



Fava Bowl

200g of fava with grilled cherry tomatoes and red onion on top. Drizzled with Olive oil



Side Bowl

INGREDIENTS

- 1L Boiling Water
- 500g Yellow Split Peas (fava)
- 400g Carrots
- 300g Red Onion
- 15g OB Garlic
- 90ml Olive oil
- 3g Pepper
- 20g Salt
- 2 OB White Sugar Sachets (8g)
- 6 Bay Leaves
- 1.5L Vegetable Stock (30g Stock powder)
- 1 Rosemary Branch
- Zest of one lemon
- Juice of 2 Fresh Lemons (+/-150ml)
- 60ml olive oil

EQUIPMENT

- Boiler Table
-  Medium Pot
-  Flat Top Grill
-  Blender
-  Spoon

METHOD

- 1 Cover the split peas with boiling water and stir until water turns cloudy. Soak for 5 minutes and then drain the peas of all water
- 2 Chop the onion and carrots
- 3 Add carrots, onion, garlic, salt, pepper, sugar, bay leaves and olive oil to the pot and cook for approximately 3 minutes
- 4 Add the split peas and stir Immediately add the vegetable stock and rosemary branch and bring to boil
- 5 Cook on low heat until most of the liquid has evaporated and the lentils are soft
- 6 Add the lemon zest, lemon juice and olive oil
- 7 Remove the bay leaves and rosemary branch
- 8 Add to a blender or food processor and blend until a thick creamy consistency is achieved

NOTES

- 200g of fava with grilled cherry tomatoes and red onion on top.
- Drizzled with Olive oil



Food safety

From the SOP - what the kitchen must not skip on this dish.

Place the required vegetables into a bucket for pre rinsing.

SOP 12 - Vegetable Rinse

5. Wash vegetables thoroughly under running water, removing all soil and unwanted elements 6. Shake off / drain excess rinse water and place washed vegetables into the container containing the Bacterex Solution. 7. Soak the vegetables in the Bacterex solution for a contact time of NO LONGER THAN 3 minutes and remove from the solution.

Shake off well/ drain the excess solution from the vegetables.

SOP 12 - Vegetable Rinse

9. Notes: Make a fresh Bacterex solution when it appears dirty and soiled. 10. Make a fresh solution for each batch of vegetables being rinsed. 11. Rinse the lug/ basin or bucket well after use before storing it away. v1. 18 July 2023

VEGETABLES & DAIRY PRODUCTS

SOP 6 - Bar and Deli

Feta Cheese (Removed from Brine) 3 Days Cucumber Uncut 5 Days Cut Cucumber 2 Days Onions 7 Days Onions Cut 3 Days Green Peppers Whole 7 Days Green Peppers Cut 3 Days Tomato Whole 7 Days Olives In Brine 7 Days Zucchini Whole 7 Days Zucchini Cut 2 Days Lemons Whole 7 Days Lemons Cut 2 Days Baked Yogurt cheesecake (refrigerated) 3 days Baklava (decanted into food safe seal able container) 1 week at ambient Baklava (2 or 3 portions stored in a glass seal able display container) 2 days at ambient Avo crema 3 days Curry mayo 2 weeks Pre-made Halal Curry mayo 3 days Zucchini brined 3 days after portioning Zucchini in brine 24 hours Prepared couscous 3 days Fresh herbs whole 1 week Fresh herbs chopped 24 hours Peaches chopped 1 week Pickled Red onion two weeks



ON THE PASS

Fava Bowl

Plate - Side Bowl

Method and video links are on page 1.