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GUIDELINES FOR POTATO BAR

The potato bar is a popular way to serve baked potatoes along with various toppings. Prepare cold toppings. Keep refrigerated until ready to serve. Prepare baked potatoes and hot toppings. Keep hot. Assemble cold items on potato bar along with hot items. Replenish potato bar as needed.

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT AND/OR RECIPE	E. P.
Potatoes, white, baked	1 Potato (6 1/2 Ounces)	55 lb. Use 1 recipe Baked Potatoes (Recipe No. Q 044 00)	
TOPPINGS			
Butter or margarine	1 pat	1 lb 2 oz (100 pats)	
Broccoli, partially cooked	2 tbsp	20 lb. Use 1 recipe Broccoli (Recipe No. Q 105 02). Chop partially cooked broccoli in 1-inch pieces	
Tomatoes, fresh,	2 tbsp	6 lb 8 oz	6 lb 6 oz (3 1/4 qt)
Cheese, Cheddar or American, Swiss, Mozzarella or Monterey Jack, shredded	2 tbsp	3 lb 2 oz	3 1/4 qt
Cheese, cottage	1/4 cup (1 No. 16 scoop)	12 lb 8 oz	6 1/4 qt

GUIDELINES FOR POTATO BAR (continued)

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT AND/ OR RECIPE	E. P.
Chili	1/2 cup (1 Size 2 ladle)	Use 1/2 recipe Chili Con Carne with Beans (Recipe No. L 059 00)	3 1/8 gal
Chives, dehydrated	1/2 tsp	1/3 oz (2 3/4-1/8 oz co)	1 cup
Onions, dry, chopped	2 tsp	3 lb 5 oz	3 lb (2 1/4 qt)
Sour cream	1 tbsp	3 lb 3 oz (6 1/4 cups)	
Yogurt, plain	1 tbsp	3 lb 7 oz (6 1/4 cups)	

NOTE: Ensure there are sufficient serving utensils for baked potatoes and each topping.

GUIDELINES FOR HEATING DEHYDRATED, COMPRESSED VEGETABLES

INGREDIENTS	WEIGHTS	MEASURES	APPROX. AMOUNT OF WATER	METHOD
Beans, green, dehydrated, compressed	2 lb 15 oz	3 – No. 2-1/2 cans	4-1/2 gal	<ol style="list-style-type: none"> 1. Bring water to a boil in steam-jacketed kettle or stock pot. 2. Add 1 tbsp salt. 3. Prepare according to following rehydration guidelines for type of vegetable selected (see over). 4. Drain; reserve 3 cups cooking liquid. 5. Place vegetables in serving pans. 6. Combine butter or margarine and reserved cooking liquid. Pour an equal amount over vegetables in each pan. Garnish as desired.
Peas, dehydrated, sweet (green), compressed	7 lb 2 oz	6 – No. 2-1/2 cans	6 gal	
Vegetables, mixed, dehydrated, compressed	4 lb 8 oz	4-1/2 – No. 2-1/2 cans	6-3/4 gal	
Butter or margarine, melted (optional)	1 lb	2 cups		

REHYDRATION GUIDELINES

TYPE VEGETABLE	APPROXIMATE STANDING TIME	PROCEDURE
Beans, green	10 minutes	Simmer until beans separate, stirring occasionally. Remove from heat. Let stand uncovered until rehydrated.
Peas, green	12 to 15 minutes	Turn off heat; stir; cover. Let stand until rehydrated.
Vegetables, mixed	5 to 7 minutes	Return to boil; stir gently to break apart. Simmer 2 minutes; turn off heat; let stand until rehydrated.

GUIDELINES FOR STEAM COOKING VEGETABLES**Canned Vegetables**

Place vegetables not more than 2 inches deep in shallow perforated or solid steamer or steam table pans. Add enough liquid for serving. At 5 lb pressure, heat 3 to 5 minutes; at 15 lb pressure, heat 3 to 4 minutes.

Fresh and Frozen Vegetables

For fresh vegetables, fill steamer pans not more than 4 inches deep. For uniform cooking of frozen vegetables, place vegetables no more than 2 inches deep in shallow pans. Use-steam table pans if available. Follow manufacturer's directions for cooking times or use guidelines below. In some cases, it may be necessary to establish your cooking time; note time on appropriate recipe card.

Vegetable	Directions for Cooking	Approximate Cooking Time (Minutes)	
		5 lb pressure	15 lb pressure (high speed type)
Asparagus, fresh	Place whole stalks in single layers in a solid pan, or place stalks flat 2 inches deep in perforated pan.	6-8	3-5
Asparagus, frozen, cuts and tips	Partially thaw. Arrange in single layers in shallow solid pan or perforated pan.	5-8	3-4
Beans, green or wax, frozen	Break frozen blocks into pieces. Place in shallow perforated pan or-shallow solid pan filled 2/3 full.	20-30	3-4
Beans, lima, frozen	Place loose frozen beans in perforated pan or shallow solid pan.	20-25	3-5

NOTE: See Guidelines For Steam Cookers, Recipe No. A-21.

Vegetable	Directions for Cooking	Approximate Cooking Time (Minutes)	
		5 lb pressure	15 lb pressure (high speed type)
Broccoli, frozen	Place partially thawed in shallow solid pan or perforated pan.	8-10	3-5
Brussels sprouts, frozen	Place partially thawed in shallow solid pan or perforated pan.	5-10	2-1/2 - 3
Cabbage, wedges, fresh (3 oz each)	Place in shallow solid pan or perforated pan.	8-15	5-10
Carrots, fresh, cut in 2 inch lengthwise strips	Place in shallow solid pan filled 1/2 full or perforated pan.	12-15	3-5
Carrots, slices, frozen	Place in shallow solid pan filled 1/2 full or perforated pan.	9-10	2-1/2 - 3
Cauliflower, fresh, flowerets	Place in shallow solid pan or perforated pan.	10-12	8-10
Cauliflower, frozen, flowerets	Partially thaw. Break blocks in pieces. Place in shallow solid pan or perforated pan.	6-8	3 - 3-1/2
Corn, fresh, on-the-cob	Place in perforated pan.	10-12	8-10

GUIDELINES FOR STEAM COOKING VEGETABLES

Vegetable	Directions for Cooking	Approximate Cooking Time (Minutes)	
		5 lb pressure	15 lb pressure (high speed type)
Corn, frozen, on-the-cob	Place in perforated pan.	7-9	4-6
Corn, frozen, whole kernel	Place in shallow solid pan.	9-12	2-3
Okra, frozen	Place in shallow solid pan.	3-5	2-3
Onions, dry, whole	Place in perforated pan.	20-30	10-20
Parsnips, fresh, quartered	Place in perforated pan.	15-20	10-20
Peas, frozen	Place in shallow solid pan.	5-8	1-1/2 - 2-1/2
Peas and carrots, frozen	Place in shallow solid pan.	5-8	1-1/2 - 2-1/2
Potatoes, sweet, fresh, whole, unpared	Place in perforated pan.	25-35	20-30

Vegetable	Directions for Cooking	Approximate Cooking Time (Minutes)	
		5 lb pressure	15 lb pressure (high speed type)
Potatoes, white, fresh, halves or quarters	Place in perforated pan.	30-35	20-30
Rutabagas, fresh, cut in 1/2 inch dices or slices	Place in shallow solid pan or perforated pan.	25-30	15-20
Spinach, frozen	Partially thaw and divide into 3 to 4 blocks. Place in shallow solid pan.	5-10	3-4
Squash, fresh, summer	Place in shallow solid pan.	8-12	5-8
Squash, frozen, summer	Place in shallow solid pan.	8-12	1-1/2 - 2
Squash, fresh, fall and winter, cut in 2 inch pieces	Place in shallow solid pan or perforated pan.	20-25	15-20
Turnips, fresh, white, cut in 1/8 inch slices	Place in shallow solid pan 1/2 full or perforated pan.	15-20	5-6

BROCCOLI COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	17 g	4 g	4 g	0 mg	67 mg	39 mg

Ingredient

BROCCOLI,FROZEN,SPEARS
 CORN,FROZEN,WHOLE KERNEL
 CARROTS,FROZEN,SLICED
 MARGARINE,MELTED
 RESERVED LIQUID

Weight

12 lbs
 12 lbs
 6 lbs
 1 lbs
 1-5/8 lbs

Measure

2 gal 3/4 qts
 2 gal 1/4 qts
 2 cup
 3 cup

Issue**Method**

- 1 Cook broccoli for 6 to 8 minutes, corn for 5 to 10 minutes and carrots for 10 to 13 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 CCP: Vegetables must be heated to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BEAN COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	17 g	4 g	4 g	0 mg	83 mg	53 mg

Ingredient

BEANS, GREEN, FROZEN, FRENCH STYLE
 BEANS, LIMA, FROZEN
 CARROTS, FROZEN, SLICED
 MARGARINE, MELTED
 RESERVED LIQUID

Weight

15 lbs
 7-1/2 lbs
 7-1/2 lbs
 1 lbs
 1-5/8 lbs

Measure

3 gal 1-3/4 qts
 1 gal 1-1/4 qts
 1 gal 2-5/8 qts
 2 cup
 3 cup

Issue**Method**

- 1 Cook green beans for 5 to 8 minutes, lima beans for 6 to 12 minutes and carrots for 10 to 13 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 CCP: Vegetables must be heated to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

CAULIFLOWER COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
93 cal	13 g	4 g	4 g	0 mg	130 mg	35 mg

Ingredient

CAULIFLOWER,FROZEN
 PEAS & CARROTS,FROZEN
 MARGARINE,MELTED
 RESERVED LIQUID

Weight

7-1/2 lbs
 22-1/2 lbs
 1 lbs
 1-5/8 lbs

Measure

4 gal 2-1/4 qts
 2 cup
 3 cup

Issue

Method

- 1 Cook cauliflower 4 to 8 minutes and peas and carrots 6 to 8 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 CCP: Vegetables must be heated to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BRUSSELS SPROUTS COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
114 cal	18 g	4 g	4 g	0 mg	73 mg	25 mg

Ingredient

BRUSSELS SPROUTS,FROZEN
 CORN,FROZEN,WHOLE KERNEL
 CARROTS,FROZEN,SLICED
 MARGARINE,MELTED
 RESERVED LIQUID

Weight

12 lbs
 12 lbs
 6 lbs
 1 lbs
 1-5/8 lbs

Measure

2 gal 3/4 qts
 2 gal 1/4 qts
 1 gal 1-1/3 qts
 2 cup
 3 cup

Issue

Method

- 1 Cook brussels sprouts 7 to 9 minutes, corn for 4 to 6 minutes and carrots for 10 to 13 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 Vegetables must be heated to 145 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for service.

GREEN BEAN COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
77 cal	10 g	2 g	4 g	0 mg	81 mg	54 mg

Ingredient

BEANS, GREEN, FROZEN, FRENCH STYLE
 CARROTS, FROZEN, SLICED
 CELERY, FRESH, SLICED
 MARGARINE, MELTED
 RESERVED LIQUID

Weight

18 lbs
 9 lbs
 3 lbs
 1 lbs
 1-5/8 lbs

Measure

4 gal 1/2 qts
 1 gal 4 qts
 2 qts 3-3/8 cup
 2 cup
 3 cup

Issue

4-1/8 lbs

Method

- 1 Cook green beans 5 to 8 minutes and carrots and celery 10 to 13 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 CCP: Vegetables must be heated to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

CORN COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	18 g	3 g	4 g	0 mg	66 mg	36 mg

Ingredient

CORN,FROZEN,WHOLE KERNEL
 BEANS,GREEN,FROZEN,CUT
 CARROTS,FROZEN,SLICED
 MARGARINE,MELTED
 RESERVED LIQUID

Weight

11-1/4 lbs
 11-1/4 lbs
 7-1/2 lbs
 1 lbs
 1-5/8 lbs

Measure

1 gal 3-3/4 qts
 2 gal 2-1/4 qts
 1 gal 2-5/8 qts
 2 cup
 3 cup

Issue**Method**

- 1 Cook corn for 4 to 6 minutes, beans for 5 to 8 minutes and carrots for 10 to 13 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BAKED BEANS (CANNED)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
172 cal	32 g	8 g	3 g	11 mg	672 mg	79 mg

Ingredient

BACON,RAW

ONIONS,FRESH,CHOPPED

BEANS,BAKED,W/PORK,CANNED

CATSUP

SUGAR,BROWN,PACKED

MUSTARD,PREPARED

Weight

1 lbs

1-7/8 lbs

30-1/8 lbs

1-1/4 lbs

9 oz

6-5/8 oz

Measure

1 qts 1-1/4 cup

3 gal 1-1/2 qts

2-1/4 cup

1-3/4 cup

3/4 cup

Issue

2 lbs

Method

- 1 Cook bacon according to Recipe Nos. L 002 00 or L 002 02. Drain. Finely chop.
- 2 Combine onions, beans, catsup, sugar, mustard and bacon. Mix well.
- 3 Pour 7-3/4 quarts bean mixture into each steam table pan.
- 4 Using a convection oven, bake at 325 F. for 1-1/2 hours on high fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BAKED BEANS (KIDNEY BEANS, CANNED)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
139 cal	26 g	7 g	1 g	1 mg	543 mg	43 mg

Ingredient

BACON,RAW
 BEANS,KIDNEY,DARK RED,CANNED,DRAINED
 ONIONS,FRESH,CHOPPED
 CATSUP
 SUGAR,BROWN,PACKED
 MUSTARD,PREPARED

Weight

1 lbs
 27-1/2 lbs
 1-7/8 lbs
 1-1/4 lbs
 1-1/4 lbs
 6-5/8 oz

Measure

4 gal 1-5/8 qts
 1 qts 1-1/4 cup
 2-3/8 cup
 3-3/4 cup
 3/4 cup

Issue

2 lbs

Method

- 1 Cook bacon according to Recipe Nos. L 002 00 or L 002 02. Drain. Finely chop.
- 2 Combine onions, beans, catsup, sugar, mustard and bacon. Mix well.
- 3 Pour 7-3/4 quarts bean mixture into each steam table pan.
- 4 Bake in a convection oven at 325 F. for 1-1/2 hours on high fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BAKED BEANS (PINTO BEANS, CANNED)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
147 cal	27 g	7 g	2 g	1 mg	483 mg	64 mg

Ingredient

BACON,RAW

ONIONS,FRESH,CHOPPED

BEANS,PINTO,CANNED,DRAINED

CATSUP

SUGAR,BROWN,PACKED

MUSTARD,PREPARED

Weight

1 lbs

1-7/8 lbs

28 lbs

1-1/4 lbs

1-1/4 lbs

6-5/8 oz

Measure

1 qts 1-1/4 cup

3 gal 1-1/4 qts

2-3/8 cup

3-3/4 cup

3/4 cup

Issue

2 lbs

Method

- 1 Cook bacon according to Recipe Nos. L 002 00 or L 002 02. Drain. Finely chop.
- 2 Combine onions, beans, catsup, sugar, mustard and bacon. Mix well.
- 3 Pour 7-3/4 quarts bean mixture into each steam table pan.
- 4 Using a convection oven, bake at 325 F. for 1-1/2 hours on high fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BOSTON BAKED BEANS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	32 g	10 g	2 g	1 mg	204 mg	83 mg

Ingredient

BEANS,KIDNEY,DRY
 WATER,COLD
 BACON,RAW
 SALT
 MUSTARD,DRY
 SUGAR,BROWN,PACKED
 VINEGAR,DISTILLED
 MOLASSES
 COOKING SPRAY,NONSTICK

Weight

8-7/8 lbs
 46 lbs
 1 lbs
 1-1/2 oz
 2-1/2 oz
 10-7/8 oz
 2-1/8 oz
 1-1/2 lbs
 2 oz

