





AGNES RECIPE MANUAL



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OXTAIL

Ingredients:

- 5–6 Oxtail packs

oxtail recipe

- 2 cups potatoes (large cut)
- 1 cup baby carrots
- Browning syrup (hand rubbed)
- 3 cups water
- 1 tbsp season salt
- 1 tbsp granulated garlic



Pressure Cook:

- 55 minutes

Finishing Seasoning:

- 2 tbsp ginger
- 2 tbsp season salt
- 2 tbsp granulated garlic
- 2 tbsp granulated onion
- 1 tbsp thyme
- ½ cup brown gravy mix

oxtail recipe

Portion Standard:

- 6 oz per serving

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Wrap, label & date.



CURRY CHICKEN

Ingredients:

- 1 ½ cups vegetable oil
- 3 tbsp curry powder
- 2 tbsp ginger powder
- 1 tray seasoned chicken wings
- 1 tbsp garlic
- 1 tbsp onion
- 1 tbsp thyme
- 1 tbsp sea salt
- 2 diced potatoes
- 1 ½ cups baby carrots



Curry Chicken

Cook until chicken is fully done.
Let stand 15 minutes.

Yield:

Makes 1 ½ pan

Curry Chicken

Portion Standard:

5 wings or 2 drum pieces

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RICE & PEAS

Key Process:

- 2 cups vegetable oil
- 2 cups brown sugar (cook until black stage)
- Add 1/6 pan water
- Add 1/6 pan rice
- 2 tbsp thyme + 5 bay leaves
- 1 can pigeon peas

Rice and Peas

Boil 2 minutes

Reduce heat

Cook until tender

Portion Standard:

5 oz per order

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RASTA PASTA

Ingredients:

- 1 can Alfredo
- 1 tbsp jerk seasoning
- 2 tbsp granulated garlic
- 2 tbsp granulated onion
- 3 tbsp curry powder
- 2 tbsp season salt

Rasta Pasta

Mix well

Makes 1 1/3 pan

Wrap, label & date



STEAMED CABBAGE

Ingredients:

- 3–4 heads cabbage
- 1 1/2 cup lemon pepper
- 1/2 cup granulated onion
- 1/2 cup granulated garlic
- 1 1/2 cup season salt
- 2 1/2 cups brown sugar
- 1 1/2 cup shredded carrots
- 1 3/4 gallons water

Cabbage

Cook until medium tender

Portion Standard:

5 oz per order





MAC & CHEESE

Ingredients:

- 1 Pan of Mac & Cheese (Frozen)
- Season Salt (to taste)
- Black Pepper (to taste)
- Shredded Cheese (for mixing + topping)

Instructions:

1. Unthaw the pan of Mac & Cheese completely.
2. Follow the baking instructions listed on the pan before placing it in the oven.
3. Bake in oven until the cheese sauce and macaroni are fully heated and cooked through.
4. Remove the pan from the oven.
5. Add season salt, black pepper, and shredded cheese.
6. Mix thoroughly to achieve seasoned flavor and proper creamy consistency.
7. Take additional shredded cheese and completely cover the top of the Mac & Cheese.
8. Return to oven and bake until the top is browned and has a toasted appearance.
9. Remove from oven and allow to cool.
10. Portion into 8 oz plastic containers.



Portion Standard:

8 oz per container



TAMARIND TEA



(Place Drink Image Here)

- 1 Bottle Tamarindo concentrate
 - 4 cups brown sugar
 - Fill water to 5L mark
- Add ingredients before water**

Tamarind Tea



SORREL DRINK

- 1 Bottle Jamaica concentrate
 - 8 cups brown sugar
 - 2 tbsp nutmeg
 - 4 tbsp ginger
 - Fill water to 5L mark
- Add ingredients before water**

Sorrel Drink



PREP STANDARDS

- Chicken wings & quarters: season salt only

Prep List for Poultry

- 4 oz burger patties (weigh)
- 6 oz fries (weigh)
- Tomatoes: 8 slices per tomato
- Jerk Mayo: $\frac{3}{4}$ cup jerk mayo into 1 gallon mayo

Prep List for Poultry



PORTION CONTROL STANDARDS

- Rice – 5 oz

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- Cabbage – 5 oz

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- Oxtails – 6 oz

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- Curry Chicken – 5 pcs wings or 2 drumsticks

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- Fries – 6 oz

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AGNES MISSION PAGE

"At Agnes, our mission is to redefine fast food by offering healthier, flavor-packed alternatives that nourish the body and delight the palate."