

CHEWY MUESLI SLICE



FOOD SERVICE



Full of complex carbohydrates and goodness from dried fruits and seeds, this recipe is based on an old-fashioned English flapjack recipe, and can be modified to include many other ingredients to vary it and create interest.

Customer Services Phone 0800 800 617

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CHEWY MUESLI SLICE



SERVES 60

INGREDIENTS

| | | | Approx Unit Price | Approx Ingredient Cost |
|------|---------------------------------|---------|----------------------|---------------------------|
| 430g | butter | 0.01000 | 100% | \$4.30 |
| 300g | Chelsea Soft Brown Sugar | 0.00277 | 100% | \$0.83 |
| 280g | Chelsea Golden Syrup | 0.00500 | 100% | \$1.40 |
| 1kg | rolled oats (fine, not coarse) | 0.00311 | 100% | \$0.00 |
| 100g | pumpkin seeds, toasted | 0.01366 | 100% | \$1.37 |
| 150g | sultanas | 0.00333 | 100% | \$0.50 |
| 200g | dried cranberries | 0.00920 | 100% | \$1.84 |

METHOD

Preheat oven to 180°C.

Grease and line with baking parchment a 20cm x 30cm baking tray with 2cm sides.

Put butter, Golden Syrup and brown sugar into a pan and heat gently till the butter has melted and sugar has dissolved.

Put rolled oats, toasted pumpkin seeds, sultanas and dried cranberries into a large mixing bowl. Pour over the melted butter mixture and mix thoroughly.

Tip mixture into prepared baking tray and press in firmly. Smooth the top.

Cook for approximately 25 minutes, until top is golden brown at the edges. If it is browning too quickly, lower heat and cover top with tin foil.

When done, remove from oven and allow to cool. When cooler, but still warm, mark portions with a small sharp knife and leave to cool completely.

When cold, turn out onto a board and cut into marked portions with a sharp knife.

Store in an airtight container for up to 1 week.

RECIPE VARIATIONS

- Apricot Muesli slice - add 300g chopped dried apricots to the mix and add an extra 100g butter. Alternatively, replace sultanas and dried cranberries with the chopped apricots.
- Spiced Raisin Muesli slice - add 2tsp each of ground cinnamon and ground ginger to the dry mix. Replace the sultanas and cranberries with 300g raisins soaked in freshly squeezed orange juice for 30 minutes then drained.

| | |
|-------------------------|----------------|
| TOTAL COST | \$10.24 |
| COST PER PORTION | \$0.17 |
| GROSS PROFIT % | 70% |
| SALES TAX | 15% |

MIN. SELLING PRICE **\$0.65**
(per portion)

Costs based on average wholesale prices at Feb 2011

PROFIT

- Cost of a portion of muesli slice is around \$0.17 + GST. Selling price only needs to be \$0.65 to make a 70% GP, making this a very profitable line.
- Any crumbs from portioning can be added to crumble toppings, cheesecake bases or as a crunchy addition to muffins – remember to declare any allergens in the muesli slice in the secondary product.

NUTRITION

- Notwithstanding other ingredients, because it is made with oats, which are believed to reduce cholesterol, muesli bars are considered relatively healthy. Adding seeds, nuts, dried fruit and dried berries makes them more so.
- Basic recipe contains milk products.

SERVICE

- Mark portions with a sharp knife while still warm and in the cooking tray
- Place in a prominent position near till or coffee machine, and upsell with coffee purchases. Any decent-sized broken pieces should be offered as free tasters to customers.