Measure

1 gal 1-1/2 qts
 5 gal 2 qts
 2-1/3 tbsp
 1/4 cup 2-2/3 tbsp
 2-1/8 cup
 1/4 cup 1/3 tbsp
 2 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water. Bring beans to a boil; add more water if necessary to keep beans covered. Turn down heat, simmer 1-1/2 hours or until tender, but not mushy. Drain beans. Reserve liquid and beans for use in Step 4.
- 3 Cook bacon by arranging slices in rows down the length of 18x26 sheet pan, with fat edges slightly overlapping lean edges. Using a convection oven, bake 25 minutes at 325 F. on high fan, open vent. Drain excess fat. Bake an additional 5 to 10 minutes or until bacon is slightly crisp. DO NOT OVERCOOK. Drain thoroughly. Finely chop.
- 4 Take reserved bean liquid and add water to equal 1 gallon and combine with salt, mustard, brown sugar, vinegar, molasses and chopped bacon. Add to beans; mix well.
- 5 Lightly spray pans with non-stick cooking spray. Pour 20 pounds or 7-1/2 quarts bean mixture into each lightly sprayed pan; cover. Using a convection oven, bake at 325 F., 1 hour to 1 hour 15 minutes, or until sauce is just below surface of beans, on high fan, closed vent. Uncover; stir; bake additional 15 minutes or until set, on low fan. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SAVORY BAKED BEANS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
195 cal	36 g	10 g	2 g	1 mg	374 mg	85 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,KIDNEY,DRY	8-7/8 lbs	1 gal 1-1/2 qts	
WATER,COLD	46 lbs	5 gal 2 qts	
BACON,RAW	1 lbs		
SALT	1-1/2 oz	2-1/3 tbsp	
MUSTARD,DRY	2-1/2 oz	1/4 cup 2-2/3 tbsp	
CATSUP	3-1/8 lbs	1 qts 2 cup	
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
SUGAR,BROWN,PACKED	10-7/8 oz	2-1/8 cup	
VINEGAR,DISTILLED	2-1/8 oz	1/4 cup 1/3 tbsp	
MOLASSES	1-1/2 lbs	2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water. Bring beans to a boil; add more water if necessary to keep beans covered. Turn down heat, simmer 1-1/2 hours or until tender, but not mushy. Drain beans. Reserve liquid and beans for use in Step 4.
- 3 Cook bacon by arranging slices in rows down the length of 18x26 sheet pan, with fat edges slightly overlapping lean edges. Using a convection oven, bake 25 minutes at 325 F. on high fan, open vent. Drain excess fat. Bake an additional 5 to 10 minutes or until bacon is slightly crisp. DO NOT OVERCOOK. Drain thoroughly. Finely chop.
- 4 Take reserved bean liquid and add water to equal 2-1/2 quarts per 100 portions and combine with salt, mustard, catsup, onions, brown sugar, vinegar, molasses, and chopped bacon. Add to beans; mix well.
- 5 Lightly spray each steam table pan with non-stick cooking spray. Pour 20-1/8 pounds or 7-1/2 quarts bean mixture into each lightly sprayed steam table pan; cover. Using a convection oven, bake at 325 F., 1 hour to 1 hour 15 minutes stir; bake additional 15 minutes or until set on low fan. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

ITALIAN-STYLE BAKED BEANS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
133 cal	23 g	8 g	2 g	1 mg	424 mg	79 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,KIDNEY,DRY	6-1/8 lbs	3 qts 3 cup	
WATER,COLD	31-1/3 lbs	3 gal 3 qts	
ONIONS,FRESH,CHOPPED	1-1/3 lbs	3-3/4 cup	1-1/2 lbs
CELERY,FRESH,CHOPPED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
OIL,OLIVE	2-7/8 oz	1/4 cup 2-1/3 tbsp	
PARSLEY,FRESH,BUNCH,CHOPPED	2-1/8 oz	1 cup	2-1/4 oz
THYME,GROUND	<1/16th oz	1/8 tsp	
OREGANO,CRUSHED	1/8 oz	1 tbsp	
SALT	1-1/2 oz	2-1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
GARLIC POWDER	1/8 oz	1/4 tsp	
BASIL,DRIED,CRUSHED	1/8 oz	1/3 tsp	
SUGAR,GRANULATED	1/2 oz	1 tbsp	
TOMATO PASTE,CANNED	6 lbs	2 qts 2-1/2 cup	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water; bring beans to a boil; add more water to cover beans if necessary. Simmer 1-1/2 hours or until beans are just tender but not mushy. Drain beans; reserve liquid for use in Step 4, and beans for use in Step 5.
- 3 Saute onions and celery in olive oil or shortening 10 minutes or until tender.
- 4 Take reserved bean liquid and add water to equal 1 gallon per 100 portions and combine with parsley, thyme, oregano, salt, pepper, sugar, garlic, basil, tomato paste to onion mixture; bring to a boil; reduce heat; simmer 10 minutes.
- 5 Place 1 gallon cooked beans in each steam table pan; add 3-3/4 quarts sauce; mix carefully. Sprinkle cheese over beans.
- 6 Using a convection oven, bake in 325 F. oven for 45 minutes on low fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

ITALIAN-STYLE BAKED BEANS (CANNED BEANS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
117 cal	20 g	7 g	2 g	1 mg	741 mg	62 mg

Ingredient

BEANS,KIDNEY,DARK RED,CANNED,DRAINED
 ONIONS,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 OIL,SALAD
 PARSLEY,FRESH,BUNCH,CHOPPED
 THYME,GROUND
 OREGANO,CRUSHED
 SALT
 PEPPER,BLACK,GROUND
 GARLIC POWDER
 BASIL,DRIED,CRUSHED
 SUGAR,GRANULATED
 TOMATO PASTE,CANNED
 CHEESE,PARMESAN,GRATED

Weight

20-3/4 lbs
 1-1/4 lbs
 1-1/2 lbs
 2-7/8 oz
 2-1/8 oz
 <1/16th oz
 1/8 oz
 1-1/2 oz
 1/8 oz
 1/8 oz
 1/8 oz
 1/2 oz
 6 lbs
 5-1/4 oz

Measure

3 gal 1-1/4 qts
 3-1/2 cup
 1 qts 1-5/8 cup
 1/4 cup 2-1/3 tbsp
 1 cup
 1/8 tsp
 1 tbsp
 2-1/3 tbsp
 1/4 tsp
 1/4 tsp
 1/3 tsp
 1 tbsp
 2 qts 2-1/2 cup
 1-1/2 cup

Issue

1-3/8 lbs
 2 lbs
 2-1/4 oz

Method

- 1 Drain beans; reserve liquid for use in Step 3, and beans for use in Step 4.
- 2 Saute onions and celery in salad oil or shortening 10 minutes or until tender.
- 3 Take reserved bean liquid and add water to equal 1 gallon per 100 portions and combine with parsley, thyme, oregano, salt, pepper, sugar, garlic, basil, tomato paste, and onion mixture; bring to a boil; reduce heat; simmer 10 minutes.
- 4 Place 1 gallon cooked beans in each steam table pan; add 3-3/4 quarts sauce; mix carefully. Sprinkle cheese over beans.
- 5 Using a convection oven, bake at 325 F. for 45 minutes on low fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SIMMERED DRY BEANS WITH BACON

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
137 cal	22 g	10 g	2 g	2 mg	195 mg	57 mg

Ingredient

BEANS,KIDNEY,DRY
 WATER,COLD
 BACON,RAW
 SALT
 PEPPER,BLACK,GROUND

Weight

8-1/8 lbs
 41-3/4 lbs
 2 lbs
 1-1/4 oz
 1/4 oz

Measure

1 gal 1 qts
 5 gal
 2 tbsp
 1 tbsp

Issue

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water; bring to a boil in steam-jacketed kettle; boil 2 minutes.
- 3 Add bacon, salt and pepper to beans.
- 4 Turn down heat; add more water if necessary to cover beans; cover. Simmer 1-1/2 hours or until beans are just tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SAVORY STYLE BEANS

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
126 cal	23 g	9 g	0 g	0 mg	21 mg	61 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,KIDNEY,DRY	8-1/8 lbs	1 gal 1 qts	
WATER,COLD	41-3/4 lbs	5 gal	
ONIONS,FRESH,CHOPPED	1-1/3 lbs	3-3/4 cup	1-1/2 lbs
CELERY,FRESH,CHOPPED	1-1/2 lbs	1 qts 1-5/8 cup	2 lbs
GARLIC POWDER	1/4 oz	1/3 tsp	
CUMIN,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water; bring to a boil in steam-jacketed kettle; boil 2 minutes.
- 3 Add onions, celery, garlic powder, cumin, and black pepper.
- 4 Reduce heat; add more water if necessary to cover beans; cover. Simmer 2 hours or until beans are just tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SIMMERED DRY BEANS

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
123 cal	22 g	9 g	0 g	0 mg	154 mg	57 mg

Ingredient

BEANS,KIDNEY,DRY
 WATER,COLD
 SALT
 PEPPER,BLACK,GROUND

Weight

8-1/8 lbs
 41-3/4 lbs
 1-1/4 oz
 1/4 oz

Measure

1 gal 1 qts
 5 gal
 2 tbsp
 1 tbsp

Issue**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water; bring to a boil in steam-jacketed kettle; boil 2 minutes.
- 3 Add salt and pepper to beans.
- 4 Reduce heat, add more water if necessary to cover beans; cover. Simmer 1-1/2 hours or until beans are just tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SPANISH STYLE BEANS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
161 cal	32 g	9 g	1 g	0 mg	468 mg	63 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,PINTO,DRY	8-1/2 lbs	1 gal 1 qts	
WATER,COLD	41-3/4 lbs	5 gal	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	6-5/8 lbs	3 qts	
SUGAR,GRANULATED	1 lbs	2-1/4 cup	
CLOVES,GROUND	<1/16th oz	1/8 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
MUSTARD,DRY	3/4 oz	2 tbsp	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water; add salt. Bring to a boil in steam-jacketed kettle; boil 2 minutes.
- 3 Add onions, tomatoes, sugar, mustard, cloves, and pepper. Reduce heat, add more water to cover beans. Simmer 1 hour or until beans are just tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

LYONNAISE GREEN OR WAX BEANS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
54 cal	7 g	2 g	3 g	7 mg	102 mg	35 mg

Ingredient

ONIONS,FRESH,SLICED
 BUTTER
 BEANS,GREEN,FROZEN,WHOLE
 SALT
 WATER,BOILING
 PEPPER,BLACK,GROUND

Weight

3 lbs
 12 oz
 16 lbs
 5/8 oz
 12-1/2 lbs
 <1/16th oz

Measure

3 qts
 1-1/2 cup
 3 gal 2-5/8 qts
 1 tbsp
 1 gal 2 qts
 1/8 tsp

Issue

3-3/8 lbs

Method

- 1 Saute onions in butter or margarine until tender. Set aside for use in Step 4.
- 2 Add beans to boiling, salted water. Bring to a boil; cover; simmer 5 to 8 minutes, or until beans are just tender. Drain; reserve 1 quart liquid.
- 3 Combine onions, beans, bean liquid, and pepper. Mix lightly. Serve. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

GREEN BEANS CREOLE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
54 cal	11 g	2 g	1 g	0 mg	221 mg	51 mg

Ingredient

BEANS, GREEN, FROZEN, WHOLE
 SALT
 WATER
 CREOLE SAUCE

Weight

16 lbs
 5/8 oz
 12-1/2 lbs

Measure

3 gal 2-5/8 qts
 1 tbsp
 1 gal 2 qts
 1 gal 2 qts

Issue

Method

- 1 Add beans to salted water.
- 2 Bring to a boil; cover; simmer 5 to 8 minutes or until beans are tender. Drain; reserve 1 quart liquid. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 3 Add Creole Sauce, Recipe No. O 005 00 to drained beans.

GREEN BEANS WITH MUSHROOMS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
52 cal	6 g	2 g	3 g	7 mg	170 mg	34 mg

Ingredient

MUSHROOMS,CANNED,SLICED,DRAINED
 BUTTER
 BEANS,GREEN,FROZEN,WHOLE
 SALT
 WATER,BOILING
 PEPPER,BLACK,GROUND

Weight

3-1/2 lbs
 12 oz
 16 lbs
 5/8 oz
 12-1/2 lbs
 <1/16th oz

Measure

2 qts 2-3/8 cup
 1-1/2 cup
 3 gal 2-5/8 qts
 1 tbsp
 1 gal 2 qts
 1/8 tsp

Issue

Method

- 1 Saute mushrooms in butter.
- 2 Add beans to salted water. Bring to a boil; cover; simmer 5 to 8 minutes, or until beans are just tender. Drain; reserve 1 quart liquid.
- 3 Combine mushrooms, beans, bean liquid and pepper. Mix lightly; serve. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

GREEN BEANS NICOISE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
59 cal	8 g	2 g	3 g	7 mg	144 mg	44 mg

Ingredient

GARLIC POWDER
 ONIONS,FRESH,SLICED
 BUTTER
 BEANS,GREEN,FROZEN,WHOLE
 SALT
 WATER,BOILING
 PEPPER,BLACK,GROUND
 TOMATOES,CANNED,WHOLE,PEELED,DRAINED

Weight

<1/16th oz
 3 lbs
 12 oz
 16 lbs
 5/8 oz
 12-1/2 lbs
 <1/16th oz
 6-1/4 lbs

Measure

1/8 tsp
 3 qts
 1-1/2 cup
 3 gal 2-5/8 qts
 1 tbsp
 1 gal 2 qts
 1/8 tsp
 2 qts 3-3/4 cup

Issue

3-3/8 lbs

Method

- 1 Saute onions and garlic powder in butter or margarine until tender.
- 2 Add beans to salted water. Bring to a boil; cover; simmer 5 to 8 minutes or until beans are tender. Drain; reserve 1 quart liquid.
- 3 Drain canned tomatoes. Crush tomatoes. Combine onions, garlic, beans, bean liquid, and pepper. Mix lightly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

GREEN BEANS SOUTHERN STYLE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
41 cal	6 g	2 g	2 g	2 mg	24 mg	32 mg

Ingredient

BACON,RAW
 BACON FAT,RENDERED
 BEANS,GREEN,FROZEN,WHOLE
 WATER,BOILING
 PEPPER,BLACK,GROUND

Weight

1 lbs
 3-5/8 oz
 16 lbs
 12-1/2 lbs
 <1/16th oz

Measure

1/2 cup
 3 gal 2-5/8 qts
 1 gal 2 qts
 1/8 tsp

Issue

Method

- 1 Cook bacon until crisp; drain; crumble bacon; reserve bacon fat.
- 2 Add bacon fat to beans and water. Bring to a boil; cover; simmer 5 to 8 minutes or until beans are tender. Drain; reserve 1 quart liquid.
- 3 Add reserved bean liquid, crumbled bacon and black pepper to beans.
- 4 Mix lightly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

HARVARD BEETS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
100 cal	20 g	1 g	2 g	0 mg	538 mg	25 mg

Ingredient

BEETS,CANNED,SLICED,INCL LIQUIDS
 CLOVES,GROUND
 CORNSTARCH
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 VINEGAR,DISTILLED
 MARGARINE

Weight

39 lbs
 1/3 oz
 6-3/4 oz
 1-5/8 lbs
 1-1/2 lbs
 5/8 oz
 1-1/8 lbs
 8 oz

Measure

4 gal 2 qts
 1 tbsp
 1-1/2 cup
 3 cup
 3-3/8 cup
 1 tbsp
 2-1/4 cup
 1 cup

Issue**Method**

- 1 Drain beets; reserve liquid for use in Step 2 and beets for use in Step 6.
- 2 Take reserved liquid and add water to equal 4 quarts per 100 portions. Add cloves to liquid; bring to a boil.
- 3 Dissolve cornstarch in cold water; add to boiling liquid. Cook 5 minutes; stirring constantly until thick and clear.
- 4 Add sugar, salt, vinegar, and margarine or butter to thickened mixture, stir until blended.
- 5 Add drained beets to sauce. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BEETS IN ORANGE-LEMON SAUCE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
103 cal	21 g	2 g	2 g	0 mg	539 mg	26 mg

Ingredient

BEETS,CANNED,SLICED,INCL LIQUIDS
 CLOVES,GROUND
 CORNSTARCH
 WATER,COLD
 SUGAR,GRANULATED
 SALT
 JUICE,LEMON
 LEMON RIND,GRATED
 JUICE,ORANGE
 MARGARINE

Weight

39 lbs
 1/3 oz
 6-3/4 oz
 1-5/8 lbs
 1-1/2 lbs
 5/8 oz
 6-1/2 oz
 5/8 oz
 1-2/3 lbs
 8 oz

Measure

4 gal 2 qts
 1 tbsp
 1-1/2 cup
 3 cup
 3-3/8 cup
 1 tbsp
 3/4 cup
 3 tbsp
 3 cup
 1 cup

Issue**Method**

- 1 Drain beets; reserve liquid for use in Step 2 and beets for use in Step 6.
- 2 Take reserved liquid and add water to equal 4 quarts per 100 portions and add cloves; bring to a boil.
- 3 Dissolve cornstarch in cold water; add to boiling liquid. Cook 5 minutes; stirring constantly until thick and clear.
- 4 Add sugar, salt, lemon and orange juices, lemon rind, and margarine or butter to thickened mixture, stir until blended.
- 5 Add drained beets to sauce. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

HOT SPICED BEETS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
129 cal	28 g	2 g	2 g	0 mg	542 mg	36 mg

Ingredient

BEETS,CANNED,SLICED,INCL LIQUIDS
 VINEGAR,DISTILLED
 CINNAMON,GROUND
 CLOVES,GROUND
 SALT
 PEPPER,BLACK,GROUND
 SUGAR,GRANULATED
 SUGAR,BROWN,PACKED
 MARGARINE

Weight

39 lbs
 6-1/4 lbs
 1/3 oz
 2/3 oz
 5/8 oz
 1/4 oz
 1-1/3 lbs
 2 lbs
 8 oz

Measure

4 gal 2 qts
 3 qts
 1 tbsp
 3 tbsp
 1 tbsp
 1 tbsp
 3 cup
 1 qts 2-3/8 cup
 1 cup

