

Stretching club foodservice dollars with

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Are you throwing away good food? With the hound of inflation snapping at all of our heels, the question sounds absurd.

We all realize the days of abundance and cheap food are gone forever. We are in a world food market and competition for our resources is going to continue to grow. Most of us have faced up to the consequences with a thorough examination of our food handling practices. To stem shrinking profit margins, we're trimming waste, tackling operating inefficiencies and generally toning up our muscles in every conceivable way.

But there have been oversights. And chances are you're still pouring useable products — and profits — down the drain every day.

There are three basic areas of concern after all of the fundamentals of proper purchasing, storing, preparation and serving have been adhered to. The first concerns over-production or as we call them "leftovers." Secondly, the profitable use of leftovers. Finally, a third area that is often neglected concerns the use of foods normally disposed of because "we have always done it that way." Such items as:

- vegetable broths from canned, frozen and fresh vegetables;
- pickle syrups and brines;
- fruit syrups (from canned peaches, pears, etc.).

The common kitchen practice of discarding these liquids is depriving you of profits. Almost any recipe can benefit — both in flavor and economically — from the addition of any one of the above items. The following tells how to enhance and extend items in every category on your menu.

Appetizers

The juices from a variety of products such as sauerkraut, clams, tomatoes or other vegetables can increase the yield of many appetizer recipes.

- Use vegetable juices to extend seafood cocktail sauces. A 10 to 15 percent dilution will slightly thin seafood cocktail sauces, extending them and reducing costs without too much color and flavor loss.
- Add 1 pint of canned vegetable juice to a No. 5 can of tomato juice or other juice. You'll get approximately a one-third increase in yield and at the same time develop a vegetable juice cocktail with great flavor.

Soup

Offering a wide variety of soup and meal-in-a-bowl specials made from left-over juices will add profit in the front of the house and cut food costs in the kitchen. Try some of these ideas:

- Extend onion soup with broth from most

canned vegetables, especially whole boiled onions.

- Use canned beet juice to extend Borscht or make a beet and cabbage soup or to extend and add color to tomato-based soups.
- Liquids from canned bean sprouts or other Chinese-type vegetables should be combined with chicken broth to make Oriental soups.
- Use meat drippings, canned meat liquids and vegetable juices to extend some casserole or stew items and make meal-in-a-bowl soup dishes, such as chili con carne soup, curried shrimp bisque, chicken liver dumpling soup and tuna noodle chowder.

Vegetables

For unusual but economical vegetable dishes, take advantage of vegetable liquids by thickening and adding your own seasonings. The result is an extended yield and an exotic flavor.

- For beets in sour cream sauce, drain any style No. 10 can of beets into a suitable pot. Bring to a boil. Make a white roux with 4 ounces butter and 4 ounce flour. Add 1 pint

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of sour cream to roux, whipping until well blended. Add drained beet juice, bring to near boil, mixing until smooth. Adjust seasoning and add beets. Serve hot. Yield: approximately 32 one-half cup portions.

- For braised dilled celery, use fresh celery pieces, resurrect outside stalks, scrape, cut and blanch. Saute in butter or margarine, season with dill pickle brine and fruit syrup or heat quartered celery hearts in this liquid.
- To get 6 to 8 additional portions from a No. 10 can of beans, peas, carrots, onions, asparagus, mixed vegetables, etc. thicken vegetable liquid with a flour and butter roux.

Entrees

By adding a variety of juices, broths and brines to your existing entree recipes, you can add a touch of creativity to your menu while increasing profitability.

For example, use canned vegetable juices to extend:

- Meat stews, pot pie fillings, corned beef hash, barbequed meats and poultry, spaghetti sauce, beef macaroni, taco fillings, chili con carne, meat loaf, stuffed peppers and cabbage.

Try using sweet pickle syrups or dill and

home-style brines to extend and add flavor to:

- Sweet-sour pork, fried rice specialties, barbequed meats and poultry, curried dishes, sauerbraten sauces, beef or pork rouladen, Polynesian cheese rarebits, spicy spoon burgers, sloppy joes.
- Add pickle brine to dry pancake or batter mix instead of using water for delicious and unusual batter fried foods.
- Combine pickle brine with salad oil or liquid margarine and use to baste fish while broiling or baking.

Use a variety of fruit syrups as follows:

- To one gallon of canned fruit syrups (peaches, fruit cocktail, etc.) add 1 cup of margarine and a mixture of 1/3 cup of salt and 1/2 teaspoon ground cinnamon (disperse cinnamon in salt). Use this syrup for candied yams, baked squash, spiced fruits, stewed apples, etc. or as a basting medium for baked ham, ribs, chicken, etc.

Salad dressings

Most salad dressings can be extended with pickle syrups on brines, canned vegetable liquids or canned fruit syrups.

- Dill pickle brines are ideal for adding to slaw dressing, macaroni and potato salad dressings, Paris or Montreal Dressing, Vinaigrette Dressing or perfection salad mixtures to flavor the gelatine.
- Canned vegetable broths are excellent extenders for creamy style or French Dressing. Simply correct seasoning levels and you have substantial dressing cost reductions.
- Use pickle brines to extend and flavor tomato aspics, gelled perfection salads, gelled Russian salad, etc.
- Syrups from canned fruits are great as ingredients for fruit salad dressings, as a salad dressing extender in cole slaw and as a flavoring ingredient.

Desserts

Enhancing dessert staples with fancy sauces creates menu specialties that command higher prices. By simply combining canned fruit syrups with puddings, you can produce inexpensive, but impressive sauces for plain cakes, rice or bread puddings, baked apples, ice cream desserts and gelatin salads. Another imaginative way of using fruit syrups is to combine them with pie fillings to make blueberry, apple-cinnamon, cherry, strawberry and pineapple sauces. □

traditional throw-aways

