

CHEF'S RECIPE OF THE WEEK

Pineapple Upside-Down Pancakes with Coconut Syrup

Breakfast Recipe Suggestion
Serves: 6

Ingredients

3/4 cup Brown Sugar
3/4 cup Butter
12 Fresh Golden Pineapple Rings
6 cups prepared Gold Coast Pancake Mix

Coconut Syrup:

14 oz Coconut Milk (regular or low fat)
2 cups Light Corn Syrup

Garnish:

Maraschino cherry halves (optional)
Whipped Cream (optional)
Chopped Macadamia Nuts (optional)

Directions:

1. In a non-stick pan, heat 1 Tbsp. butter and sprinkle 1 Tbsp. of brown sugar over the melted butter.
2. Place a slice of pineapple in the brown sugar butter mix and lightly caramelize the pineapple. Reserve off to side.
3. Ladle 1/2 cup of the batter onto griddle and place pineapple ring over.
4. Once the pancake is cooked on one side, flip the pancake over and continue cooking until done.
5. Place "pineapple side up" on a plate and top with 1/4 cup (2 oz.) of the coconut syrup. Garnish the middle of the pineapple ring with whipped cream, chopped macadamia nuts and a maraschino cherry halve.

Coconut Syrup:

Bring the coconut milk and syrup to a boil. Reduce heat to medium and heat for 5 minutes.



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Sysco San Francisco Inc
510 226-3000

Pineapple Upside Down Pancakes

Serves - 6 for \$50.94

	Plate/Serving	Total	%
Price:	\$8.49	\$50.94	
Cost:	\$0.40	\$2.42	4.75
Profit:	\$8.09	\$48.52	95.25

SUPC	S	Description	Brand	Qty	Type	Unit Cost
4948295		MIX PANCAKE BTRMLK GOLD COAST	SYS CLS	6.00	CP	\$0.06
7485170		BUTTER SOLID USDA AA UNSLTD	WHLFARM	0.75	CP	\$0.14
1854926		*SUGAR BROWN LIGHT	BKRSCLS	0.75	CP	\$0.05
7152000		PINEAPPLE SLI NAT JCE THAILAND	SLVSPRG	1.00	EA	\$0.16
5101480		MILK COCONUT UNSWEETENED	CHAOKOH	1.00	EA	\$1.35
4005286		SYRUP CORN LIGHT RED LABEL	KARO	2.00	CP	\$0.09
3637337		NUT MACADAMIA	INTLIMP	1.00	TS	\$0.03
9815580		*CREAM WHIPPED ARSL 20% BTRFAT	WHLFARM	2.00	TB	\$0.01
2177889		CHERRY MARA STEM LG PLASTIC	SYS IMP	1.00	EA	\$0.16