



Top Cut Beef Contest

Pavilion High School 2021-2022

Information

Class period: 6th/7th

Abigail Lemley- Grade 12

Shannon Campbell- Grade 12

Joy Gayhart- Grade 12

Christopher Doody- Grade 10

Pavilion Central School

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Gopher Goulash

Served with fresh fruit salad and a glass of milk



“Gopher Goulash Has Got It All!”



Gopher Goulash

A comforting and delicious dish of noodles in a savory sauce with fresh vegetables and beef, the flavor is then enhanced with herbs, spices, onion, and garlic. Served with a sweet fruit salad and a cold fresh glass of chocolate or regular milk.



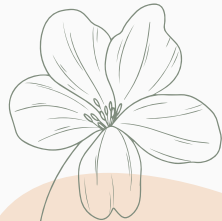
Goulash Recipe

- 1 tablespoon extra-virgin olive oil
- 1 ½ cup chopped onion
- 1 pound lean ground beef
- 2 large cloves garlic, minced
- 2 teaspoons paprika
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ¼ teaspoon ground pepper
- 1 (14 ounce) can no-salt added diced tomatoes, undrained
- 1 (8 ounce) can no-salt added tomato sauce
- 1 cup low-sodium beef or chicken broth
- 1 ¼ cups whole-wheat elbow macaroni
- 2 tablespoons Grated Parmesan cheese



Goulash Instructions

1. Heat oil in a large saucepan over medium-high heat.
2. Add onion and beef; cook, breaking up meat with a wooden spoon, until no longer pink, about 5 minutes.
3. Add garlic, paprika, Italian seasoning, salt and pepper; cook, stirring, for 1 minute.
4. Stir in tomatoes and their juices, tomato sauce and broth. Bring to a boil. Reduce heat to medium-low, cover and cook for 5 minutes.
5. Add macaroni and cook, uncovered, stirring occasionally, until tender, 6 to 9 minutes.
6. Remove from heat and let stand for 5 minutes before serving. Sprinkle with Parmesan, if desired.



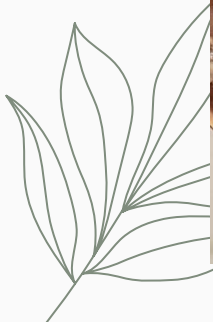
Fruit Salad Recipe and Instructions

- ½ cup Cantaloupe
- ½ cup Strawberries
- ½ cup Blueberries
- ½ cup Raspberries
- ½ cup Pineapple
- ½ cup Banana
- ½ cup Purple grapes
- Honey
- Orange juice
- Lemon zest

1. Cut and combine all fruit
2. Make “sauce”
3. Combine fruit and “sauce”



Pictures



Storage & Handling

Store strawberries, blueberries, raspberries, and red grapes in the fridge, which should be at about 40°F. Keep beef in freezer, at about 0°F or lower and all other ingredients in appropriate temperatures and containers.

Take out beef one day prior to cooking and put it in the fridge at about 40°F. The refrigerator allows for safe thawing.

When preparing the meal, wash hands with soap and warm water for 20 seconds before and after food handling.

Do not cross contaminate, keep raw beef away from other food and wash cutting board, knife, and counter top after handling the raw beef. Sanitized cutting boards.

When cooking meat, make sure the internal temperature is 160°F so it is fully cooked. Fruit salad will be prepared separately from the goulash and away from it.

The goulash will be kept at 140°F and the fruit salad at 40°F. Either food will be kept out for more than 2 hours to ensure freshness.

Nutrition



Goulash: Serving Size: 1 1/2 cups, Per Serving: 418 calories; protein 31.1g; carbohydrates 39.9g; dietary fiber 6.6g; sugars 7.9g; fat 16g; saturated fat 5.2g; cholesterol 73.7mg; vitamin a iu 1224.8IU; vitamin c 16mg; folate 42.6mcg; calcium 73mg; iron 5.1mg; magnesium 87.4mg; potassium 1022.7mg; sodium 725.9mg; thiamin 0.3mg; added sugar 1g.

8 oz Milk: Total Fat 2.5g. Saturated Fat 1.5g. Cholesterol 10mg. Sodium 110mg. Total Carbohydrates 11g. Dietary Fiber 0g. Sugars 11g. Protein 7g.

8 oz Chocolate Milk: Total Fat 2.5g. Saturated Fat 1.5g. Cholesterol 10mg. Sodium 200mg. Total Carbohydrates 20g. Dietary Fiber 0g. Sugars 19g. Protein 7g.

Fruit Salad: ½ cup mixed fruit is about 50 calories



Zinc

- ❖ Helps maintain a healthy immune system
- ❖ A 3 oz serving of beef will provide 39% of the daily value of zinc needed in a day

Iron

- ❖ Helps red blood cells carry oxygen to the body
- ❖ Plays a key role in brain and muscle function



Protein

- ❖ Helps preserve and build muscle
- ❖ A 3oz serving of beef will provide 51% of the daily value of protein needed in a day.



Target Audience

The target audience is students. Students will want to eat our product because this is a comfort food that is healthy and fresh. It is also served with a sweet and savory fruit salad and a fresh glass of milk. Our audience will be able to get our product at their school cafeteria for lunch.