Issue**Method**

- 1 Drain beets; reserve liquid for use in Step 2 and beets for use in Step 4.
- 2 Take reserved beet liquid and add water to equal 4-1/2 quarts per 100 portions and add to vinegar, cinnamon, cloves, salt, pepper and sugars; mix well.
- 3 Bring to a boil; reduce heat; simmer 10 minutes.
- 4 Add beets and margarine or butter. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BROCCOLI POLONAISE

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
60 cal	7 g	4 g	3 g	24 mg	188 mg	55 mg

Ingredient

BROCCOLI,FROZEN,SPEARS

SALT

WATER,BOILING

BREADCRUMBS,DRY,GROUND,FINE

BUTTER,MELTED

EGG,HARD COOKED,CHOPPED

Weight

20 lbs

1 oz

16-3/4 lbs

1 lbs

8 oz

1 lbs

Measure

3 gal 2-1/2 qts

1 tbsp

2 gal

1 qts

1 cup

9 Eggs

Issue**Method**

- 1 Add frozen broccoli to boiling, salted water; return to a boil; cook UNCOVERED 3 minutes. Cover; reduce heat; cook 7 to 9 minutes or until just tender. Drain; place an equal quantity in each pan.
- 2 Brown crumbs in butter or margarine. Sprinkle 1 cup crumbs over broccoli in each pan.
- 3 Garnish with hard cooked eggs. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BRUSSELS SPROUTS POLONAISE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
73 cal	10 g	4 g	3 g	24 mg	187 mg	31 mg

Ingredient

BRUSSELS SPROUTS,FROZEN
 WATER,BOILING
 SALT
 BREADCRUMBS,DRY,GROUND,FINE
 BUTTER,MELTED
 EGG,HARD COOKED,CHOPPED

Weight

20 lbs
 16-3/4 lbs
 1 oz
 1 lbs
 8 oz
 1 lbs

Measure

3 gal 2-5/8 qts
 2 gal
 1 tbsp
 1 qts
 1 cup
 9 Eggs

Issue

Method

- 1 Add frozen brussels sprouts to boiling, salted water; return to boil; cook UNCOVERED for 7 to 9 minutes. Cover; reduce heat; cook 3 minutes or until tender. Drain. Place an equal quantity in each pan.
- 2 Brown crumbs in butter or margarine. Sprinkle 1 cup crumbs over brussels sprouts in each pan.
- 3 Garnish with hard cooked eggs.CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

CAULIFLOWER POLONAISE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
52 cal	6 g	2 g	3 g	24 mg	182 mg	24 mg

Ingredient

CAULIFLOWER,FROZEN

WATER,BOILING

SALT

BREADCRUMBS,DRY,GROUND,FINE

BUTTER,MELTED

EGG,HARD COOKED,CHOPPED

Weight

20 lbs

16-3/4 lbs

1 oz

1 lbs

8 oz

1 lbs

Measure

2 gal

1 tbsp

1 qts

1 cup

9 Eggs

Issue

Method

- 1 Add frozen cauliflower to boiling, salted water; return to boil; cover; reduce heat, allow cauliflower to simmer 4 minutes or until tender. Drain. Place an equal quantity in each pan.
- 2 Brown crumbs in butter or margarine. Sprinkle 1 cup crumbs over cauliflower in each pan.
- 3 Garnish with hard cooked eggs. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SPROUTS SUPERBA

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	10 g	4 g	3 g	0 mg	304 mg	34 mg

Ingredient

BRUSSELS SPROUTS,FROZEN

SALT

WATER,BOILING

CELERY,FRESH,CHOPPED

MARGARINE

SOUP,CONDENSED,CREAM OF MUSHROOM

WATER

PIMIENTO,CANNED,DRAINED,CHOPPED

GARLIC POWDER

PEPPER,WHITE,GROUND

Weight

17 lbs

1/2 oz

14-5/8 lbs

3 lbs

2 oz

6-5/8 lbs

2-1/8 lbs

12-2/3 oz

5/8 oz

1/8 oz

Measure

3 gal 1/2 qts

3/8 tsp

1 gal 3 qts

2 qts 3-3/8 cup

1/4 cup 1/3 tbsp

3 qts

1 qts

1-7/8 cup

2 tbsp

1/3 tsp

Issue

4-1/8 lbs

Method

- 1 Add brussels sprouts to boiling salted water; return to a boil; cook 8 to 10 minutes.
- 2 Drain; set aside for use in Step 5.
- 3 Saute celery in margarine or butter 5 minutes or until tender.
- 4 Combine soup and water; mix well. Add celery, pimientos, garlic powder and white pepper. Simmer 10 minutes.
- 5 Add brussels sprouts to soup mixture, mix lightly. Simmer 5 minutes or until hot. Serve. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

FRIED CABBAGE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
47 cal	5 g	1 g	3 g	7 mg	184 mg	44 mg

Ingredient

CABBAGE, GREEN, FRESH, SHREDDED
 BUTTER
 SALT
 PEPPER, BLACK, GROUND

Weight

20 lbs
 12 oz
 1-1/4 oz
 1/2 oz

Measure

8 gal 3/8 qts
 1-1/2 cup
 2 tbsp
 2 tbsp

Issue

25 lbs

Method

- 1 Divide cabbage into equal batches weighing 10 pounds.
- 2 Fry each batch in butter, margarine or salad oil on 325 F. griddle for 10 minutes or until tender, stirring frequently to avoid scorching. CCP: Heat to 145 F. or higher for 15 seconds.
- 3 Add salt and pepper to each batch. CCP: Hold at 140 F. or higher for service.

CALICO CABBAGE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
53 cal	7 g	1 g	3 g	7 mg	187 mg	46 mg

Ingredient

CABBAGE, GREEN, FRESH, SHREDDED
 CARROTS, FROZEN, SLICED
 CELERY, FRESH, SLICED
 ONIONS, FRESH, CHOPPED
 BUTTER
 SUGAR, GRANULATED
 SALT
 PEPPER, BLACK, GROUND

Weight

20 lbs
 8 oz
 8 oz
 1 lbs
 12 oz
 3-1/2 oz
 1-1/4 oz
 1/4 oz

Measure

8 gal 3/8 qts
 1-3/4 cup
 1-7/8 cup
 2-7/8 cup
 1-1/2 cup
 1/2 cup
 2 tbsp
 1 tbsp

Issue

25 lbs

 11 oz
 1-1/8 lbs

Method

- 1 Add carrots, fresh celery rings and chopped dry onions to cabbage. Divide cabbage into 2 batches.
- 2 Fry each batch in butter, margarine or salad oil on 325 F. griddle for 10 minutes or until tender, stirring frequently to avoid scorching.
- 3 Add salt, pepper and sugar to each batch. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

FRIED CABBAGE WITH BACON

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
61 cal	5 g	2 g	4 g	10 mg	155 mg	44 mg

Ingredient

BACON,RAW
 CABBAGE,GREEN,FRESH,SHREDDED
 BUTTER
 SALT
 PEPPER,BLACK,GROUND

Weight

2 lbs
 20 lbs
 12 oz
 5/8 oz
 1/4 oz

Measure

8 gal 3/8 qts
 1-1/2 cup
 1 tbsp
 1 tbsp

Issue

25 lbs

Method

- 1 Cook bacon until crisp; drain; crumble bacon.
- 2 Divide cabbage into two batches. Fry each batch in butter, margarine or salad oil on 325 F. griddle for 10 minutes or until tender, stirring frequently to avoid scorching; add bacon.
- 3 Add salt and pepper to each batch. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SCALLOPED SWEET POTATOES AND APPLES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	35 g	1 g	3 g	0 mg	168 mg	31 mg

Ingredient

SWEET POTATOES,CANNED,W/SYRUP
 APPLES,CANNED,SLICED,DRAINED
 CINNAMON,GROUND
 SUGAR,BROWN,PACKED
 SHORTENING,VEGETABLE,MELTED
 SALT
 WATER

Weight

24-1/8 lbs
 6 lbs
 2 oz
 1-1/2 lbs
 9 oz
 1 oz
 2-1/8 lbs

Measure

3 gal
 3 qts
 1/2 cup 1/3 tbsp
 1 qts 3/4 cup
 1-1/4 cup
 1 tbsp
 1 qts

Issue

Method

- 1 Arrange 3 quarts drained sweet potatoes and 3 cups apples in alternate layers in each pan.
- 2 Combine brown sugar, cinnamon, shortening or salad oil, salt and water in steam-jacketed kettle or stock pot. Cook at low heat, stirring constantly until sugar is dissolved. Pour an equal quantity over potatoes in each pan.
- 3 Using a convection oven, bake at 300 F. for 30 minutes on low fan, open vent, or until apples and potatoes are thoroughly heated.
 CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

ORANGE CARROTS AMANDINE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
76 cal	9 g	2 g	4 g	0 mg	119 mg	40 mg

Ingredient

CARROTS,FROZEN,SLICED
 SALT
 WATER,BOILING
 MARGARINE,MELTED
 SUGAR,BROWN,PACKED
 ORANGE PEEL,FRESH,GRATED
 JUICE,ORANGE
 ALMONDS,SLIVERED

Weight

16 lbs
 3/8 oz
 16-3/4 lbs
 10 oz
 5-1/8 oz
 10-1/8 oz
 2-7/8 oz
 11-3/8 oz

Measure

3 gal 2-1/8 qts
 1/3 tsp
 2 gal
 1-1/4 cup
 1 cup
 3 cup
 1/4 cup 1-2/3 tbsp
 3 cup

Issue

Method

- 1 Cook carrots 10 to 13 minutes. Add carrots to salted boiling water. Return to a boil; reduce heat; simmer 15 minutes or until tender. Drain.
- 2 Add brown sugar, orange rind, orange juice, and almonds to melted butter or margarine. Blend well.
- 3 Add glaze to carrots; mix until carrots are well coated. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

ORIENTAL STIR-FRY CABBAGE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
56 cal	12 g	3 g	0 g	0 mg	384 mg	61 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SOY SAUCE	1-3/8 lbs	2-1/4 cup	
SUGAR,BROWN,PACKED	5-1/8 oz	1 cup	
GARLIC POWDER	1-3/4 oz	1/4 cup 2-1/3 tbsp	
GINGER,GROUND	3/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
WATER	1-1/8 lbs	2-1/4 cup	
CORNSTARCH	7/8 oz	3 tbsp	
CABBAGE,GREEN,FRESH,SHREDDED	24 lbs	9 gal 2-7/8 qts	30 lbs
PEPPERS,RED,FRESH,SLICED	5 lbs	1 gal 2-1/8 qts	6-1/8 lbs
ONIONS,FRESH,SLICED	5 lbs	1 gal 7/8 qts	5-1/2 lbs
COOKING SPRAY,NONSTICK	1 oz	2 tbsp	

Method

- 1 Combine soy sauce, brown sugar, garlic powder, ginger and pepper; mix thoroughly. Bring to a boil; reduce heat to simmer.
- 2 Blend cornstarch with water until dissolved; add to soy sauce mixture stirring constantly; simmer 2 minutes or until lightly thickened and clear. Remove from heat.
- 3 Preheat tilt-fry pan. Spray lightly with non-stick spray. Stir and cook vegetables in 25 portion batches as follows: Cabbage and onions, 5 minutes; add red peppers for 1 minute. Do not overcook!
- 4 Remove to serving pans. Pour 1-1/4 cups sauce over each 25 portion batch of cabbage. Mix thoroughly to distribute the sauce. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CARROT AND CELERY AMANDINE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
37 cal	2 g	1 g	3 g	0 mg	213 mg	26 mg

Ingredient

CARROTS,FROZEN,SLICED
 CELERY,FRESH,SLICED
 WATER,BOILING
 SALT
 ALMONDS,SLIVERED
 JUICE,LEMON
 MARGARINE,MELTED

Weight

10-3/4 oz
 7-3/4 lbs
 28-1/4 lbs
 1-1/2 oz
 11-3/8 oz
 6-1/2 oz
 5-1/3 oz

Measure

1 gal 3-1/3 qts
 3 gal 1-1/2 qts
 2-1/3 tbsp
 3 cup
 3/4 cup
 1/2 cup 2-2/3 tbsp

Issue

10-5/8 lbs

Method

- 1 Cook carrots and celery in boiling salted water 10 to 13 minutes.
- 2 Drain; reserve carrots and celery for use in Step 4.
- 3 Spread almonds on pans in a thin layer. Using a convection oven, bake at 300 F. for 15 minutes on high fan, open vent stirring occasionally until almonds are lightly browned. Remove from oven.
- 4 Add almonds, lemon juice, and margarine to carrot and celery. Toss or stir lightly. Mix thoroughly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

LYONNAISE CARROTS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
58 cal	10 g	1 g	2 g	5 mg	186 mg	33 mg

Ingredient

CARROTS,FROZEN,SLICED

WATER,BOILING

SALT

BUTTER

PEPPER,BLACK,GROUND

ONIONS,FRESH,SLICED

SUGAR,GRANULATED

SALT

PARSLEY,FRESH,BUNCH,CHOPPED

Weight

18 lbs

18-3/4 lbs

5/8 oz

8 oz

1/8 oz

4 lbs

2-1/3 oz

3/8 oz

1 oz

Measure

3 gal 4 qts

2 gal 1 qts

1 tbsp

1 cup

1/8 tsp

3 qts 3-3/4 cup

1/4 cup 1-2/3 tbsp

1/3 tsp

1/4 cup

Issue

4-1/2 lbs

1 oz

Method

- 1 Add carrots to boiling salted water. Bring to a boil; cool 10 minutes.
- 2 Drain; reserve carrots for use in Step 6. Add pepper and onion to melted butter in steam-jacketed kettle or tilting frying pan. Saute until tender, about 10 minutes.
- 3 Add sugar, salt and reserved carrots to sauteed onions; mix lightly; cook 5 minutes tossing occasionally.
- 4 Garnish with parsley before serving. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service

GLAZED CARROTS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
73 cal	14 g	1 g	2 g	5 mg	166 mg	25 mg

Ingredient

CARROTS,FROZEN,SLICED
 WATER,BOILING
 SALT
 BUTTER
 GINGER,GROUND
 SUGAR,GRANULATED
 SALT

Weight

18 lbs
 18-3/4 lbs
 5/8 oz
 8 oz
 5/8 oz
 1-1/4 lbs
 3/8 oz

Measure

2 gal 1 qts
 1 tbsp
 1 cup
 3 tbsp
 2-3/4 cup
 1/3 tsp

Issue

Method

- 1 Cook carrots 10 to 13 minutes.
- 2 Drain; reserve carrots for use in Step 5.
- 3 Melt butter in a steam-jacketed kettle or tilting frying pan; add ginger and stir until well blended.
- 4 Add sugar and stir. Mixture will resemble a thick roux.
- 5 Toss carrots in sauce until well coated; cook 5 minutes, tossing occasionally. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

CAULIFLOWER AU GRATIN

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
125 cal	9 g	5 g	8 g	23 mg	226 mg	105 mg

Ingredient

CAULIFLOWER,FROZEN
 SALT
 WATER,BOILING
 MILK,NONFAT,DRY
 WATER,WARM
 BUTTER,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 CHEESE,CHEDDAR,SHREDDED
 PEPPER,WHITE,GROUND
 BREADCRUMBS,DRY,GROUND,FINE
 BUTTER,MELTED

Weight

20 lbs
 5/8 oz
 25-1/8 lbs
 8-3/4 oz
 9-3/8 lbs
 1 lbs
 11 oz
 1-1/2 lbs
 <1/16th oz
 1 lbs
 8 oz

Measure

1 tbsp
 3 gal
 3-5/8 cup
 1 gal 1/2 qts
 2 cup
 2-1/2 cup
 1 qts 2 cup
 1/8 tsp
 1 qts
 1 cup

Issue**Method**

- 1 Add cauliflower to salted boiling water. Bring to a boil; cover. Simmer 4 to 8 minutes or until just tender.
- 2 Drain; place about 3-3/4 quarts cauliflower in each steam table pan. Set aside for use in Step 8.
- 3 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 4 Blend butter and flour together; stir until smooth.
- 5 Add flour mixture to milk, stirring constantly. Simmer 5 minutes or until thickened.
- 6 Add cheese and pepper; stir until blended.
- 7 Pour 1-1/2 quarts sauce over cauliflower in each pan.
- 8 Mix crumbs and butter or margarine. Sprinkle 1 cup evenly over cauliflower in each pan.
- 9 Using a convection oven, bake at 325 F. for 10 minutes or until crumbs are browned. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

GERMAN POTATO GRIDDLE CAKES (DEHY)

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
114 cal	12 g	3 g	6 g	46 mg	244 mg	49 mg

Ingredient

ONIONS,FRESH,CHOPPED
 WATER,BOILING
 POTATO,WHITE,DEHYDRATED,SLICED
 MILK,NONFAT,DRY
 WATER,WARM
 EGGS,WHOLE,FROZEN
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND
 NUTMEG,GROUND
 THYME,GROUND
 SHORTENING,VEGETABLE,MELTED
 SOUR CREAM

Weight

11-1/4 oz
 29-1/4 lbs
 4 lbs
 6 oz
 6-1/4 lbs
 2 lbs
 1-3/4 lbs
 1-7/8 oz
 1/8 oz
 <1/16th oz
 <1/16th oz
 7-1/4 oz
 3 lbs

Measure

2 cup
 3 gal 2 qts
 2-1/2 cup
 3 qts
 3-3/4 cup
 1 qts 2-1/2 cup
 3 tbsp
 1/3 tsp
 1/8 tsp
 <1/16th tsp
 1 cup
 1 qts 2 cup

Issue

12-1/2 oz

Method

- 1 Add potatoes and onions to boiling water. Bring to a boil; simmer 15 minutes or until soft but not mushy. DO NOT OVERCOOK. Drain immediately or mixture will be too moist.
- 2 Beat potato and onion mixture in mixer bowl at medium speed 2 minutes.
- 3 Reconstitute milk; add eggs. Add to potato mixture; blend at low speed 1 minute.
- 4 Add flour, salt, pepper, nutmeg, thyme and melted shortening or salad oil to mixture; blend at low speed 2 minutes.
- 5 Drop 1/4 cup, or one No.16 scoop batter onto lightly greased 375 F. griddle. Cook until well browned, about 2-1/2 to 3 minutes on each side.
- 6 Serve with 1 tablespoon sour cream. CCP: Hold for service at 140 F. or higher.

