

Sizzling SLT

(steak, lettuce, tomato)

The SLT is topped with Homemade Red Wine Steak Sauce

“The Sizzling SLT is the Sandwich for Me!”

Top Cut Beef Contest

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9A Core Extension with Ms Lindstadt- Iurka

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Go Check Out Our Website!

<http://sizzlingsltcom.my-free.website>



Recipe

Steak Preparations:

1. Get 8 ounces of Flank Steak
2. Heavily coat flank steak with salt and pepper on both sides.
3. Grill flank steak for your liking (for medium, grill for five to six minutes on each sides)
4. Let rest for at least five to ten minutes before serving.

Red Wine Steak Sauce

1. 2 tablespoons diced onion.
2. $\frac{1}{8}$ cup red wine.
3. 2 teaspoons Dijon mustard
4. 2 teaspoons finely chopped garlic.
5. 2 tablespoons butter, chopped and kept cold.
6. 2 tablespoons chopped thyme.
7. $\frac{1}{2}$ teaspoon of kosher salt
8. $\frac{1}{2}$ teaspoon of pepper

Preparation

1. Toast white bread.
2. Spread steak sauce on bread.
3. Layer steak slices on sauce.
4. Then, put 3 full leaves of iceberg lettuce and 2 thick slices of tomatoes on top.
5. Put you other slice of bread on top and enjoy your SLT

Cost of Ingredients-

Ingredient	Measurement of each ingredient per item	Cost per measurement	Cost Per Product
Flank Steak	3 ounces	\$2.56	\$12.58 per pound
Iceberg Lettuce	3 leaves	\$0.29	\$2.39 per head
Whole Tomato	2 slices	\$1.33	\$3.99 per tomato
White Bread	2 slices	\$0.18	\$1.99 per loaf (22 slices)
Thyme	2 tablespoons	\$1.06	\$9.50 per 9 ounces
Dijon Mustard	2 teaspoons	\$0.08	\$ 1.99 per 8 ounces (one bottle)
Garlic	2 teaspoons	\$0.04	\$0.52 per bulb
Butter	2 tablespoons	\$0.34	\$0.17 per 1 lb
Yellow Onion	2 tablespoons	\$0.12	\$0.74 per onion
Red Wine	1/3 a cup	\$0.88	\$7.99 per 750 mL

Salt	1/2 teaspoon	\$.02	\$3.19 per 3 lb
Pepper	1/2 teaspoon	\$0.10	\$9.99 per 16 ounces

Total cost for all products: \$55.04

Total cost per measurements: \$7

Food Storage and Handling

If you want to store or freeze your steak, the steak will work the best if you use aluminum foil or freezer bags. To make your Flank steak more tender, take your steak out of the fridge 30 minutes before you cook it. Before you take the steak off the grill, make sure you test the temperature to make sure it ranges between 135 and 155 degrees Fahrenheit (depends on how well done you want your steak cooked. Flank Steak must be at a temperature of 32-36 degrees Fahrenheit before it is frozen.

Nutrition Check for Learning

Beef is very important in one's diet because it has zinc, iron, protein. Zinc has many health benefits including helping the immune system. Iron is also very essential in a healthy lifestyle, mainly because it increases energy. Lastly, the protein found in beef has many positive impacts in the human body, for its ability to build muscles, bones, blood, skin, and cartilage.

Due to the many beneficial components in the "Sizzling SLT" specifically beef, nutritional assets will be promoted with the consumers. We will promote these health benefits through the media. Using social media, our website, we will share how beef should be included in one's diet. In addition to our website, customers can learn about beef nutrition through our advertisement, and at our restaurant, Sizzling Sandwiches, in Port Washington.

Target Audience

Our Sizzling SLT will be an ideal meal choice for all ages. Our sandwich will be suitable for adults as many adults love steak and to have it in a sandwich, it's perfect! This sandwich is also amazing for kids because many children don't enjoy vegetables and often complain about eating them. This sandwich can be a healthy, delicious way to include vegetables in your children's diet without them not enjoying every bite. Our Sizzling SLT is a nutritious option consisting of crisp, fresh vegetables and hearty beef for anyone who wants a delicious lunch or even dinner. It is influential to many customers because of its delicious taste and health benefits. People will be able to purchase our sandwich in our shop.

Container

Our Sizzling SLT is sold at our grab-and-go restaurant, Sizzling Sandwiches, at 15 Main Street, Port Washington, New York 11050. At our restaurant, the sandwiches are normally picked up because it is not a formal restaurant, but there is outdoor seating. Our restaurant sells great sandwiches, but we are known for our one-of-a-kind, delicious Sizzling SLT. Our Sizzling SLT does not have a container since it is sold in our specialty shop, but is served on a plastic plate. Each plate costs \$0.30 cents.

Profit Margin

The cost per measurement of all of the ingredients is \$7.00. The cost per product is \$55.04. The cost of each plate is \$.30. The selling price of our sandwich is \$13.50. The full price of our sandwich including the cost of the ingredients (per measurement), cost of container and the selling cost of our sandwich is \$20.80. The full price of our sandwich including the cost of the ingredients (per product), cost of container and the selling cost of our sandwich is \$68.84. To make one sandwich, it costs \$7.00, and we are selling it for \$13.50, to make a profit of \$6.50.

Marketing Plan

One way we advertise our sandwich is through our public website. Our website grants all access views and a quick and easy way to find prices and ways to acquire our product. It also talks about how beef is beneficial! Visit <http://sizzlingslt.com.my-free.website> to see our website!

Another way we advertise the Sizzling SLT is through our local newspaper. We will have an advertisement in the news.

The final way we advertise our product is through the local radio stations. We put our advertisement into the commercial break on the radio stations 97.4 and 87.2

Feedback

After creating the perfect sandwich in our eyes, we decided to test it out with a few family members, and discovered that they feel the same way about the Sizzling SLT. We served our product to Molly, Perry's sister, and she enjoyed it very much. She described it as "Very good!". Others have made remarks on our sandwich, all of which have been positive. Gillian's brother, Charlie even wanted another one! Our taste-testers loved the Sizzling SLT!