|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| ***Recipe from Coimbra - Portugal*** | | | | | | | |
| **Dessert name: “Arroz Doce à moda de Coimbra” (sweet rice pudding)**  **Number of Doses (Pax): 6 Preparation time: 1 hrs Sale price: 1,53 €** | | | | | | | |
| **Quantity** | **Ingredients** | | **Unit Price** | | **Total Price** | **Preparation Technique** | |
| 0,75kg | rice | | 0,89€ | | 0,67€ | 1. Boil the milk with the lemon zest. 2. Meanwhile, in a saucepan take 1 dl of water to the boil. 3. When it starts to boil, add the rice, well washed and drained. 4. After the rice has cooked for 3 to 4 minutes, depending on the grain size, the hot milk is added little by little always stirring. 5. This process takes about an hour. 6. Add the sugar and let it boil a little more. 7. Place on platters and sprinkle with cinnamon. | |
| 1,5L | milk | | 0,48€ | | 0,72€ |
| 100gr | sugar | | 0,69€ | | 0,07€ |
| 0,040gr | Lemon (zest) | | 1,39€ | | 0,06€ |
| 0,005 | Cinnamon (powder) | | 22,38€ | | 0,12€ |
| **Comments:**  Rice pudding, in the Coimbra region, was mostly used in weddings as a way to let the community know that someone was going to get married. The girls, together with their mother and godmothers, visited the families they knew, to whom they offered a bowl of rice pudding in a “canastra” (a kind of chest) covered with a cloth made on handlooms (Almalaguês cloth). Eight days later, they would go back to pick the bowl or platter where they had placed the rice pudding and received a present. | | | | | | | |
| “Gourmet”  “Traditional” | | | | | | | | |
| **Total Cost: 1,64€** | | **Cost / Dose: 0,27€** | | **Students Name: Alice Moutinho, Samuel Carvalho and Rafael Fonseca** | | | | |
| **Ratio (%):20%** | | **Contribution Margin:5** | | **Class: 1th year Cookery course** | | | **Year: 2020** | |