FRENCH FRIED CAULIFLOWER

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
159 cal	19 g	6 g	7 g	27 mg	382 mg	86 mg

Ingredient

MILK,NONFAT,DRY
 WATER,WARM
 EGGS,WHOLE,FROZEN
 CAULIFLOWER,FROZEN
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND
 CHEESE,PARMESAN,GRATED

Weight

2-3/8 oz
 2-1/3 lbs
 1-1/4 lbs
 20 lbs
 4-3/8 lbs
 2-1/2 oz
 1/4 oz
 14-1/8 oz

Measure

1 cup
 1 qts 1/2 cup
 2-1/4 cup
 1 gal
 1/4 cup 1/3 tbsp
 1 tbsp
 1 qts

Issue**Method**

- 1 Reconstitute milk; add eggs. Mix well.
- 2 Cut large cauliflower pieces in half. Dip in milk and egg mixture; drain well.
- 3 Combine flour, salt, pepper and cheese. Dredge cauliflower in flour mixture; shake off excess.
- 4 Fry in 375 F. deep fat fryer for 3 minutes or until golden brown. Drain on absorbent paper. Serve immediately. CCP: Hold at 140 F. or higher for service.

FRENCH FRIED OKRA

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	21 g	5 g	11 g	3 mg	356 mg	125 mg

Ingredient

OKRA,FROZEN,CUT
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND
 CHEESE,PARMESAN,GRATED

Weight

18 lbs
 4-3/8 lbs
 2-1/2 oz
 1/4 oz
 14-1/8 oz

Measure

2 gal 3 qts
 1 gal
 1/4 cup 1/3 tbsp
 1 tbsp
 1 qts

Issue**Method**

- 1 Partially thaw okra. Break large pieces apart.
- 2 Combine flour, salt, pepper and cheese. Dredge okra in flour mixture; shake off excess.
- 3 Fry in 375 F. deep fat fryer for 2 minutes or until golden brown. Drain on absorbent paper. Serve immediately. CCP: Hold at 140 F. or higher for service.

CORN FRITTERS

Yield 100

Portion 2 Fritters

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
208 cal	30 g	5 g	8 g	44 mg	565 mg	148 mg

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 BAKING POWDER
 SUGAR,GRANULATED
 MILK,NONFAT,DRY
 WATER,WARM
 EGGS,WHOLE,FROZEN
 CORN,CANNED,CREAM STYLE
 BUTTER,MELTED

Weight

6-5/8 lbs
 1-7/8 oz
 7-3/4 oz
 3-1/2 oz
 1-3/4 oz
 2 lbs
 2 lbs
 6-3/4 lbs
 8 oz

Measure

1 gal 2 qts
 3 tbsp
 1 cup
 1/2 cup
 3/4 cup
 3-3/4 cup
 3-3/4 cup
 3 qts
 1 cup

Issue**Method**

- 1 Sift together flour, salt, baking powder, sugar and milk into mixer bowl.
- 2 Combine water, eggs, corn and butter or margarine; mix well.
- 3 Add corn mixture to dry ingredients; mix until well blended. Batter will not be smooth.
- 4 Drop 2 tablespoons batter into 350 F. deep fat.
- 5 Fry 5 minutes or until golden brown.
- 6 Drain on absorbent paper. CCP: Hold for service at 140 F. or higher.

CORN FRITTERS (PANCAKE MIX)

Yield 100

Portion 2 Fritters

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
177 cal	27 g	4 g	6 g	6 mg	460 mg	75 mg

Ingredient

CORN,CANNED,CREAM STYLE
 PANCAKE MIX
 WATER

Weight

6-3/4 lbs
 6-3/4 lbs
 3-1/8 lbs

Measure

2 qts 4 cup
 1 gal 1-7/8 qts
 1 qts 2 cup

Issue

Method

- 1 Combine canned cream style corn, canned pancake mix and water. Mix well.
- 2 Drop 2 tablespoons batter into 350 F. deep fat.
- 3 Fry 5 minutes or until golden brown.
- 4 Drain on absorbent paper. CCP: Hold for service at 140 F. or higher.

RATATOUILLE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
45 cal	10 g	2 g	0 g	0 mg	407 mg	34 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
GARLIC POWDER	1/4 oz	1/3 tsp	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
SUGAR,GRANULATED	3-1/2 oz	1/2 cup	
SALT	3 oz	1/4 cup 1 tbsp	
BASIL,DRIED,CRUSHED	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	3 each	
EGGPLANT,FRESH,CUBES	9-3/8 lbs	3 gal 1 qts	11-5/8 lbs
SQUASH,ZUCCHINI,FRESH,CHOPPED	7-1/8 lbs	1 gal 2-1/2 qts	7-1/2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2-1/2 lbs	1 qts 3-1/2 cup	3 lbs
ONIONS,FRESH,CHOPPED	1-5/8 lbs	1 qts 1/2 cup	1-3/4 lbs

Method

- 1 Combine tomatoes, sugar, salt, basil, thyme, garlic, pepper and bay leaves in a stock pot or steam-jacketed kettle. Stir well.
- 2 Add eggplant, squash, sweet peppers and onions. Bring to a boil stirring constantly. Cover and simmer 45 minutes or until eggplant is tender. Stir occasionally. Remove bay leaves.

SCALLOPED CREAM STYLE CORN

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
148 cal	26 g	3 g	5 g	9 mg	447 mg	23 mg

Ingredient

BUTTER,MELTED

CRACKERS,SODA,SALTED,CRUMBLED

PEPPER,BLACK,GROUND

COOKING SPRAY,NONSTICK

CORN,CANNED,CREAM STYLE

MILK,NONFAT,DRY

WATER,WARM

Weight

14 oz

1-3/4 lbs

1/8 oz

2 oz

23-2/3 lbs

2-2/3 oz

3 lbs

Measure

1-3/4 cup

1/4 tsp

1/4 cup 1/3 tbsp

2 gal 2-1/2 qts

1-1/8 cup

1 qts 1-3/4 cup

Issue**Method**

- 1 Combine butter or margarine, cracker crumbs, and pepper. Reserve 3 cups buttered crumbs for use in Step 4.
- 2 Pour 2-3/4 quarts corn into each lightly sprayed steam table pan. Stir in 2-1/2 cups buttered crumbs in each pan. Mix until just combined.
- 3 Reconstitute milk; pour 1-1/2 cups milk evenly over top of mixture in each pan. Mix until just combined.
- 4 Sprinkle 3/4 cup reserved buttered crumbs over top of corn mixture.
- 5 Using a convection oven, bake in 300 F. oven for 30 minutes or until lightly browned. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

SCALLOPED WHOLE KERNEL CORN

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
125 cal	21 g	3 g	4 g	9 mg	340 mg	22 mg

Ingredient

BUTTER,MELTED
 CRACKERS,SODA,SALTED,CRUMBLED
 PEPPER,BLACK,GROUND
 CORN,CANNED,WHOLE KERNEL,INCL LIQUIDS
 MILK,NONFAT,DRY
 WATER,WARM

Weight

14 oz
 1-1/3 lbs
 1/8 oz
 23-1/4 lbs
 2-2/3 oz
 3 lbs

Measure

1-3/4 cup
 100 each
 1/4 tsp
 2 gal 2-1/4 qts
 1-1/8 cup
 1 qts 1-3/4 cup

Issue**Method**

- 1 Combine butter or margarine, cracker crumbs, and pepper. Reserve 3 cups buttered crumbs for use in Step 4.
- 2 Drain corn; reserve liquid. Pour drained corn into lightly greased pans. Stir in 2-1/2 cups buttered crumbs in each steam table pan. Mix until just combined.
- 3 Reconstitute milk; mix liquid with milk; pour 3 cups milk and drained liquid mixture evenly over top of mixture in each pan. Mix until just combined.
- 4 Sprinkle 3/4 cup reserved buttered crumbs over top of corn mixture.
- 5 Bake 30 minutes or until lightly browned in 300 F. convection oven. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BROCCOLI PARMESAN

Yield 100

Portion 2 Stalks

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
77 cal	10 g	7 g	2 g	5 mg	222 mg	167 mg

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED
 MILK, NONFAT, DRY
 WATER
 FLOUR, WHEAT, GENERAL PURPOSE
 WATER
 CHEESE, PARMESAN, GRATED
 BROCCOLI, FROZEN, SPEARS
 WATER, BOILING
 SALT

Weight

1/8 oz
 1-3/8 lbs
 7-1/4 oz
 5-3/4 lbs
 8-7/8 oz
 2-1/8 lbs
 1-1/3 lbs
 24 lbs
 16-3/4 lbs
 5/8 oz

Measure

1/8 tsp
 1 qts
 3 cup
 2 qts 3 cup
 2 cup
 1 qts
 1 qts 2 cup
 4 gal 1-1/2 qts
 2 gal
 1 tbsp

Issue

1-5/8 lbs

Method

- 1 Spray steam-jacketed kettle or stock pot with cooking spray. Add onions; stir well; cover; cook 5 to 7 minutes or until tender.
- 2 Reconstitute milk; add to onions in steam-jacketed kettle or stock pot. Heat to just below boiling. Do not boil.
- 3 Blend flour with water using wire whip to form slurry; stir until smooth.
- 4 Add slurry to milk mixture gradually, stirring constantly. Simmer 8 to 10 minutes or until thickened.
- 5 Add cheese; bring to a simmer, stirring until smooth. Do not boil.
- 6 Prepare broccoli. Drain; place about 50 spears or 5 pounds broccoli in each steam table pan.
- 7 Pour about 4-3/4 cups sauce over broccoli in each steam table pan. Using a convection oven, bake at 325 F. for 10 minutes on high fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Each Portion: 2 stalks with 3 tablespoons of sauce.

BRUSSELS SPROUTS PARMESAN

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
92 cal	13 g	8 g	2 g	5 mg	221 mg	138 mg

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED
 MILK, NONFAT, DRY
 WATER
 FLOUR, WHEAT, GENERAL PURPOSE
 WATER
 CHEESE, PARMESAN, GRATED
 BRUSSELS SPROUTS, FROZEN
 WATER, BOILING
 SALT

Weight

1/8 oz
 1-3/8 lbs
 7-1/4 oz
 5-3/4 lbs
 8-7/8 oz
 2-1/8 lbs
 1-1/3 lbs
 24 lbs
 16-3/4 lbs
 5/8 oz

Measure

1/8 tsp
 1 qts
 3 cup
 2 qts 3 cup
 2 cup
 1 qts
 1 qts 2 cup
 4 gal 1-5/8 qts
 2 gal
 1 tbsp

Issue

1-5/8 lbs

Method

- 1 Spray steam-jacketed kettle or stock pot with cooking spray. Add onions; stir well; cover; cook 5 to 7 minutes or until tender.
- 2 Reconstitute milk; add to onions in steam-jacketed kettle or stock pot. Heat to just below boiling. Do not boil.
- 3 Blend flour with water using wire whip to form slurry; stir until smooth.
- 4 Add slurry to milk mixture gradually, stirring constantly. Simmer 8 to 10 minutes or until thickened.
- 5 Add cheese; bring to a simmer, stirring until smooth. Do not boil.
- 6 Prepare brussels sprouts. Drain; place about 5-3/4 pounds brussels sprouts in each steam table pan.
- 7 Pour about 4-3/4 cups sauce over brussels sprouts in each steam table pan. Using a convection oven, bake at 325 F. for 10 minutes on high fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

CAULIFLOWER PARMESAN

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
67 cal	8 g	5 g	2 g	5 mg	216 mg	130 mg

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED
 MILK, NONFAT, DRY
 WATER
 FLOUR, WHEAT, GENERAL PURPOSE
 WATER
 CHEESE, PARMESAN, GRATED
 CAULIFLOWER, FROZEN
 WATER, BOILING
 SALT

Weight

1/8 oz
 1-3/8 lbs
 7-1/4 oz
 5-3/4 lbs
 8-7/8 oz
 2-1/8 lbs
 1-1/3 lbs
 24 lbs
 16-3/4 lbs
 5/8 oz

Measure

1/8 tsp
 1 qts
 3 cup
 2 qts 3 cup
 2 cup
 1 qts
 1 qts 2 cup
 2 gal
 1 tbsp

Issue

1-5/8 lbs

Method

- 1 Spray steam-jacketed kettle or stock pot with cooking spray. Add onions; stir well; cover; cook 5 to 7 minutes or until tender.
- 2 Reconstitute milk; add to onions in steam-jacketed kettle or stock pot. Heat to just below boiling. Do not boil.
- 3 Blend flour with water using wire whip to form slurry; stir until smooth.
- 4 Add slurry to milk mixture gradually, stirring constantly. Simmer 8 to 10 minutes or until thickened.
- 5 Add cheese; bring to a simmer, stirring until smooth. Do not boil.
- 6 Prepare cauliflower. Drain; place about 5-1/2 pounds cauliflower in each steam table pan.
- 7 Pour about 4-3/4 cups sauce over cauliflower in each pan. Using a convection oven, bake at 325 F. for 20 minutes on high fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

VEGETABLE STIR FRY

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
55 cal	6 g	1 g	4 g	0 mg	108 mg	27 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CARROTS,FRESH,SLICED	3-3/4 lbs	3 qts 1-1/4 cup	4-5/8 lbs
CELERY,FRESH,SLICED	4-1/2 lbs	1 gal 1/4 qts	6-1/8 lbs
CABBAGE,GREEN,FRESH,CHOPPED	4-1/2 lbs	1 gal 3-1/4 qts	5-5/8 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	2-1/4 lbs	1 qts 2-7/8 cup	2-3/4 lbs
ONIONS,FRESH	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
MUSHROOMS,CANNED,DRAINED	11 oz	2 cup	
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
CHICKEN BROTH		3 cup	
PEPPER,BLACK,GROUND	<1/16th oz	1/8 tsp	
CORNSTARCH	7/8 oz	3 tbsp	
WATER	3-1/8 oz	1/4 cup 2-1/3 tbsp	
SOY SAUCE	1 oz	1 tbsp	
OIL,SALAD	11-1/2 oz	1-1/2 cup	

Method

- 1 Wash and trim vegetables. Set aside for use in Step 5.
- 2 Prepare chicken broth according to recipe. Add pepper. Set aside for use in Step 4.
- 3 Blend cornstarch with water and soy sauce to make a smooth paste.
- 4 Slowly add paste to broth stirring constantly. Simmer 2 minutes or until lightly thickened and clear, stirring constantly. Remove from heat.
- 5 Saute vegetables salad oil as follows: Carrots, 3 minutes; add celery and green peppers, 2 minutes; add remaining vegetables, 4 minutes.
- 6 Pour sauce over vegetables 15 minutes before serving. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

HERBED GREEN BEANS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
58 cal	9 g	2 g	2 g	0 mg	484 mg	60 mg

Ingredient

ONIONS,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 MARGARINE
 GARLIC POWDER
 BASIL,DRIED,CRUSHED
 ROSEMARY,GROUND
 BEANS,GREEN,CANNED

Weight

6 lbs
 3 lbs
 9 oz
 1/2 oz
 3/4 oz
 1/2 oz
 38-1/8 lbs

Measure

1 gal 1/4 qts
 2 qts 3-3/8 cup
 1-1/8 cup
 1 tbsp
 1/4 cup 1-1/3 tbsp
 1/4 cup 2/3 tbsp
 4 gal 2 qts

Issue

6-2/3 lbs
 4-1/8 lbs

Method

- 1 Saute onions and celery in butter or margarine until tender.
- 2 Add garlic powder, basil and rosemary to sauteed vegetables; mix well.
- 3 Drain green beans, reserving liquid. Prepare canned green beans. Add beans and reserved liquid to onion-herb mixture. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CALICO CORN

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
114 cal	24 g	4 g	2 g	1 mg	301 mg	7 mg

