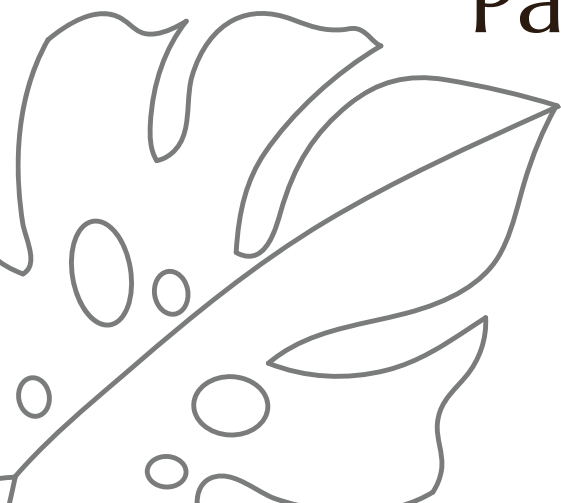




Top Cut Beef Contest

Pavilion High School 2022-2023





Information



Class Period: 6th & 7th period

Karlee Zinkievich: 12th grade

Lauren Kingsley: 12th grade

Zack Tillotson: 12th grade

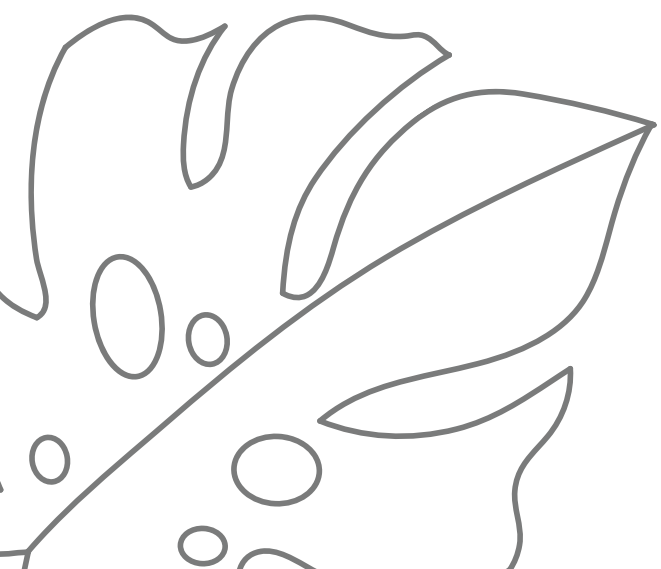
Pavilion Central School 7014 Big Tree Rd, Pavilion NY

Teacher: Jennifer Stringer

School Email: jstringer@pavilioncsd.org

Phone number: 585-584-3115

Ext. 1137





Gopher Gordita Crunch

Served with a
refreshing fruit salad
and a fresh glass of 1%
milk or chocolate milk

Gopher Gordita Crunch

A comforting and delicious soft and crunchy taco with meat, freshly gradated cheese, lettuce, and topped with a savory ranch sauce. The flavors are enhanced with spices. Served with a sweet fruit salad and a cold fresh glass of chocolate or regular milk.



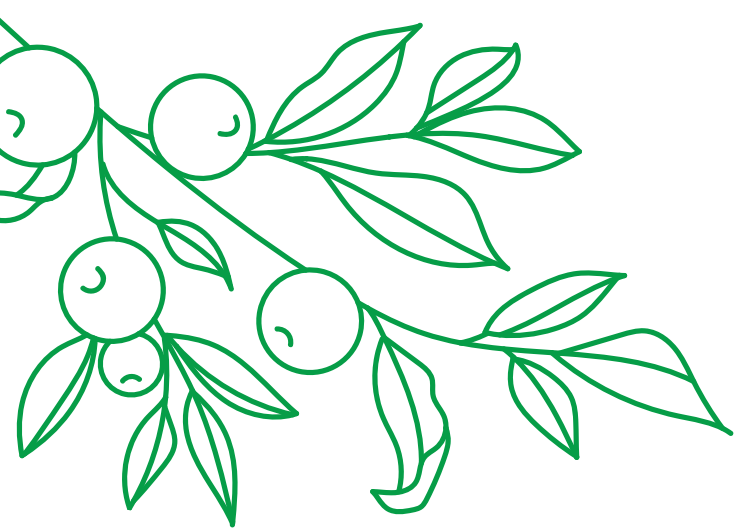
Lets taco 'bout that crunch!

