / PRESENTATION / INGREDIENTS



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STEP



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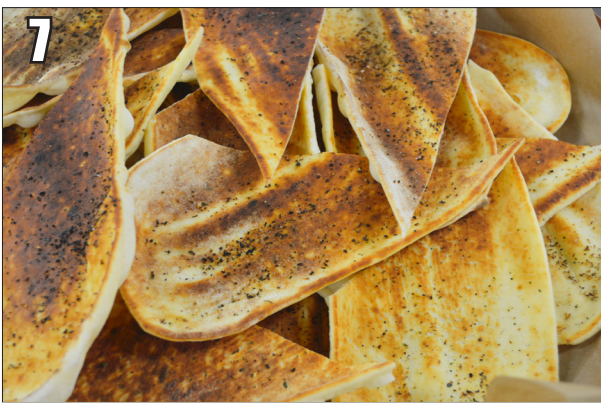
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FINAL PRESENTATION

1

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FINAL PRESENTATION