Ingredient

BACON,RAW

CORN,CANNED,WHOLE KERNEL,DRAINED

PEPPER,BLACK,GROUND

PIMIENTO,CANNED,DRAINED,CHOPPED

Weight

1 lbs

28-7/8 lbs

1/8 oz

7-5/8 oz

Measure

5 gal

3/8 tsp

1-1/8 cup

Issue**Method**

- 1 Cook bacon until crisp. See Recipe No. L 002 00 or L 002 02. Drain. Set bacon aside for use in Step 2.
- 2 Drain corn; mix with pepper and pimientos. Crumble bacon. Add to corn mixture. Mix well.
- 3 Heat at medium heat until hot, stirring constantly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

CORN O'BRIEN

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
136 cal	26 g	4 g	4 g	1 mg	302 mg	10 mg

Ingredient

BACON,RAW
 PEPPERS,GREEN,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 OIL,SALAD
 CORN,CANNED,WHOLE KERNEL,DRAINED
 PEPPER,BLACK,GROUND
 PIMIENTO,CANNED,DRAINED,CHOPPED

Weight

1 lbs
 3 lbs
 2-3/8 lbs
 5-3/4 oz
 28-7/8 lbs
 1/8 oz
 7-5/8 oz

Measure

2 qts 1 cup
 1 qts 2-3/4 cup
 3/4 cup
 5 gal
 3/8 tsp
 1-1/8 cup

Issue

3-5/8 lbs
 2-2/3 lbs

Method

- 1 Cook bacon until crisp. See Recipe No. L 002 00 or L 002 02. Drain. Set bacon aside for use in Step 3.
- 2 Saute chopped onions and sweet green peppers in oil or shortening.
- 3 Drain corn; mix with pepper and pimientos, and sauteed onions and peppers. Add crumbled bacon.
- 4 Heat at medium heat until hot, stirring constantly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

MEXICAN CORN

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
117 cal	25 g	4 g	2 g	2 mg	288 mg	8 mg

Ingredient

PEPPERS, GREEN, FRESH, CHOPPED

BUTTER

CORN, CANNED, WHOLE KERNEL, DRAINED

PEPPER, BLACK, GROUND

PIMIENTO, CANNED, DRAINED, CHOPPED

Weight

3 lbs

3 oz

28-7/8 lbs

1/8 oz

7-5/8 oz

Measure

2 qts 1 cup

1/4 cup 2-1/3 tbsp

5 gal

3/8 tsp

1-1/8 cup

Issue

3-5/8 lbs

Method

- 1 Saute chopped sweet peppers in butter or margarine until tender.
- 2 Drain corn; mix with pepper and pimientos, and then with sauteed peppers.
- 3 Heat at medium heat until hot, stirring constantly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

EGGPLANT PARMESAN

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	34 g	9 g	5 g	31 mg	1209 mg	167 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
TOMATOES,CANNED,DICED,INCL LIQUIDS	26-1/2 lbs	2 gal 3-1/2 qts	
TOMATO PASTE,CANNED	9-1/4 lbs	1 gal	
WATER	8-1/3 lbs	1 gal	
ONIONS,FRESH,CHOPPED	3-3/4 lbs	2 qts 1 cup	4-1/4 lbs
SUGAR,GRANULATED	7 oz	1 cup	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1 oz	3-1/3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/4 tsp	
BAY LEAF,WHOLE,DRIED	3/8 oz	12 lf	
EGGPLANT,FRESH,UNPEELED,SLICED	18-1/2 lbs	6 gal 1-5/8 qts	19-1/8 lbs
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
MILK,NONFAT,DRY	1-1/3 oz	1/2 cup 1 tbsp	
WATER,WARM	1-1/2 lbs	2-3/4 cup	
EGGS,WHOLE,FROZEN	1 lbs	1-7/8 cup	
BREADCRUMBS,DRY,GROUND,FINE	1-7/8 lbs	2 qts	
CHEESE,PARMESAN,GRATED	3-1/2 oz	1 cup	
CHEESE,MOZZARELLA,SHREDDED	3 lbs	3 qts	

Method

- 1 Combine tomatoes, tomato paste, water, onions, sugar, salt, garlic powder, basil, thyme, oregano, red pepper and bay leaves; mix well. Bring to a boil; reduce heat; simmer 1 hour or until thickened, stirring occasionally. Remove bay leaves.
- 2 Sprinkle eggplant with salt. Let stand 30 minutes; drain.
- 3 Dredge eggplant in flour; shake off excess.
- 4 Reconstitute milk; combine with eggs.
- 5 Dip eggplant in milk and egg mixture; drain well.
- 6 Dredge eggplant in crumbs; shake off excess.
- 7 Fry 3 minutes in 350 F. deep fat fryer or until golden brown.
- 8 Place 1 layer eggplant in table pans. Pour 3 cups sauce evenly over eggplant in each steam table pan.
- 9 Add second layer of eggplant. Cover with remaining sauce, 3 cups per pan.
- 10 Sprinkle parmesan cheese evenly over sauce in each pan.
- 11 Sprinkle shredded mozzarella cheese evenly over sauce in each pan.
- 12 Using a convection oven, bake at 325 F. for 20 minutes or until cheese is melted. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SOUTHERN STYLE GREENS (FRESH COLLARDS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
98 cal	5 g	7 g	6 g	15 mg	290 mg	118 mg

Ingredient

PORK,HOCKS,(CURED & SMOKED),FROZEN
 WATER,BOILING
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 WATER
 GREENS,COLLARD,FRESH

Weight

10 lbs
 33-1/2 lbs
 1-5/8 lbs
 1/4 oz
 33-1/2 lbs
 20 lbs

Measure

4 gal
 1 qts 1/2 cup
 1 tbsp
 4 gal
 2 gal 3-7/8 qts

Issue

1-3/4 lbs
 27 lbs

Method

- 1 Add water to steam-jacketed kettle or stock pot. Add pork hocks and onions to water. Cover; simmer 2-1/2 hours or until tender. Remove; trim meat and fat from bones. Cut meat into small pieces. Add meat and bones to stock.
- 2 Add greens, pepper and water to stock. Bring to a boil; stir immediately.
- 3 Simmer 1 hour, uncovered or until greens are tender, stirring occasionally. CCP: Heat to 145 F. or higher for 15 seconds. Remove bones; serve greens with cooking liquid. CCP: Hold at 140 F. or higher for service. NOTES: In Step 1, 2 pounds raw bacon may be used for pork hocks per 100 portions.

SOUTHERN STYLE GREENS (FROZEN)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	7 g	8 g	6 g	15 mg	542 mg	201 mg

Ingredient

PORK,HOCKS,(CURED & SMOKED),FROZEN
 WATER,BOILING
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 WATER
 GREENS,COLLARD,FROZEN

Weight

10 lbs
 33-1/2 lbs
 1-5/8 lbs
 1/4 oz
 37-5/8 lbs
 20 lbs

Measure

4 gal
 1 qts 1/2 cup
 1 tbsp
 4 gal 2 qts
 3 gal 1-3/8 qts

Issue

1-3/4 lbs

Method

- 1 Add water to steam-jacketed kettle or stock pot. Add pork hocks and onions to water. Cover; simmer 2-1/2 hours or until tender. Remove; trim meat and fat from bones. Cut meat into small pieces. Add meat and bones to stock.
- 2 Add greens, pepper and water to stock. Bring to a boil; stir immediately.
- 3 Break through frozen greens several times to hasten cooking. Simmer 25 minutes, uncovered or until greens are tender, stirring occasionally. CCP: Heat to 145 F. or higher for 15 seconds. Remove bones; serve greens with cooking liquid. CCP: Hold at 140 F. or higher for service.

Notes

- 1 In Step 1, 2 pounds of bacon may be used for pork hocks per 100 portions.

SWEET SOUR GREENS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
137 cal	14 g	7 g	6 g	16 mg	295 mg	121 mg

Ingredient

PORK,HOCKS,(CURED & SMOKED),FROZEN
 WATER,BOILING
 ONIONS,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 WATER
 GREENS,COLLARD,FRESH
 ONIONS,FRESH,CHOPPED
 BUTTER
 SUGAR,GRANULATED
 VINEGAR,DISTILLED

Weight

10 lbs
 33-1/2 lbs
 1-5/8 lbs
 1/4 oz
 33-1/2 lbs
 20 lbs
 1-3/8 lbs
 2 oz
 1-3/4 lbs
 3-1/8 lbs

Measure

4 gal
 1 qts 1/2 cup
 1 tbsp
 4 gal
 2 gal 3-7/8 qts
 1 qts
 1/4 cup 1/3 tbsp
 1 qts
 1 qts 2 cup

Issue

1-3/4 lbs
 27 lbs
 1-5/8 lbs

Method

- 1 Add water to steam-jacketed kettle or stock pot. Add pork hocks and onions to water. Cover; simmer 2-1/2 hours or until tender. Remove; trim meat and fat from bones. Cut meat into small pieces. Add meat and bones to stock.
- 2 Add greens, pepper and water to stock. Bring to a boil; stir immediately.
- 3 Simmer 1 hour, uncovered or until greens are tender, stirring occasionally.
- 4 Saute chopped onions in butter or margarine until tender; add granulated sugar and vinegar; stir to mix well. Cook 3 minutes. Add to cooked greens. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Remove bones; serve greens with cooking liquid. CCP: Hold at 140 F. or higher for service.

Notes

- 1 In Step 1, 2 pounds of bacon may be used for pork hocks per 100 portions.

SOUTHERN STYLE GREENS (FRESH KALE)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	6 g	7 g	6 g	15 mg	306 mg	85 mg

Ingredient

PORK,HOCKS,(CURED & SMOKED),FROZEN

ONIONS,FRESH,CHOPPED

WATER,BOILING

KALE,FRESH,CHOPPED

PEPPER,BLACK,GROUND

WATER

Weight

10 lbs

1-5/8 lbs

33-1/2 lbs

12 lbs

1/4 oz

41-3/4 lbs

Measure

1 qts 1/2 cup

4 gal

5 gal 1/3 qts

1 tbsp

5 gal

Issue

1-3/4 lbs

16-7/8 lbs

Method

- 1 Add water to steam-jacketed kettle or stock pot. Add pork hocks and onions to water. Cover; simmer 2-1/2 hours or until tender. Remove; trim meat and fat from bones. Cut meat into small pieces. Add meat and bones to stock.
- 2 Add kale, pepper and water to stock. Bring to a boil; stir immediately.
- 3 Simmer 20 minutes, uncovered or until greens are tender, stirring occasionally. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Remove bones; serve greens with cooking liquid. CCP: Hold at 140 F. or higher for service.

Notes

- 1 In Step 1, 2 pounds of bacon may be used for pork hocks per 100 servings.

SAUTEED MUSHROOMS

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
21 cal	1 g	0 g	2 g	5 mg	98 mg	3 mg

Ingredient

MUSHROOMS,CANNED,DRAINED
 BUTTER

Weight

4-1/8 lbs
 8 oz

Measure

3 qts
 1 cup

Issue

Method

- 1 Drain mushrooms.
- 2 Saute mushrooms lightly in butter or margarine. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SAUTEED MUSHROOMS AND ONIONS

Yield 100

Portion 2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
67 cal	4 g	1 g	6 g	15 mg	137 mg	11 mg

Ingredient

MUSHROOMS,CANNED,DRAINED
 ONIONS,FRESH,SLICED
 BUTTER

Weight

4-1/8 lbs
 8-1/8 lbs
 1-1/2 lbs

Measure

3 qts
 2 gal
 3 cup

Issue

9 lbs

Method

- 1 Drain mushrooms.
- 2 Saute onions in butter until tender; add mushrooms. Heat thoroughly. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

OKRA AND TOMATO GUMBO

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
100 cal	14 g	3 g	4 g	9 mg	391 mg	71 mg

Ingredient

ONIONS,FRESH,CHOPPED
 BACON,RAW
 OKRA,FROZEN,CUT
 FLOUR,WHEAT,GENERAL PURPOSE
 SUGAR,GRANULATED
 SALT
 CHILI POWDER,DARK,GROUND
 PEPPER,BLACK,GROUND
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 WATER,BOILING
 BREAD,WHITE,STALE,SLICED
 BUTTER,MELTED
 GARLIC CLOVES,FRESH,MINCED

Weight

2-1/8 lbs
 1 lbs
 10 lbs
 4-3/8 oz
 1-3/4 oz
 1-7/8 oz
 1 oz
 1/8 oz
 13-1/4 lbs
 3-1/8 lbs
 2 lbs
 12 oz
 1/8 oz

Measure

1 qts 2 cup

 1 gal 2-1/8 qts
 1 cup
 1/4 cup 1/3 tbsp
 3 tbsp
 1/4 cup 1/3 tbsp
 1/8 tsp
 1 gal 2 qts
 1 qts 2 cup
 1 gal 2-1/2 qts
 1-1/2 cup
 1/4 tsp

Issue

2-1/3 lbs

Method

- 1 Saute onions and bacon until onions are tender and bacon is crisp.
- 2 Add okra to onions and bacon. Cook 5 minutes, stirring frequently.
- 3 Add flour, sugar, salt, chili powder, and pepper; stir until blended.
- 4 Add tomatoes and water; mix well.
- 5 Bring to a boil. Reduce heat; simmer 15 minutes or until okra is tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.
- 6 Prepare Garlic Croutons. Trim crusts from bread; cut bread into 1/2-inch cubes. Place bread cubes on sheet pans. Brown lightly in 325 F. oven, about 20 to 25 minutes or in 375 F. convection oven for about 6 minutes on high fan, open vent. Melt butter or margarine; blend in minced garlic. Pour mixture evenly over lightly browned croutons in steam table pans; toss lightly.

Notes

- 1 In Step 1, 2 lbs bread will yield about 1 gallon lightly browned croutons.

SOUTHERN FRIED OKRA

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
184 cal	15 g	2 g	13 g	0 mg	212 mg	57 mg

Ingredient

OKRA,FROZEN,CUT
 CORN MEAL
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND
 SHORTENING

Weight

15 lbs
 1-7/8 lbs
 1-1/4 lbs
 1-7/8 oz
 1/8 oz
 1-3/4 lbs

Measure

2 gal 1-1/4 qts
 1 qts 2 cup
 1 qts 1/2 cup
 3 tbsp
 1/3 tsp
 1 qts

Issue

Method

- 1 Thaw okra. Mix cornmeal, flour, salt and pepper. Dredge okra in mixture.
- 2 Fry on well greased 375 F. griddle 10 minutes or until golden brown. CCP: Hold at 140 F. or higher for service.

PARSLEY BUTTERED POTATOES

Yield 100

Portion 4 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
170 cal	32 g	3 g	4 g	10 mg	609 mg	19 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 WATER
 SALT
 BUTTER,MELTED
 RESERVED LIQUID
 PARSLEY,FRESH,BUNCH,CHOPPED

Weight

35 lbs
 33-1/2 lbs
 5-1/8 oz
 1 lbs
 1 lbs
 4-1/4 oz

Measure

6 gal 1-1/2 qts
 4 gal
 1/2 cup
 2 cup
 2 cup
 2 cup

Issue

43-1/4 lbs

 4-1/2 oz

Method

- 1 Cover potatoes with salted water; bring to a boil; reduce heat. Cover; simmer 20 to 25 minutes or until tender.
- 2 Drain; reserve 2 cups of liquid for use in Step 4.
- 3 Place an equal quantity of potatoes in steam table pans.
- 4 Combine butter or margarine and reserved liquid; pour 1 cup over potatoes in each pan. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Sprinkle 1/2 cup parsley over potatoes in each pan. CCP: Hold at 140 F. or higher for service.

PAPRIKA BUTTERED POTATOES

Yield 100

Portion 4 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
170 cal	32 g	3 g	4 g	10 mg	608 mg	18 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 WATER
 SALT
 BUTTER,MELTED
 RESERVED LIQUID
 PAPRIKA,GROUND

Weight

35 lbs
 33-1/2 lbs
 5-1/8 oz
 1 lbs
 1 lbs
 1 oz

Measure

6 gal 1-1/2 qts
 4 gal
 1/2 cup
 2 cup
 2 cup
 1/4 cup 1/3 tbsp

Issue

43-1/4 lbs

Method

- 1 Cover potatoes with salted water; bring to a boil; reduce heat. Cover; simmer 20 to 25 minutes or until tender.
- 2 Drain; reserve 2 cups of liquid for use in Step 4.
- 3 Place an equal quantity of potatoes in steam table pans.
- 4 Combine butter or margarine and reserved liquid; pour 1 cup over potatoes in each pan. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Sprinkle 1 tablespoon paprika over potatoes in each pan. CCP: Hold at 140 F. or higher for service.