Ingredients

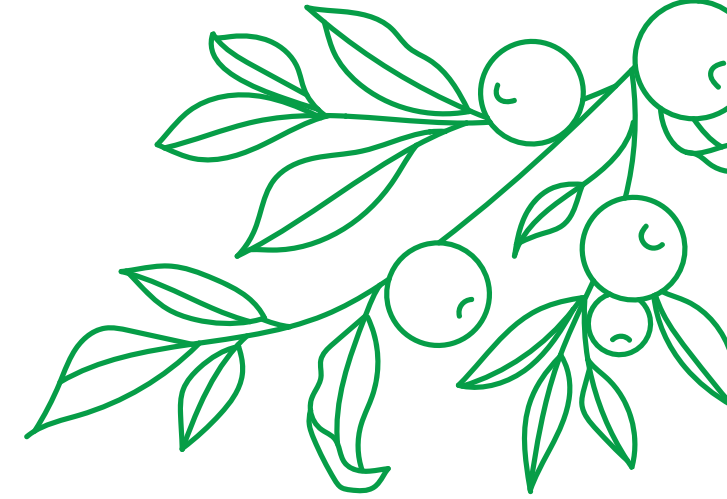


Ingredient
List

- 2 tablespoons extra virgin olive oil
- 1 pound ground beef
- 1 yellow onion, chopped
- 2-3 teaspoons chipotle chili powder
- 2 teaspoons smoked paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 1/4-1/2 teaspoon crushed red pepper
- 1/2 teaspoon dried oregano
- 1 teaspoon kosher salt



Instructions



1. Preheat the oven to 400° F.
2. In a large skillet, heat the olive oil over high heat. When the oil simmers, add the ground meat and onion. Cook, breaking up the meat as it cooks until it is browned, about 5 minutes. Add the chili powder, paprika, cumin, garlic powder, red pepper flakes, oregano, and salt. Add 3/4 cup water. Reduce the heat to medium and simmer until the sauce has thickened slightly around the meat, about 10 minutes. Keep warm over low heat.
3. Meanwhile, lay the flour tortillas flat onto 2 baking sheets. Evenly divide the Mexican cheese blend between each tortilla. Bake 3-5 minutes, until the cheese is melted. Add the hard shells to the center of each tortilla, pressing one side of the shell into the cheese. Bake another 2-3 minutes. Fold the remaining cheesy side onto the hard shell, pressing the shell into the cheese.
4. Spoon the meat evenly into each shell. Top with the spicy ranch, lettuce, and a sprinkle of cheddar cheese. Serve immediately with any amount of desired toppings...avocado, hot sauce, yogurt, cilantro, salsa, whatever you love!



Assembly



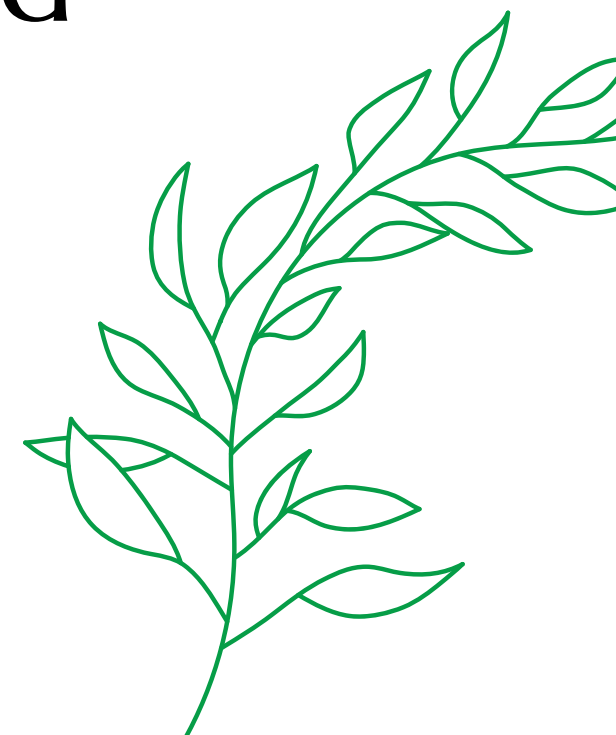
- 1 1/2 cups shredded Mexican cheese blend
- 8 mini taco size whole wheat or gluten free tortillas
- 8 hard taco shells
- spicy ranch dressing
- 2 cups shredded romaine lettuce
- 1/2 cup shredded sharp cheddar cheese



Fruit Salad Recipe and Instructions

- ½ cup Strawberries
- ½ cup Blueberries
- ½ cup Raspberries
- ½ cup Pineapple
- Honey
- Orange juice
- Lemon zest

