



MAINES

PAPER & FOOD SERVICE, INC.

Tournedos Oscar

Ingredients **Yield: 1 Serving**

- 2 ea. Beef tenderloin medallions, 2.5 oz.
- 4 ea. Fresh asparagus spears, peeled
- 3 oz. Jumbo lump crab meat
- 2 ea. Sourdough rounds, toasted
- 3 oz. Béarnaise sauce
- t.t. Salt
- t.t. Black pepper, café

Preparation Instructions:

- 1 Season tenderloin medallion with salt, pepper and place on grill. Cook until desired temperature.
2. Steam asparagus until tender approximately 3 minutes.
3. Toast sourdough rounds
4. Heat crab meat in the oven on sizzler plate for approximately 3 minutes.
5. To serve, stack the ingredients as follows on serving plate. Toast on bottom, followed by asparagus, tenderloin medallions, crab and sauce on top. Serve immediately

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Beef Tenderloin Medallions	Packer	101282	2 ea.	\$2.13
Asparagus	Fresh	097031	4 ea.	\$0.76
Jumbo lump crabmeat	Handy	094888	3 oz.	\$3.69
Sourdough bread	Bakery DeFrance	171440	2 ea.	\$0.15
Béarnaise Sauce	See Recipe	See Recipe	3 oz.	\$0.57
Salt	Katy's Kitchen	340620	t.t.	\$0.02
Black Pepper, café	Culinary Secrets	345631	t.t.	\$0.03

Recipe Cost	\$7.35
Portion Cost	\$7.35

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$21.95	\$7.35	\$14.60	33.49%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$22.95	\$7.35	\$15.60	32.03%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$23.95	\$7.35	\$16.60	30.69%