PARSLEY BUTTERED POTATOES (CANNED)

Yield 100

Portion 4 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	12 g	2 g	5 g	13 mg	302 mg	48 mg

Ingredient

POTATOES, CANNED, WHOLE
 RESERVED LIQUID
 BUTTER,MELTED
 PARSLEY,DEHYDRATED,FLAKED

Weight

34 lbs
 1-3/8 lbs
 1-1/3 lbs
 3/8 oz

Measure

2 gal 1-5/8 qts
 2-5/8 cup
 2-5/8 cup
 1/2 cup

Issue

Method

- 1 Drain potatoes; reserve 2-2/3 cups liquid for use in Step 3.
- 2 Place 1-1/3 gal potatoes in each pan.
- 3 Combine margarine or butter and reserved liquid; pour 1-1/3 cup over potatoes in each pan.
- 4 Sprinkle 2 tbsp parsley over potatoes in each pan.
- 5 Using a convection oven, bake at 350 F. 25-30 minutes or until browned on high fan, open vent. CCP: Temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

PAPRIKA BUTTERED POTATOES (CANNED)

Yield 100

Portion 4 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	12 g	2 g	5 g	13 mg	301 mg	47 mg

Ingredient

POTATOES, CANNED, WHOLE
 RESERVED LIQUID
 BUTTER,MELTED
 PAPRIKA,GROUND

Weight

34 lbs
 1-3/8 lbs
 1-1/3 lbs
 1 oz

Measure

2 gal 1-5/8 qts
 2-5/8 cup
 2-5/8 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Drain potatoes; reserve 2-2/3 cups liquid for use in Step 3.
- 2 Place 1-1/3 gal potatoes in each pan.
- 3 Combine margarine or butter and reserved liquid; pour 1-1/3 cup over potatoes in each pan.
- 4 Sprinkle 4 tbsp paprika over potatoes in each pan.
- 5 Using a convection oven, bake at 350 F. 25-30 minutes or until browned on high fan, open vent. CCP: Temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SPANISH ONIONS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	13 g	2 g	5 g	0 mg	446 mg	44 mg

Ingredient

ONIONS,FRESH,QUARTERED
 WATER,BOILING
 SALT
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 SUGAR,GRANULATED
 PEPPER,BLACK,GROUND
 OIL,SALAD
 FLOUR,WHEAT,GENERAL PURPOSE

Weight

15 lbs
 25-1/8 lbs
 3-1/8 oz
 13-1/4 lbs
 4 lbs
 3 lbs
 1-3/4 oz
 1/8 oz
 1 lbs
 4-3/8 oz

Measure

3 gal 2-7/8 qts
 3 gal
 1/4 cup 1-1/3 tbsp
 1 gal 2 qts
 3 qts 1/8 cup
 2 qts 3-3/8 cup
 1/4 cup 1/3 tbsp
 1/3 tsp
 2 cup
 1 cup

Issue

16-2/3 lbs
 4-7/8 lbs
 4-1/8 lbs

Method

- 1 Cook onions in salted water 15 minutes or until tender; drain.
- 2 Spread 1-1/4 gallon onions in each steam table pan.
- 3 Combine tomatoes, peppers, celery, sugar, and pepper. Heat to boiling; simmer until vegetables are tender.
- 4 Blend salad oil and flour together; stir until smooth; add to tomatoes, stirring constantly. Cook 10 minutes or until slightly thickened.
- 5 Pour 3 quarts tomato mixture over onions in each pan. Bake in 350 F. oven for 15 minutes. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

FRENCH FRIED ONION RINGS

Yield 100

Portion 2-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
274 cal	40 g	7 g	10 g	1 mg	656 mg	75 mg

Ingredient

ONIONS,FRESH,SLICED
 WATER,COLD
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND
 MILK,NONFAT,DRY
 WATER,WARM

Weight

20 lbs
 16-3/4 lbs
 8-7/8 lbs
 5-3/4 oz
 1/8 oz
 13-3/4 oz
 7-7/8 lbs

Measure

4 gal 3-3/4 qts
 2 gal
 2 gal
 1/2 cup 1 tbsp
 1/3 tsp
 1 qts 1-3/4 cup
 3 qts 3 cup

Issue

22-1/4 lbs

Method

- 1 Separate onion slices into rings. Cover with cold water. Let stand 10 to 15 minutes. Drain.
- 2 Dredge onion rings in mixture of flour, salt and pepper; shake off excess. Reserve remaining seasoned flour for use in Step 4.
- 3 Reconstitute milk; dip floured onion rings into milk. Drain well.
- 4 Dredge onion rings in seasoned flour until well coated; shake off excess.
- 5 Fry 2 minutes in 350 F. deep fat or until golden brown.
- 6 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

FRENCH FRIED ONION RINGS (FROZEN)

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
333 cal	35 g	4 g	20 g	0 mg	279 mg	52 mg

Ingredient

ONION RINGS,RAW,BREADED,FROZEN

Weight

25 lbs

Measure

Issue

Method

- 1 Fry according to directions on package.
- 2 Drain well in basket or an absorbent paper. CCP: Hold at 140 F. or higher for service.

TEMPURA FRIED ONION RINGS

Yield 100

Portion 2-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
190 cal	29 g	5 g	6 g	45 mg	547 mg	91 mg

Ingredient

ONIONS,FRESH,SLICED
 WATER,COLD
 TEMPURA BATTER

Weight

20 lbs
 16-3/4 lbs

Measure

4 gal 3-3/4 qts
 2 gal
 2 gal

Issue

22-1/4 lbs

Method

- 1 Separate onions slices into rings. Cover with cold water. Let stand 10 to 15 minutes. Drain.
- 2 Prepare Tempura Batter, Recipe No. D 038 00. Dip individual onion rings into batter.
- 3 Drop onion rings gently into 350 F. deep fat; fry about 1-1/2 minutes or until golden brown.
- 4 Drain well in basket or on absorbent paper. CCP: Hold at 140 F. or higher for service.

FRIED ONIONS

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	10 g	1 g	7 g	0 mg	3 mg	23 mg

Ingredient

OIL,SALAD
ONIONS,FRESH,SLICED

Weight

1-1/2 lbs
25 lbs

Measure

3 cup
6 gal 5/8 qts

Issue

27-3/4 lbs

Method

- 1 Heat 1-1/2 cups salad oil in each steam table pan.
- 2 Place 12 pounds 8 ounces onions in each pan. Cook 40 minutes in 400 F. oven or until tender and lightly brown, stirring occasionally to prevent burning. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SMOTHERED ONIONS (DEHYDRATED ONIONS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
117 cal	19 g	2 g	4 g	0 mg	358 mg	61 mg

Ingredient

ONIONS,DEHYDRATED,CHOPPED
 WATER,WARM
 OIL,SALAD
 SALT
 PEPPER,BLACK,GROUND

Weight

5 lbs
 33-1/2 lbs
 1 lbs
 3-1/8 oz
 1/8 oz

Measure

2 gal 2 qts
 4 gal
 2 cup
 1/4 cup 1-1/3 tbsp
 1/8 tsp

Issue

Method

- 1 Rehydrate onions in water 1 hour; drain well.
- 2 Blend salad oil, salt and pepper with onions in steam-jacketed kettle or stock pot.
- 3 Cover; bring to a boil. Reduce heat; simmer 20 minutes or until tender and slightly browned, stirring occasionally.
- 4 Drain well. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

REFRIED BEANS WITH CHEESE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
145 cal	15 g	8 g	6 g	14 mg	382 mg	142 mg

Ingredient

BEANS,PINTO,CANNED,INCL LIQUIDS
 CHILI POWDER,DARK,GROUND
 GARLIC POWDER
 CHEESE,CHEDDAR,SHREDDED
 ONIONS,GREEN,FRESH,GRATED
 HOT SAUCE
 RESERVED LIQUID
 COOKING SPRAY,NONSTICK
 CHEESE,CHEDDAR,SHREDDED

Weight

21 lbs
 3-1/8 oz
 1/3 oz
 2 lbs
 7 oz
 1 oz
 5-1/4 lbs
 2 oz
 1 lbs

Measure

2 gal 1-7/8 qts
 3/4 cup
 1 tbsp
 2 qts
 2 cup
 2 qts 2 cup
 1/4 cup 1/3 tbsp
 1 qts

Issue

7-7/8 oz

Method

- 1 Drain beans. Reserve beans for use in Step 2; stock for use in Step 3.
- 2 Place beans in mixer bowl; beat at low speed until mashed.
- 3 Add chili powder, garlic powder, 1 quart cheese, onions, hot sauce and 1-1/2 quarts bean stock per 100 servings. Whip at medium speed, adding more liquid to obtain consistency of mashed potatoes.
- 4 Spread an equal quantity of bean mixture in each sprayed steam table pan. Bake in 350 F. oven for 30 minutes.
- 5 Sprinkle an equal quantity of remaining 1 quart cheese over bean mixture in each pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

REFRIED BEANS (CANNED BEANS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	17 g	6 g	2 g	9 mg	325 mg	38 mg

Ingredient

BEANS,REFRIED
COOKING SPRAY,NONSTICK

Weight

24 lbs
2 oz

Measure

2 gal 2-7/8 qts
1/4 cup 1/3 tbsp

Issue

Method

- 1 Use canned refried beans.
- 2 Lightly spray each steam table pan with non-stick cooking spray. Spread an equal quantity of bean mixture in each sprayed pan. Bake in 350 F. oven for 30 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.
- 3 If desired, mashed bean mixture may be fried on greased 350 F. griddle.

REFRIED BEANS WITH CHEESE (CANNED BEANS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
164 cal	18 g	10 g	6 g	23 mg	426 mg	139 mg

Ingredient

BEANS,REFRIED
 CHILI POWDER,DARK,GROUND
 HOT SAUCE
 GARLIC POWDER
 CHEESE,CHEDDAR,SHREDDED
 COOKING SPRAY,NONSTICK
 CHEESE,CHEDDAR,SHREDDED

Weight

24 lbs
 3-1/8 oz
 1 oz
 1/3 oz
 1 lbs
 2 oz
 2 lbs

Measure

2 gal 2-7/8 qts
 3/4 cup
 2 tbsp
 1 tbsp
 1 qts
 1/4 cup 1/3 tbsp
 2 qts

Issue

Method

- 1 Add chili powder, garlic, cheese and hot sauce to canned beans. Mix well.
- 2 Lightly spray each steam table pan with non-stick cooking spray. Spread an equal quantity of bean mixture in each sprayed pan. Bake in 350 F. oven for 30 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Sprinkle an equal quantity of cheese over bean mixture in each pan. CCP: Hold at 140 F. or higher for service.

GREEN BEANS WITH CORN (FROZEN BEANS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
63 cal	13 g	2 g	1 g	1 mg	220 mg	26 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BACON,RAW	12 oz		
BACON FAT,RENDERED	1-3/4 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,SLICED	1 lbs	1 qts	1-1/8 lbs
BEANS,GREEN,FROZEN,CUT	12 lbs	2 gal 3 qts	
SALT	5/8 oz	1 tbsp	
WATER	6-1/4 lbs	3 qts	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
CORN,CANNED,CREAM STYLE	10-1/8 lbs	1 gal 1/2 qts	

Method

- 1 Cook bacon until partially done. Drain fat; set aside 1/4 cup of bacon fat for use in Step 2; set aside bacon for use in Step 4.
- 2 Saute onions in bacon fat until tender.
- 3 Cook green beans 5 minutes. Drain beans and reserve liquid.
- 4 Combine beans, bacon, onions, red pepper and corn. Combine reserved liquid and water to equal 2-1/2 qts per 100 portions. Add bean and vegetable mixture to liquid; cover and continue cooking 10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Serve with cooking liquid. CCP: Hold at 140 F. or higher for service.

GREEN BEANS WITH CORN (CANNED BEANS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
58 cal	12 g	2 g	1 g	1 mg	368 mg	23 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BACON,RAW	12 oz		
BACON FAT,RENDERED	1-3/4 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,SLICED	1 lbs	1 qts	1-1/8 lbs
BEANS,GREEN,CANNED	18-3/4 lbs	2 gal 7/8 qts	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
RESERVED LIQUID	5-1/4 lbs	2 qts 2 cup	
CORN,CANNED,CREAM STYLE	10-1/8 lbs	1 gal 1/2 qts	

Method

- 1 Cook bacon until partially done. Drain bacon; set aside 1/4 cup bacon fat. Set aside bacon for use in Step 4.
- 2 Saute onions in bacon fat until tender.
- 3 Drain beans. Reserve 2-1/2 quarts of liquid for use in Step 4.
- 4 Combine beans, bacon, onions, red pepper, reserved liquid and corn. Cover; continue cooking 15 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Serve with cooking liquid. CCP: Hold for service at 140 F. or higher.

TURNIPS AND BACON

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
30 cal	5 g	1 g	1 g	1 mg	217 mg	26 mg

Ingredient

BACON,RAW
 WATER,BOILING
 SALT
 PEPPER,BLACK,GROUND
 TURNIPS,WHITE,FRESH,CUBES

Weight

1 lbs
 12-1/2 lbs
 1-1/4 oz
 1/8 oz
 18-1/3 lbs

Measure

1 gal 2 qts
 2 tbsp
 1/4 tsp
 4 gal

Issue

22-2/3 lbs

Method

- 1 Add bacon to water; simmer 30 minutes.
- 2 Add salt, pepper, and turnips to bacon and water.
- 3 Cover; bring to a boil. Remove cover; simmer 15 to 20 minutes or until just tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

PEAS WITH MUSHROOMS (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
126 cal	21 g	7 g	2 g	0 mg	216 mg	38 mg

Ingredient

PEAS, GREEN, FROZEN
 SALT
 WATER, BOILING
 MUSHROOMS, CANNED, DRAINED
 MARGARINE

Weight

27 lbs
 5/8 oz
 16-3/4 lbs
 6-1/4 lbs
 8 oz

Measure

5 gal 1-1/4 qts
 1 tbsp
 2 gal
 1 gal 1/2 qts
 1 cup

Issue

Method

- 1 Add peas to boiling salted water.
- 2 Bring to a boil; cover; cook gently 6 to 8 minutes or until tender. Drain.
- 3 Saute mushrooms in margarine or butter.
- 4 Combine hot peas and mushrooms; mix gently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

PEAS WITH CARROTS (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
133 cal	23 g	6 g	2 g	0 mg	215 mg	56 mg

Ingredient

PEAS, GREEN, FROZEN
 SALT
 WATER, BOILING
 CARROTS, FROZEN, SLICED
 SALT
 WATER, BOILING
 MARGARINE

Weight

22-1/3 lbs
 5/8 oz
 16-3/4 lbs
 18 lbs
 5/8 oz
 6-1/4 lbs
 8 oz

Measure

4 gal 1-5/8 qts
 1 tbsp
 2 gal
 3 gal 4 qts
 1 tbsp
 3 qts
 1 cup

Issue

Method

- 1 Add frozen peas to boiling salted water.
- 2 Bring to a boil; cover; cook gently 6 to 8 minutes or until tender. Drain.
- 3 Place carrots and salt in boiling water; cook 10 to 13 minutes or until tender; drain.
- 4 Combine hot peas and carrots with melted butter or margarine; mix gently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

PEAS WITH CELERY (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
111 cal	18 g	6 g	2 g	0 mg	148 mg	53 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
PEAS, GREEN, FROZEN	22-1/2 lbs	4 gal 1-3/4 qts	
SALT	5/8 oz	1 tbsp	
WATER, BOILING	16-3/4 lbs	2 gal	
CELERY, FRESH, CHOPPED	12-3/4 lbs	3 gal <1/16th qts	17-1/2 lbs
WATER, BOILING	6-1/4 lbs	3 qts	
MARGARINE	8 oz	1 cup	

Method

- 1 Add frozen peas to boiling salted water.
- 2 Bring to a boil; cover; cook gently 6 to 8 minutes or until tender. Drain.
- 3 Place celery in boiling water. Cook 10 to 15 minutes or until tender; drain.
- 4 Combine hot peas and celery with melted butter or margarine; mix gently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

PEAS WITH ONIONS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	22 g	7 g	2 g	0 mg	96 mg	40 mg

Ingredient

PEAS, GREEN, FROZEN
 SALT
 WATER, BOILING
 ONIONS, FRESH, CHOPPED
 MARGARINE

Weight

27 lbs
 5/8 oz
 6-1/3 lbs
 8 oz

Measure

5 gal 1-1/4 qts
 1 tbsp
 2 gal
 1 gal 1/2 qts
 1 cup

Issue

7 lbs

Method

- 1 Add peas to salted boiling water.
- 2 Bring to a boil; cover; cook gently 6 to 8 minutes or until tender. Drain.
- 3 Saute onions in butter or margarine until tender.
- 4 Combine hot peas and sauteed onions; mix gently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

PEAS WITH MUSHROOMS (CANNED PEAS)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
47 cal	6 g	2 g	2 g	0 mg	252 mg	12 mg

Ingredient

PEAS, GREEN, CANNED, INCL LIQUIDS
 MUSHROOMS, CANNED, DRAINED
 MARGARINE

Weight

9-7/8 lbs
 6-1/4 lbs
 8 oz

Measure

1 gal 1/2 qts
 1 gal 1/2 qts
 1 cup

Issue

Method

- 1 Drain peas.
- 2 Saute mushrooms in butter or margarine.
- 3 Heat peas; drain and combine with mushrooms; mix gently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