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



Gordita Crunch

Nutrition

:Calories: 426kcal (21%)Carbohydrates: 34g (11%)Protein: 24g (48%)Fat: 21g (32%)Saturated Fat: 11g (69%)Trans Fat: 1gCholesterol: 80mg (27%)Sodium: 760mg (33%)Potassium: 366mg (10%)Fiber: 2g (8%)Sugar: 2g (2%)Vitamin A: 617IU (12%)Vitamin C: 1mg (1%)Calcium: 290mg (29%)Iron: 2mg (11%)

8oz Milk

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

8oz 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



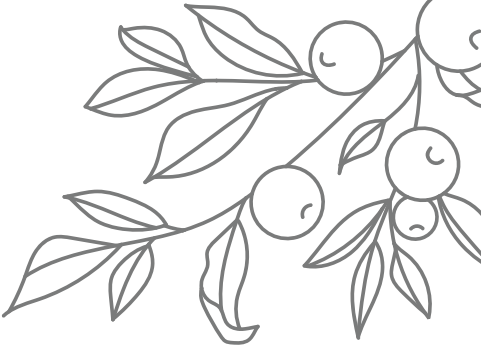
Protein

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





Storage and Handling



Store the raspberries, strawberries, blueberries, and pineapples within the fridge which should be kept around 40°F. Also, the beef needed has to be kept in the freezer which needs to be kept at 0°F or lower. Make sure all other ingredients are kept in appropriate containers and temperatures.

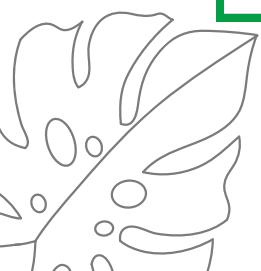
One day in advance, take beef out of the the freezer and place in the fridge at around 40°F. This allows for safe thawing.

Be sure to wash your hands well with warm water and soap for about 20 seconds before handling and preparing your food.

It is very important to not cross contaminate while preparing our foods. In order to do this, keep the raw beef away from all the food

While cooking the meat for our tacos, the internal temperature has to be 160°F so it is ensured that the meat is fully cooked. Also, the fruit salad will be prepared away from the tacos.

After all the meat is properly cooked, be sure all the toppings for the tacos are prepared and ready to be used. To ensure the freshness of all of our foods, store them in the proper temperature.





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 white or chocolate milk. Our audience will be able to get our product at their school cafeteria for lunch.



Marketing



 **gophergordita**
Pavilion, NY



320 likes

gophergordita Come try our Gopher Gordita Crunch in lunch today!

2 HOURS AGO

- Flyers Around The School
- School Announcements
- Instagram

Announcement: “Don’t forget to get your Gopher Gordita Crunch today in lunch, its fresh and delicious! Gopher Gordita Crunch, Let's taco' bout that crunch!”



Gross Profit
 $\$5.50 - \$4.95 = \$0.55$
 Margin 10%

Ingredient List	Ingredient Cost	Measurement of each ingredient per item	Cost of each ingredient per meal
2 tbsp extra virgin olive oil	\$4.72	2 tbsp	\$0.10
1 lbs ground beef	\$4.58	1 lb	\$1.15
1 yellow onion, chopped	\$.78	1	\$0.20
2 tsp chipotle chili powder	\$.91 / oz	2 tsp	\$0.01
2 tsp smoked paprika	\$1.94/2 oz	2 tsp	\$0.01
1 ½ tsp ground cumin	\$2.50/1.5 oz	1 ½ tsp	\$0.01
1 tsp garlic powder	\$3.82/3.12 oz	1 tsp	\$0.01
½ tsp crushed red pepper	\$6.37	½ tsp	\$0.01
½ tsp dried oregano	\$1.00/8 oz	½ tsp	\$0.01
1 tsp salt	\$2.94	1.tsp	\$0.01
1 ½ cups shredded Mexican cheese blend	\$3.98	12 oz	\$0.75
8 mini taco size whole wheat or gluten free tortillas	\$2.24	2 shells	\$0.36
8 hard taco shells	\$2.24	2 shells	\$0.36
1 cup spicy ranch dressing	\$3.58	8oz	\$0.45
2 cups shredded iceberg lettuce	\$2.33	16oz	\$0.92
1/2 cup shredded sharp cheddar cheese	\$3.98	4oz	\$0.25
1 tbsp hot sauce	\$3.26	0.5 oz	\$0.34
Total cost			\$4.95
Selling cost			\$5.50