

STANDARD INGREDIENT COSTING SHEET

Please refer to this sheet when compiling your recipe and costings.

If you are using any ingredient that appears on this list, the cost below must be used to calculate your recipe total

PASTA/RICE	
Basmati Rice	0.20p per 100g
Brown/Long Grain Rice	0.13p per 100g
Chick Peas	0.12p per 100g
Cous Cous	0.16p per 100g
Lasagne sheets	0.20p per 100g
Lentils Red/Green	0.20p per 100g
Noodles	0.28p per 100g
Pasta Dried-Variou	0.15 p per 100g
Pudding Rice	0.11p per 100g
BAKING SUNDRIES	
Baking Powder	0.31p per 100g
Bicarbonate of Soda	0.21p per 100g
Bouillon – all flavours	0.05p per 100g
Cornflour	0.10p per 100g
Custard Powder	0.20p per 100g
Dates	0.20p per 100g
Desiccated Coconut	0.22p per 100g
Dried Apricots	0.38p per 100g
Dried Fruit (other)	0.23p per 100g
Dried Yeast	0.52p per 100g
Food Colouings	0.03p per 10ml
Glacé Cherries	0.44p per 100g
Lemon Juice	0.01p per 10ml
Rolled Oats	0.09p per 100g
Vegetable Suet	0.46p per 100g
SUGAR	
Black Treacle	0.18p per 100g
Golden Syrup	0.15p per 100g
Sugar all types	0.15p per 100g
PRESERVES	
Clear Honey	0.42p per 100g
Fruit Jam/Mincemeat	0.20p per 100g
Lemon Curd	0.15p per 100g
Marmalade	0.15p per 100g
BEVERAGES	
Cocoa Powder	0.68p per 100g
Coffee	£2.90 per 100g
MARGARINE/COOKING OILS & FATS	
Butter	0.52p per 100g
Margarine/white fat	0.16p per 100g
Rapeseed Oil	0.25p per 100ml
Vegetable Oil	0.10p per 100ml
DAIRY	
Cheddar – low fat	0.59p per 100g
Cream Cheese	0.40p per 100g
Crème Fraiche- Low Fat	0.33p per 100ml
Eggs*	0.20p each
* give quantity as 100g on costing sheet to generate the correct price for eggs	
Halloumi	0.90p per 100g
Mayonnaise	0.08p per 100g
Natural Yoghurt	1.00p per 500ml
Parmesan Cheese	1.70p per 100g
Semi Skimmed milk	0.07p per 100ml
Sour Cream	0.35p per 100g

FRESH FRUIT	
Apples – cooking	0.09p per 100g
Apples – eating	0.20p per 100g
Banana (flesh only)	0.19p per 100g
Blueberries	£1.72 per 100g
Grapes – red or green	0.36p per 100g
Honeydew melon	0.11 per 100g
Kiwi fruit	0.30p per 100g
Mango – fresh	50p per 100g
Mango – pulp	18p per 100g
Pears	0.20p per 100g
Pineapple	0.12p per 100g
Strawberries	39p per 100g
Watermelon	0.11p per 100g
Whole Lemon*	22p each
Whole Lime*	35p each
Whole Orange*	20p each
(* give quantity as 100g on costing sheet to generate the correct price for whole fruit	
HERBS & SPICES	
Balsamic Vinegar	0.48p per 100ml
Chilli Cayenne	0.08p per 10g
Cinnamon	0.08p per 10g
Cooking Salt	0.02p per 10g
Fresh Basil/coriander	0.30p per 10g
Fresh Garlic	0.12p per 10g
Fresh Parsley	0.15p per 100g
Grnd Black Pepper	0.81p per 10g
Grnd White Pepper	0.11p per 10g
Ground Ginger	0.09p per 10g
Ground Mixed Spice	0.09p per 10g
Ground Paprika	0.07p per 10g
Madras Curry Powder	0.24p per 10g
Mint Sauce	0.30p per 100ml
Mixed Herbs	0.50p per 10g
Mustard Powder	0.12p per 10g
Nutmeg	0.20p per 10g
Sweet Pickle	0.36p per 100g
Vinegar	0.04p per 100ml
CANNED PRODUCE	
Condensed milk	0.23p per 100g
Evaporated milk	0.33p per 100g
Pilchards	0.70p per 100g
Pink Salmon	1.01p per 100g
Sardines	0.44p per 100g
Tinned fruit – average (water or juice, no syrup)	0.17p per 100g
Tinned pulses – average	0.08p per 100g
Tinned tomatoes – chopped	0.07p per 100g
Tinned tomatoes – whole	0.10p per 100g
Tomato puree	0.10p per 100g
Tuna	0.61p per 100g
BAKERY	
Brown/white sliced bread	0.13p per 100g
Wrap/chapati	0.15p per 100g
Pitta bread	0.19p per 100g
Fresh herbs	0.23p per 100g

SALAD & VEGETABLE ITEMS	
Aubergine	0.23p per 100g
Beef tomato	0.14p per 100g
Beetroot	0.15g per 100g
Broccoli	0.20p per 100g
Carrots	0.07p per 100g
Cherry tomato	0.38p per 100g
Courgettes	0.20p per 100g
Cucumber	0.20p per 100g
Iceberg lettuce	0.16p per 100g
Kale	0.26p per 100g
Leeks	0.15p per 100g
Lettuce	0.26p per 100g
Mushrooms	0.26p per 100g
Onions	0.07 p per 100g
Peppers	0.20p per 100g
Potatoes	0.09p per 100g
Spinach	0.40p per 100g
Sweet Potato	0.10p per 100g
MEAT AND POULTRY	
Back bacon	0.80p per 100g
Beef chuck steak (diced)	0.57p per 100g
Beef mince (lean)	0.39p per 100g
Beef Silverside	0.77p per 100g
Beef Topside (joint)	0.77p per 100g
Chicken 50/50 breast/thigh	0.49p per 100g
Chicken breast (diced)	0.55p per 100g
Chicken breast (whole fillet)	0.50p per 100g
Chicken mince	0.53p per 100g
Chicken thigh (diced)	0.53p per 100g
Lamb leg (boneless weight)	0.98p per 100g
Lamb leg (diced)	0.85p per 100g
Lamb mince	0.55p per 100g
Pork (diced)	0.39p per 100g
Pork Leg (boneless)	0.41p per 100g
Pork Loin (boneless, rindless)	0.49p per 100g
Pork mince	0.36p per 100g
Rabbit	1.50p per 100g
Streaky bacon	0.76p per 100g
Turkey joint (boneless weight)	0.70p per 100g
Turkey mince	0.58p per 100g
Turkey thigh (diced)	0.49p per 100g
Venison	1.30p per 100g
FRESH FISH	
Pollock	0.84p per 100g
Salmon	1.80p per 100g
Smoked Haddock	1.30p per 100g
QUORN	
Fillet or strips	0.90p per 100g
Mince/diced	0.79p per 100g