GREEN BEANS PARISIENNE (CANNED)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
64 cal	6 g	2 g	4 g	6 mg	384 mg	54 mg

Ingredient

ONIONS,FRESH,SLICED
 BUTTER
 SOUP,CONDENSED,CREAM OF MUSHROOM
 WATER
 WORCESTERSHIRE SAUCE
 BEANS,GREEN,CANNED,DRAINED
 BREADCRUMBS,DRY,GROUND,FINE
 BUTTER,MELTED
 CHEESE,PARMESAN,GRATED

Weight

1-1/8 lbs
 2 oz
 4-3/4 lbs
 1-1/3 lbs
 1/2 oz
 14-1/4 lbs
 7-5/8 oz
 4 oz
 7 oz

Measure

1 qts 1/2 cup
 1/4 cup 1/3 tbsp
 2 qts 5/8 cup
 2-1/2 cup
 1 tbsp
 3 gal
 2 cup
 1/2 cup
 2 cup

Issue

1-1/4 lbs

Method

- 1 Saute onions in butter or margarine until tender.
- 2 Blend soup, water, and Worcestershire sauce into onion mixture.
- 3 Drain beans; add beans to soup mixture; mix lightly.
- 4 Place 6-1/4 quarts mixture in each steam table pan.
- 5 Combine bread crumbs and melted butter or margarine.
- 6 Sprinkle 1 cup over mixture in each pan.
- 7 Sprinkle 1 cup cheese over bread crumbs in each pan.
- 8 Using a convection oven, bake in 350 F. oven for 15 minutes on high fan, open vent or until sauce is bubbling and cheese is melted. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

GREEN BEANS PARISIENNE (FROZEN BEANS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
75 cal	9 g	3 g	4 g	6 mg	216 mg	68 mg

Ingredient

ONIONS,FRESH,SLICED
 BUTTER
 SOUP,CONDENSED,CREAM OF MUSHROOM
 WATER
 WORCESTERSHIRE SAUCE
 BEANS,GREEN,FROZEN,CUT
 BREADCRUMBS,DRY,GROUND,FINE
 BUTTER,MELTED
 CHEESE,PARMESAN,GRATED

Weight

1-1/8 lbs
 2 oz
 4-3/4 lbs
 1-1/3 lbs
 1/2 oz
 16 lbs
 7-5/8 oz
 4 oz
 7 oz

Measure

1 qts 1/2 cup
 1/4 cup 1/3 tbsp
 2 qts 5/8 cup
 2-1/2 cup
 1 tbsp
 3 gal 2-5/8 qts
 2 cup
 1/2 cup
 2 cup

Issue

1-1/4 lbs

Method

- 1 Saute onions in butter or margarine until tender.
- 2 Blend soup, water and Worcestershire sauce into onion mixture.
- 3 Use frozen green beans.
- 4 Place about 6-1/4 quarts in each steam table pan.
- 5 Combine bread crumbs and melted butter or margarine.
- 6 Sprinkle 1 cup over mixture in each pan.
- 7 Sprinkle 1 cup cheese over breadcrumbs in each pan.
- 8 Using a convection oven, bake in 350 F. oven for 15 minutes on high fan, open vent or until sauce is bubbly and cheese is melted.
 CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

RED CABBAGE WITH SWEET AND SOUR SAUCE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
81 cal	10 g	1 g	5 g	12 mg	337 mg	48 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BUTTER,MELTED	1-1/4 lbs	2-1/2 cup	
CABBAGE,RED,FRESH,CHOPPED	18 lbs	5 gal 2-1/2 qts	22-1/2 lbs
APPLES,FRESH,MEDIUM,UNPEELED,DICED	2 lbs	1 qts 3-1/4 cup	2-1/3 lbs
VINEGAR,DISTILLED	1-5/8 lbs	3 cup	
SUGAR,BROWN,PACKED	10-7/8 oz	2-1/8 cup	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
CLOVES,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	7 each	

Method

- 1 Place 1-1/4 cups butter or margarine in each roasting pan.
- 2 Add 9 pounds or 11-1/4 quarts cabbage and 5-1/2 cups apples to each pan. Mix thoroughly.
- 3 Cook at low heat 30 minutes, stirring frequently to avoid scorching.
- 4 Combine vinegar, brown sugar, salt, cloves and bay leaves.
- 5 Pour vinegar mixture evenly over hot cabbage and apples in each pan.
- 6 Simmer 2 to 3 minutes to blend seasonings. Remove bay leaves. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BAKED POTATOES

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
146 cal	34 g	3 g	0 g	0 mg	9 mg	14 mg

Ingredient

POTATOES,WHITE,FRESH

Weight

37-1/2 lbs

Measure

100 each

Issue

Method

- 1 Scrub potatoes well; remove any blemishes. Place on sheet pans. Prick skin with fork to allow steam to escape.
- 2 Using a convection oven, bake at 400 F. for 35 minutes on high fan, closed vent or until done. Potatoes are done when 208 F. to 211 F. internal temperature is reached. When done, a fork will easily pierce a potato. CCP: Hold at 140 F. or higher for service.

QUICK BAKED POTATO HALVES

Yield 100

Portion 2 Halves

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
151 cal	34 g	3 g	1 g	0 mg	9 mg	14 mg

Ingredient

POTATOES,WHITE,FRESH
 COOKING SPRAY,NONSTICK

Weight

37-1/2 lbs
 2 oz

Measure

100 each
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Scrub potatoes well; remove any blemishes.
- 2 Cut potatoes in half lengthwise. Dry cut sides on paper towels.
- 3 Lightly spray sheet pans with non-stick cooking spray. Place cut sides down, in rows 5x6, on sprayed sheet pans.
- 4 Using a convection oven, bake 30 minutes at 400 F. or until done or cut sides are evenly browned on high fan, closed vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

FRENCH FRIED POTATOES

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
265 cal	34 g	3 g	14 g	0 mg	11 mg	15 mg

Ingredient

POTATOES, WHITE, FRESH, PEELED, FRENCH-FRY CUT
WATER, COLD

Weight

37 lbs
16-3/4 lbs

Measure

6 gal 2-7/8 qts
2 gal

Issue

45-2/3 lbs

Method

- 1 Hold peeled potatoes in cold water until needed to prevent discoloration.
- 2 Drain; dry well.
- 3 Fill fryer basket about 2/3 full; fry about 7 minutes in 365 F. deep fat or until golden brown.
- 4 Drain well in basket or on absorbent paper. CCP: Hold at 140 F. or higher for service.

FRENCH FRIED POTATOES (FROZEN)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
288 cal	39 g	4 g	14 g	0 mg	37 mg	10 mg

Ingredient

POTATO,WHITE,FROZEN,FRENCH FRIED

Weight

35 lbs

Measure

Issue

Method

- 1 Use frozen French fried potatoes.
- 2 Fill fryer basket about 2/3 full; fry about 4 minutes at 375 F. or until golden brown.
- 3 Drain well in basket or on absorbent paper. Do not cover fries. CCP: Hold at 140 F. or higher for service.

FRENCH FRIED POTATOES (FROZEN, OVEN METHOD)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
252 cal	39 g	4 g	10 g	0 mg	37 mg	10 mg

Ingredient

POTATO,WHITE,FROZEN,FRENCH FRIED
COOKING SPRAY,NONSTICK

Weight

35 lbs
2 oz

Measure

1/4 cup 1/3 tbsp

Issue

Method

- 1 Use frozen French fried potatoes.
- 2 Lightly spray sheet pans with non-stick cooking spray.
- 3 Place about 3 pounds 14 ounces potatoes on each sheet pan.
- 4 Using a convection oven, bake at 450 F. 20 to 25 minutes on high fan, open vent. CCP: Hold at 140 F. or higher for service.

FRENCH FRIED SHOESTRING POTATOES (FROZEN)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
252 cal	33 g	3 g	13 g	0 mg	31 mg	8 mg

Ingredient

POTATO,WHITE,FROZEN,SHOESTRING

Weight

30 lbs

Measure

Issue

Method

- 1 Fry about 3 minutes at 365 F. or until golden brown.
- 2 Drain well in basket or on absorbent paper. CCP: Hold at 140 F. or higher for service.

FRENCH FRIED SHOESTRING POTATOES (FROZEN, OVEN)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
217 cal	33 g	3 g	8 g	0 mg	31 mg	8 mg

Ingredient

POTATO,WHITE,FROZEN,SHOESTRING
 COOKING SPRAY,NONSTICK

Weight

30 lbs
 2 oz

Measure

1/4 cup 1/3 tbsp

Issue

Method

- 2 Lightly spray sheet pans with non-stick cooking spray.
- 3 Place about 2 pounds 8 ounces potatoes on each sheet pan.
- 4 Using a convection oven, bake in 400 F. for 7 to 10 minutes on high fan, open vent until golden brown. CCP: Hold at 140 F. or higher for service.

FRENCH FRIED POTATOES (DEHYDRATED MIX)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
209 cal	30 g	3 g	9 g	0 mg	39 mg	9 mg

Ingredient

POTATO,WHITE,INSTANT,GRANULES

Weight

8 lbs

Measure

4 gal 2-7/8 qts

Issue

Method

- 1 Use dehydrated potato mix. Rehydrate, dispense and fry mix according to manufacturer's directions. CCP: Hold at 140 F. or higher for service.

BAKED POTATO ROUNDS (PRECOOKED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
88 cal	20 g	3 g	0 g	0 mg	28 mg	9 mg

Ingredient

POTATO,ROUND,FROZEN

Weight

25 lbs

Measure

3 gal 3-5/8 qts

Issue

Method

- 1 Place 5 pounds potatoes on each sheet pan.
- 2 Using a convection oven, bake at 450 F. for 8 minutes on high fan, open vent or until golden brown. CCP: Hold at 140 F. or higher for service.

HASHED BROWN POTATOES

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
175 cal	28 g	2 g	6 g	0 mg	242 mg	13 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 WATER,BOILING
 SALT
 SHORTENING,VEGETABLE,MELTED
 SALT
 PEPPER,BLACK,GROUND

Weight

31 lbs
 20-7/8 lbs
 1/4 oz
 1-1/3 lbs
 1-7/8 oz
 1/8 oz

Measure

5 gal 2-1/2 qts
 2 gal 2 qts
 1/8 tsp
 3 cup
 3 tbsp
 1/3 tsp

Issue

38-1/4 lbs

Method

- 1 Cover potatoes with boiling salted water; bring to a boil; reduce heat; simmer 15 minutes or until tender. DO NOT OVERCOOK. Drain well.
- 2 Spread a layer of potatoes over well greased griddle at 400 F. Cook 10 minutes or until golden brown on one side.
- 3 Turn potatoes; cook 10 minutes or until golden brown.
- 4 Sprinkle with salt and pepper. CCP: Hold at 140 F. or higher for service.

COTTAGE FRIED POTATOES

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
175 cal	28 g	2 g	6 g	0 mg	242 mg	13 mg

Ingredient

POTATOES,FRESH,PEELED,SLICED
 WATER,BOILING
 SALT
 SHORTENING,VEGETABLE,MELTED
 SALT
 PEPPER,BLACK,GROUND

Weight

31 lbs
 20-7/8 lbs
 1/4 oz
 1-1/3 lbs
 1-7/8 oz
 1/8 oz

Measure

5 gal 2-1/2 qts
 2 gal 2 qts
 1/8 tsp
 3 cup
 3 tbsp
 1/3 tsp

Issue

Method

- 1 Cut potatoes in half lengthwise. Slice 1/4-inch thick. Cover potatoes with boiling salted water; bring to a boil; reduce heat; simmer 15 minutes or until tender. DO NOT OVERCOOK. Drain well.
- 2 Spread a layer of potatoes over well greased 400 F. griddle. Cook 10 minutes or until golden brown on one side.
- 3 Turn potatoes; cook 10 minutes or until golden brown.
- 4 Sprinkle with salt and pepper. CCP: Hold at 140 F. or higher for service.

HASHED BROWN POTATOES (FROZEN, SHREDDED, 3 OZ)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
121 cal	14 g	2 g	7 g	0 mg	227 mg	8 mg

Ingredient

POTATOES,WHITE,FROZEN,SHREDDED,HASHBROWN
 SHORTENING,VEGETABLE,MELTED
 SALT
 PEPPER,BLACK,GROUND

Weight

18 lbs
 1-1/3 lbs
 1-7/8 oz
 1/8 oz

Measure

2 gal 1-3/4 qts
 3 cup
 3 tbsp
 1/3 tsp

Issue

Method

- 2 Place layer of potatoes on well greased 400 F. griddle; cook 15 minutes; turn; brown on other side.
- 3 Sprinkle with salt and pepper. CCP: Hold at 140 F. or higher for service.

LYONNAISE POTATOES

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
204 cal	35 g	3 g	6 g	0 mg	218 mg	15 mg

Ingredient

POTATOES,FRESH,PEELED,SLICED

ONIONS,FRESH,SLICED

COOKING SPRAY,NONSTICK

OIL,SALAD

SALT

PEPPER,BLACK,GROUND

Weight

38 lbs

1-1/2 lbs

2 oz

1-1/4 lbs

1-7/8 oz

1/8 oz

Measure

6 gal 3-5/8 qts

1 qts 2 cup

1/4 cup 1/3 tbsp

2-1/2 cup

3 tbsp

1/3 tsp

Issue

1-2/3 lbs

Method

- 1 Mix sliced potatoes with sliced onions. Lightly spray each steam table pan with non-stick cooking spray. Place mixture in sprayed pans.
- 2 Add salad oil, salt and pepper. Mix lightly.
- 3 Using a convection oven, bake in 350 F. for 1 hour 15 minutes on high fan, closed vent or until tender. CCP: Hold for service at 140 F. or higher.

HASHED BROWN POTATOES (FROZEN, SHREDDED, 2.5 OZ)

Yield 100

Portion 1 Patty

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
60 cal	13 g	2 g	0 g	0 mg	16 mg	7 mg

Ingredient

POTATOES,WHITE,FROZEN,SHREDDED,HASHBROWN

Weight

16 lbs

Measure

2 gal 5/8 qts

Issue

Method

- 1 Use frozen hashed brown potatoes. DO NOT THAW. Place patties on ungreased sheet pans. DO NOT allow patties to touch each other.
- 2 Using a convection oven, bake at 400 F. 15 to 17 minutes or until lightly browned on high fan, open vent. CCP: Hold at 140 F. or higher for service.

HOME FRIED POTATOES

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
214 cal	32 g	3 g	9 g	0 mg	217 mg	13 mg

Ingredient

OIL,SALAD
 POTATOES,FRESH,PEELED,SLICED
 SALT
 PEPPER,BLACK,GROUND

Weight

1-7/8 lbs
 35 lbs
 1-7/8 oz
 1/8 oz

Measure

1 qts
 6 gal 1-1/2 qts
 3 tbsp
 1/3 tsp

Issue

Method

- 1 Spread a layer of potatoes on well greased griddle.
- 2 Cook on 400 F. griddle for about 25 minutes, turning occasionally to ensure even browning.
- 3 Sprinkle with salt and pepper. CCP: Hold at 140 F. or higher for service.

MASHED POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
105 cal	20 g	2 g	2 g	0 mg	172 mg	20 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 WATER
 SALT
 MARGARINE,SOFTENED
 PEPPER,WHITE,GROUND
 MILK,NONFAT,DRY
 WATER,WARM

Weight

22 lbs
 12-1/2 lbs
 1-1/4 oz
 8 oz
 1/8 oz
 2-2/3 oz
 3 lbs

Measure

4 gal
 1 gal 2 qts
 2 tbsp
 1 cup
 1/4 tsp
 1-1/8 cup
 1 qts 1-3/4 cup

Issue

27-1/8 lbs

Method

- 1 Cover potatoes with salted water; bring to a boil; reduce heat; simmer 25 minutes or until tender. Drain well.
- 2 Beat potatoes in mixer bowl at low speed until broken into smaller pieces, about 1 minute.
- 3 Add butter or margarine and pepper. Beat at high speed 3 to 5 minutes or until smooth.
- 4 Reconstitute milk; heat to a simmer; blend into potatoes at low speed. Beat at high speed 2 minutes or until light and fluffy. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

GRILLED POTATO PATTIES

Yield 100

Portion 2 Patties

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
124 cal	23 g	3 g	2 g	18 mg	203 mg	26 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 WATER
 SALT
 MARGARINE,SOFTENED
 PEPPER,WHITE,GROUND
 MILK,NONFAT,DRY
 WATER,WARM
 EGGS,WHOLE,FROZEN
 BREADCRUMBS,DRY,GROUND,FINE

Weight

22 lbs
 12-1/2 lbs
 1-1/4 oz
 8 oz
 1/8 oz
 2-3/8 oz
 2-1/8 lbs
 14-1/4 oz
 1-1/8 lbs

Measure

4 gal
 1 gal 2 qts
 2 tbsp
 1 cup
 1/4 tsp
 1 cup
 1 qts
 1-5/8 cup
 1 qts 1/2 cup

Issue

27-1/8 lbs

Method

- 1 Cover potatoes with salted water; bring to a boil; reduce heat; simmer 25 minutes or until tender. Drain well.
- 2 Beat potatoes in mixer bowl at high speed until broken into smaller pieces, about 1 minute.
- 3 Add butter or margarine and pepper. Beat at high speed 1 minute.
- 4 Reconstitute milk, heat to a simmer; blend into potatoes, blend in beaten eggs at low speed. Beat at high speed 1 minute.
- 5 Shape into 2 ounce patties. Dredge patties in bread crumbs. Shake off excess. Grill on lightly greased 350 F. griddle 3 minutes per side or until golden brown. CCP: Hold at 140 F. or higher for service.