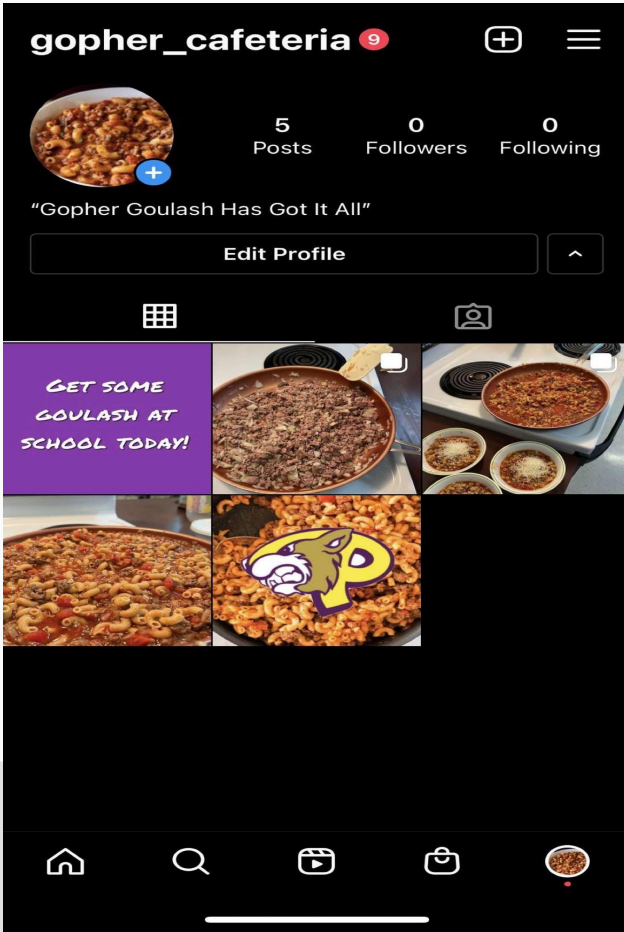
@gopher_cafeteria

Marketing

- Flyers Around The School
- School Announcements
 - Instagram

Announcement: "Don't forget to get your gopher goulash today in lunch, its fresh and delicious! Gopher Goulash Has Got It All!"

Flyer on next slide



Gopher Goulash

Gopher Goulash has got it all!
Savory tomato sauce, with peppers, flares of
garlic and onion flavors!
And meat!



Cost Analysis

| Ingredients List | Ingredient Cost | Measurement of each ingredient per item (oz/tsp/tbsp/cups) | Cost of each ingredient per meal |
|---|-----------------|---|----------------------------------|
| Extra-virgin olive oil- 17oz | \$3.94 | 1/4 tbsp | \$0.02 |
| Onion- 1 whole onion | \$.38 | 3/8 cup | \$0.07 |
| Lean ground beef- 1lb | \$4.68 | 1/4 lbs | \$1.17 |
| Garlic- 6 oz of garlic cloves | \$2.78 | 1/2 minced cloves | \$0.04 |
| Paprika -2.5oz | \$0.98 | 1/2 tsp | \$0.03 |
| Italian Seasoning -.75oz | \$1.19 | 1/4 tsp | \$0.05 |
| Salt-26oz | \$.49 | 1/4 tsp | \$0.01 |
| Ground pepper 3oz | \$2.59 | 1/16 tsp | \$0.01 |
| No-salt added diced tomatoes, undrained -14.5oz | \$0.64 | 3.5 oz | \$.16 |
| No-salt added tomato sauce - 8oz | \$.88 | 2 oz | \$0.22 |

Continued...

| | | | |
|-------------------------------------|--------|-----------|---|
| Low-sodium beef broth -32oz | \$2.19 | 1/4 cup | \$0.13 |
| Whole-wheat elbow macaroni - 16oz | \$2.09 | 5/16 cup | \$0.32 |
| Grated Parmesan Cheese- 8 oz | \$2.59 | 1/2 tbsp | \$0.08 |
| | | | |
| Cantaloupe- 1 whole | \$3.59 | 1/12 cup | \$0.06 |
| Strawberries-16oz | \$3.99 | 1/12 cup | \$0.16 |
| Blueberries- 16oz | \$2.99 | 1/12 cup | \$0.12 |
| Raspberries- 6oz | \$2.99 | 1/12 cup | \$0.33 |
| Pineapple- 1 whole pineapple | \$2.19 | 1/12 cup | \$0.04 |
| Red grapes-1.5 lbs | \$3.59 | 1/12 cup | \$0.19 |
| Honey-12 oz | \$3.19 | 3/4 tbsp | \$0.07 |
| Orange juice-52 oz | \$1.78 | 1/12 cups | \$0.02 |
| Lemon zest- 1 lemon | \$.57 | ¼ tsp | \$0.05 |
| | | | |
| Chocolate or white milk- 1 gallon | \$2.74 | 8 oz | \$0.17 |
| Total Cost to Make Your Meal | | | Fruit salad: \$1.04 Milk: \$0.17 Goulash: \$2.30 Total: \$3.51 |

**Our meal costs \$3.51 to make per serving.
To an adult at school this meal would cost \$4.78
so the gross profit would be \$1.27 and the gross
profit margin would be 26.5%.**

**For a kid at school, meals are free but the
government pays \$4.38, so the gross profit would
be \$0.87 and the gross profit margin would be
19.9%.**

Our Final Product

