



## Rhubarb Meringue Pie

### Meal Cost Calculation

The recipes that are part of the 'Feed Four for \$15' campaign are suitable for four people based on an average meal size as determined by Countdown.

The cost of each meal is based on the actual quantity or portion of each ingredient used in the recipe, not the cost of the whole ingredient. For example, if the recipe requires half an onion, then the price used when calculating the meal cost will be half the cost of a whole onion, or if 2 cups of rice are required for a recipe, the price used when calculating the meal cost will be for 2 cups of rice (as opposed to the whole packet). The price of packaged dried herbs and spices used in the recipes is based on a percentage of the value of a whole packet, even if a smaller portion is used in an individual recipe. Remember, if an ingredient is purchased and only a portion is used, the rest can be used at a later stage.

Countdown assumes that you already have some basic items available at home which may not be included in the meal cost. These basic items vary from recipe to recipe and may include salt, pepper, oils, flours, milk, butter, bread and sugar.

Recipes identified as gluten free, dairy free or vegetarian has no ingredients known to commonly contain gluten, dairy, meat or meat products. As a pre-caution always check the ingredients you are using.

Prices of ingredients are based on the everyday (or non-promotional) price as determined on 20 March 2017. Prices of certain fresh produce may fluctuate according to availability and seasonal factors.

Rhubarb Meringue Pie

Quantity	Ingredient	Product	Cost	Cost for Meal based on Quantity Used	Comments
	<b>Base</b>				
125g	butter, softened	Alpine Butter 500g	\$ 5.00 /500g	\$ 1.25	
1/2 cup	sugar	Essentials White Sugar 1.5kg	\$ 1.99 /1.5kg	\$ 0.15	1 cup sugar = 225g
1	egg yolk	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ -	Costed below as part of egg whites
1 1/2 cup	flour	Essentials Plain Flour 1.5kg	\$ 1.80 /1.5kg	\$ 0.27	1 cup flour = 150g
1 tsp	baking powder	Hansells Baking Powder 150g	\$ 2.49 /150g	\$ 0.08	1 tsp baking powder = 5g
	<b>Filling</b>				
4 cups	chopped rhubarb	Fresh Rhubarb Bunch	\$ 5.99 /bunch	\$ 4.79	1 bunch = 5 stalks = 500g
1/4 cup	water	PANTRY ITEM	\$ -	\$ -	
1/2 cup	sugar	Essentials White Sugar 1.5kg	\$ 1.99 /1.5kg	\$ 0.15	1 cup sugar = 225g
1/4 tsp	cinnamon	Gregg's Ground Cinnamon 30g	\$ 2.39 /30g	\$ 0.24	Cost based on 10% of pack
2 Tbsp	cornflour mixed with 2 Tbsp water	Essentials Cornflour 500g	\$ 1.99 /500g	\$ 0.08	1 Tbsp cornflour = 10g
	<b>Meringue</b>				
2	egg whites	Caged Eggs Dozen Mixed	\$ 3.25 /12pk	\$ 0.54	
1/2 cup	sugar	Essentials Plain Flour 1.5kg	\$ 1.80 /1.5kg	\$ 0.14	1 cup sugar = 225g
1/2 tsp	cream of tartar	Hansells Cream of Tartar 100g	\$ 5.69 /100g	\$ 0.14	1 tsp cream of tartar = 5g
1/2 tsp	vanilla essence	Hansells Flavoured Vanilla Essence 50ml	\$ 1.49 /50ml	\$ 0.07	1 tsp vanilla essence = 5ml
1/4 cup	shredded coconut	Homebrand Shredded Coconut 250g	\$ 2.99 /250g	\$ 0.75	1 cup shredded coconut = 70g
200ml	lightly whipped cream to serve	Homebrand Cream 300ml	\$ 2.40 /300ml	\$ 1.60	
<b>Total cost to make meal</b>				<b>\$ 10.26</b>	