

EYES

Enlarging Youth Entrepreneurial Spirit

Module: Pop up Restaurant



(Photo of Rachel Clare www.pexels.com)

Calculation

Case Study: Healthy Veggie Samosas

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The Case Study will present two options for preparation and presentation of vegetable samosas. The aim is to analyse and understand the differences related to the costs of ingredients, energy, staff, etc. as well as the storage capacity.

Step 1

Watch the first two minutes of this video with Jamie Oliver on the preparation of Healthy Veggie Samosas: <https://youtu.be/JlqEiu5PhCw>

Step 2

Read carefully the BBC Recipe on the preparation of Vegetable Samosas:

<https://www.bbcgoodfood.com/recipes/vegetable-samosas>

Step 3

Note the differences and fill in following chart for each of the recipes.

(learn more about convenience products at

https://eyesmodules.eu/media/com_form2content/documents/c6/a295/f118/Module_Cafe_3_Organizing%20Work_Process_EN.pdf

Useful tips:

Please note that short shelf life may cause additional costs, if you do not sell all the food during this period of time. Packaging related with a lot of waste may also be related with extra costs, moreover, if you are going for a zero-mile concept or similar, you should avoid waste and respect sustainability.

Do not forget about the fridge and other “ordinary” kitchen equipment, like working table, knives, etc. Consider tableware, if the food is not presented on a plate.

Option 1: Video – do not forget to also include the first steps with cooking vegetables!

Ingredients	Costs per unit	Convenience or fresh product	Storage required: Dry/Cool	Shelf life	Packaging / Waste

Kitchen equipment and appliances, tableware and extras (e.g. skewers, paper napkin, extra pepper) required	Costs per unit / new equipment	Energy costs per unit of recipe (e.g. 4 portions)	Sustainability (e.g. single-use or not, natural material)	Flexibility in use for other recipes

Option 2: Written recipe

Ingredients	Costs per unit	Convenience or fresh product	Storage required: Dry/Cool	Shelf life	Packaging / Waste

Kitchen equipment and appliances, tableware and extras (e.g. skewers, paper napkin, extra pepper) required	Costs per unit / new equipment	Energy costs per unit of recipe (e.g. 4 portions)	Sustainability (e.g. single-use or not, natural material)	Flexibility in use for other recipes

Step 4

Note the cooking methods used with both options and check which ones are healthier than others are. Feel free to go for more information on that topic at <https://www.wcrf-uk.org/uk/recipes/how-cook-healthily>

Step 5

Calculate the amount of time for the staff to produce four portions of the recipe for both options

Step 6

Compare and analyze the results.
(Optional: Discuss in group)

Step 7

Decide on one of the recipes you would use in your pop-up restaurant and justify it in detail.

Alternatively, if you decide on your own recipe for vegetable samosas, which could be a mixture of the two recipes considered or even include new aspects, please note down your idea and its advantages over the other variants.

Step 8

Transfer these issues to your popup concept and make the best of it.