O'BRIEN POTATOES

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
175 cal	29 g	3 g	6 g	0 mg	194 mg	13 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
PEPPERS, GREEN, FRESH, CHOPPED	3 lbs	2 qts 1 cup	3-5/8 lbs
PIMIENTO, CANNED, DRAINED, CHOPPED	12-2/3 oz	1-7/8 cup	
SHORTENING, VEGETABLE, MELTED	3-5/8 oz	1/2 cup	
POTATOES, FRESH, PEELED, CUBED	31 lbs	5 gal 2-1/2 qts	38-1/4 lbs
SALT	1-2/3 oz	2-2/3 tbsp	
PEPPER, BLACK, GROUND	1/8 oz	1/8 tsp	

Method

- 1 Saute peppers in shortening or salad oil 5 minutes or until tender. Add pimientos; saute until heated through.
- 2 Fry potatoes in 365 F. deep fat in 25-portion batches 7 minutes or until lightly browned and tender.
- 3 Drain well in basket or on absorbent paper.
- 4 Combine 2-1/3 cups of sauteed vegetables with each pan of potatoes.
- 5 Combine salt and pepper. Sprinkle 2 teaspoons salt-pepper mixture over each batch of potatoes. Stir lightly but thoroughly.
- 6 Using a convection oven, bake at 350 F. for 8 to 10 minutes until thoroughly heated on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

OVEN BROWND POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
126 cal	22 g	2 g	4 g	0 mg	234 mg	10 mg

Ingredient

POTATOES,FRESH,CHOPPED
MARGARINE,MELTED
SALT
PEPPER,BLACK,GROUND
PAPRIKA,GROUND

Weight

23-7/8 lbs
1 lbs
1-2/3 oz
1/8 oz
1/4 oz

Measure

4 gal 1-1/3 qts
2 cup
2-2/3 tbsp
1/3 tsp
1 tbsp

Issue

29-1/2 lbs

Method

- 1 Place 8 pounds or 5-3/4 quarts potatoes in each steam table pan.
- 2 Drizzle 2/3 cup butter or margarine over potatoes in each pan; stir gently to coat potatoes well.
- 3 Mix salt, pepper and paprika together. Sprinkle 1-1/2 tablespoon mixture over potatoes in each pan.
- 4 Using a convection oven, bake in 350 F. for 25 to 30 minutes on high fan, open vent or until browned and done. Turn potatoes once during cooking. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

FRANCONIA POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
126 cal	22 g	2 g	4 g	10 mg	231 mg	12 mg

Ingredient

POTATOES,FRESH,CHOPPED
 WATER
 BUTTER
 SALT
 PEPPER,BLACK,GROUND
 PAPRIKA,GROUND

Weight

24 lbs
 16-3/4 lbs
 1 lbs
 1-2/3 oz
 1/8 oz
 1/4 oz

Measure

4 gal 1-1/2 qts
 2 gal
 2 cup
 2-2/3 tbsp
 1/3 tsp
 1 tbsp

Issue

29-5/8 lbs

Method

- 1 Partially cook potatoes in steam-jacketed kettle or stock pot 10 minutes. Drain. Place about 7 pounds 15 ounces partially cooked potatoes in each pan.
- 2 Drizzle 2/3 cup butter or margarine over potatoes in each steam table pan; stir gently to coat potatoes well.
- 3 Mix salt, pepper, and paprika together. Sprinkle 1-1/2 tablespoons mixture over potatoes in each pan.
- 4 Using a convection oven, bake at 400 F. for 15 minutes on high fan, closed vent until browned and done, turning once. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

OVEN-GLO POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	23 g	2 g	4 g	10 mg	268 mg	14 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 WATER
 BUTTER,MELTED
 SALT
 PEPPER,BLACK,GROUND
 TOMATO PASTE,CANNED
 WATER
 GARLIC POWDER

Weight

23-7/8 lbs
 16-3/4 lbs
 1 lbs
 1-2/3 oz
 1/8 oz
 1 lbs
 4-1/8 lbs
 1/4 oz

Measure

4 gal 1-1/3 qts
 2 gal
 2 cup
 2-2/3 tbsp
 1/3 tsp
 1-3/4 cup
 2 qts
 3/8 tsp

Issue

29-1/2 lbs

Method

- 1 Partially cook potatoes in steam-jacketed kettle or stock pot 10 minutes or partially cook potatoes in 15 pounds PSI steam cooker 5 to 7 minutes or 5 pounds PSI steam cooker, 12 to 15 minutes. Drain. Use steam table pans. Place about 7 pounds 15 ounce partially cooked potatoes in each pan.
- 2 Thoroughly combine butter or margarine, salt, pepper, tomato paste, hot water and garlic powder; blend thoroughly.
- 3 Pour 2 pounds 2 ounce mixture over potatoes in each steam table pan.
- 4 Using a convection oven, bake at 400 F. for 15 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

OVEN-GLO POTATOES (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
87 cal	12 g	2 g	4 g	0 mg	516 mg	49 mg

Ingredient

POTATOES, CANNED, WHOLE
TOMATO PASTE,CANNED
MARGARINE
SALT
PEPPER,BLACK,GROUND
WATER
GARLIC POWDER

Weight

34 lbs
1 lbs
1 lbs
1-2/3 oz
1/8 oz
4-1/8 lbs
1/4 oz

Measure

2 gal 1-5/8 qts
1-3/4 cup
2 cup
2-2/3 tbsp
1/3 tsp
2 qts
3/8 tsp

Issue**Method**

- 1 Drain potatoes. Place 1-1/3 gal potatoes in each pan.
- 2 Combine tomato paste, margarine or butter, salt, garlic powder and pepper. Add hot water; blend thoroughly.
- 3 Pour 1 qt mixture over potatoes in each pan.
- 4 Using a convection oven, bake at 400 F. 15 minutes or until browned on high fan, closed vent. CCP: Temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

OVEN BROWNED POTATOES (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	12 g	2 g	5 g	0 mg	447 mg	47 mg

Ingredient

POTATOES, CANNED, WHOLE
 MARGARINE
 SALT
 PAPRIKA,GROUND
 PEPPER,BLACK,GROUND

Weight

34 lbs
 1-1/3 lbs
 1-1/4 oz
 1/3 oz
 1/4 oz

Measure

2 gal 1-5/8 qts
 2-5/8 cup
 2 tbsp
 1 tbsp
 3/8 tsp

Issue

Method

- 1 Drain potatoes. Place 1-1/3 gal potatoes in each pan.
- 2 Drizzle 2/3 cup margarine or butter over potatoes in each pan; stir gently to coat potatoes.
- 3 Mix salt, paprika and pepper together. Sprinkle about 1 tbsp over potatoes in each pan.
- 4 Using a convection oven, bake at 350 F. 25-30 minutes or until browned on high fan, open vent. CCP: Temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

POTATOES AU GRATIN

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
228 cal	30 g	6 g	10 g	28 mg	444 mg	103 mg

Ingredient

POTATOES,FRESH,PEELED,SLICED
 WATER,BOILING
 SALT
 BUTTER,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 WATER,WARM
 SALT
 PEPPER,WHITE,GROUND
 CHEESE,CHEDDAR,SHREDDED
 MUSTARD,DRY
 BREADCRUMBS,DRY,GROUND,FINE
 BUTTER,MELTED

Weight

25-1/2 lbs
 18-3/4 lbs
 1-1/4 oz
 1-1/2 lbs
 13-1/4 oz
 9-5/8 oz
 11 lbs
 1-1/4 oz
 1/8 oz
 1-1/2 lbs
 1/2 oz
 1 lbs
 8 oz

Measure

4 gal 2-1/2 qts
 2 gal 1 qts
 2 tbsp
 3 cup
 3 cup
 1 qts
 1 gal 1-1/4 qts
 2 tbsp
 1/3 tsp
 1 qts 2 cup
 1 tbsp
 1 qts
 1 cup

Issue**Method**

- 1 Cover potatoes with salted water; bring to a boil; cook 10 minutes or until tender.
- 2 Drain well. Place about 8 pounds or 1-1/2 gallon potatoes in each steam table pan. Set aside for use in Step 6.
- 3 Melt butter. Blend butter and flour together using wire whip; stir until smooth.
- 4 Reconstitute milk; bring to just below boiling. DO NOT BOIL. Add milk to flour mixture stirring constantly. Add salt and pepper. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Add cheese and mustard to sauce. Stir until cheese is melted.
- 6 Pour 2-1/3 quarts sauce evenly over potatoes in each pan.
- 7 Mix crumbs and butter or margarine. Sprinkle 1-1/3 cups crumbs over potatoes in each pan.
- 8 Using a convection oven, bake in 325 F. for 30 minutes on low fan, open vent or until browned. CCP: Hold for service at 140 F. or higher.

POTATOES AU GRATIN (DEHYDRATED, SLICES)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
152 cal	12 g	4 g	10 g	28 mg	517 mg	107 mg

Ingredient

POTATO,WHITE,DEHYDRATED,SLICED
 WATER
 SALT
 BUTTER,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 WATER,WARM
 SALT
 PEPPER,BLACK,GROUND
 CHEESE,CHEDDAR,GRATED
 MUSTARD,DRY
 BREADCRUMBS
 BUTTER,MELTED

Weight

5-1/2 lbs
 37-5/8 lbs
 1-7/8 oz
 1-1/2 lbs
 13-1/4 oz
 12-1/4 oz
 13-5/8 lbs
 1-1/4 oz
 1/8 oz
 1-1/2 lbs
 1/2 oz
 1 lbs
 8 oz

Measure

4 gal 2 qts
 3 tbsp
 3 cup
 3 cup
 1 qts 1-1/8 cup
 1 gal 2-1/2 qts
 2 tbsp
 1/3 tsp
 1 qts 2 cup
 1 tbsp
 1 qts
 1 cup

Issue**Method**

- 1 Bring water to a boil; add salt; pour over potatoes. Cover; bring to a boil; simmer until tender.
- 2 Drain well; place about 6 pounds 8 ounces or 4-1/2 quarts cooked, drained potatoes in each steam table pan. Set aside for use in Step 6.
- 3 Melt butter. Blend butter and flour together using wire whip; stir until smooth.
- 4 Reconstitute milk; bring to just below boiling. DO NOT BOIL. Add milk to flour mixture stirring constantly. Add salt and pepper. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Add cheese and mustard to sauce. Stir until cheese is melted.
- 6 Pour 2-3/4 quarts sauce over potatoes in each pan.
- 7 Mix crumbs and butter or margarine. Sprinkle 1-1/3 cups crumbs over potatoes in each pan.
- 8 Using a convection oven, bake in 325 F. for 30 minutes or until browned on low fan, open vent. CCP: Hold for service at 140 F. or higher.

RISSOLE POTATOES

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
217 cal	32 g	3 g	9 g	0 mg	8 mg	13 mg

Ingredient

POTATOES,FRESH,PEELED,SLICED

Weight

35 lbs

Measure

6 gal 1-1/2 qts

Issue**Method**

- 1 Cook potatoes in steamer 5 to 7 minutes at 15 PSI or 12 to 15 minutes at 5 PSI. Drain.
- 2 Fry in deep fat until golden brown in 360 F. deep fat.
- 3 Drain well in basket or on absorbent paper.
- 4 CCP: Hold for service at 140 F. or higher.

SCALLOPED POTATOES

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
152 cal	28 g	4 g	3 g	1 mg	339 mg	64 mg

Ingredient

POTATOES,FRESH,PEELED,SLICED
 WATER,BOILING
 SALT
 COOKING SPRAY,NONSTICK
 MARGARINE,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 WATER,WARM
 SALT
 PEPPER,WHITE,GROUND

Weight

25-1/2 lbs
 18-3/4 lbs
 1-1/4 oz
 2 oz
 10 oz
 13-1/4 oz
 14-3/8 oz
 15-2/3 lbs
 1-1/4 oz
 1/8 oz

Measure

4 gal 2-1/2 qts
 2 gal 1 qts
 2 tbsp
 1/4 cup 1/3 tbsp
 1-1/4 cup
 3 cup
 1 qts 2 cup
 1 gal 3-1/2 qts
 2 tbsp
 1/3 tsp

Issue

Method

- 1 Cover potatoes with salted water; bring to a boil; cook 10 minutes or until tender.
- 2 Drain well. Lightly spray each steam table pan with non-stick cooking spray. Place about 8 pounds potatoes in each sprayed pan.
- 3 Blend butter or margarine and flour together using a wire whip. Stir until smooth.
- 4 Reconstitute milk; bring to just below boiling. DO NOT BOIL. Add milk to roux stirring constantly. Add salt and pepper. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Pour 2-3/4 quarts sauce over potatoes in each pan.
- 6 Using a convection oven, bake at 325 F. for 30 minutes on low fan, open vent or until browned. CCP: Hold at 140 F. or higher for service.

SCALLOPED POTATOES AND ONIONS

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
155 cal	29 g	4 g	3 g	1 mg	336 mg	60 mg

Ingredient

POTATOES,FRESH,PEELED,SLICED
 WATER,BOILING
 SALT
 ONIONS,FRESH,SLICED
 COOKING SPRAY,NONSTICK
 MARGARINE,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 WATER,WARM
 SALT
 PEPPER,WHITE,GROUND

Weight

25-1/2 lbs
 18-3/4 lbs
 1-1/4 oz
 2-1/2 lbs
 2 oz
 10 oz
 13-1/4 oz
 12-5/8 oz
 13-5/8 lbs
 1-1/4 oz
 1/8 oz

Measure

4 gal 2-1/2 qts
 2 gal 1 qts
 2 tbsp
 2 qts 2 cup
 1/4 cup 1/3 tbsp
 1-1/4 cup
 3 cup
 1 qts 1-1/4 cup
 1 gal 2-1/2 qts
 2 tbsp
 1/3 tsp

Issue

2-7/8 lbs

Method

- 1 Cover potatoes with salted water; bring to a boil; cook 10 minutes or until tender.
- 2 Drain well. Lightly spray each steam table pan with non-stick cooking spray. Place onions in layers with potatoes. Place about 8 pounds potatoes in each sprayed pan.
- 3 Blend butter or margarine and flour together using a wire whip. Stir until smooth.
- 4 Reconstitute milk; bring to just below boiling. DO NOT BOIL. Add milk to roux stirring constantly. Add salt and pepper. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Pour 2-1/2 quarts sauce over potatoes in each pan.
- 6 Using a convection oven, bake at 325 F. for 30 minutes on low fan, open vent or until browned. CCP: Hold at 140 F. or higher for service.

HASHED BROWN POTATOES (DEHYDRATED, SLICED)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
77 cal	7 g	1 g	5 g	0 mg	288 mg	8 mg

Ingredient

POTATO,WHITE,DEHYDRATED,SLICED
 WATER,BOILING
 SALT
 SHORTENING,VEGETABLE,MELTED
 SALT
 PEPPER,BLACK,GROUND

Weight

8 lbs
 50-1/8 lbs
 1-7/8 oz
 1-1/8 lbs
 5/8 oz
 1/8 oz

Measure

6 gal
 3 tbsp
 2-1/2 cup
 1 tbsp
 1/3 tsp

Issue

Method

- 1 Add potatoes to boiling salted water. Cover. Bring quickly to a boil; reduce heat; simmer 15 to 20 minutes or until tender. Drain well.
- 2 Spread potatoes on greased 375 F. griddle. Sprinkle with mixture of salt and pepper. Cook 10 minutes or until golden brown. Turn potatoes; continue to cook 10 minutes or until golden brown. Proceed with remaining potatoes. CCP: Hold at 140 F. or higher for service.

LYONNAISE POTATOES (DEHYDRATED)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
82 cal	8 g	1 g	5 g	0 mg	288 mg	12 mg

Ingredient

ONIONS,DEHYDRATED,CHOPPED
 POTATO,WHITE,DEHYDRATED,SLICED
 WATER,BOILING
 SALT
 SHORTENING,VEGETABLE,MELTED
 SALT
 PEPPER,BLACK,GROUND

Weight

5-1/4 oz
 8 lbs
 50-1/8 lbs
 1-7/8 oz
 1-1/8 lbs
 5/8 oz
 1/8 oz

Measure

2-5/8 cup

 6 gal
 3 tbsp
 2-1/2 cup
 1 tbsp
 1/3 tsp

Issue

Method

- 1 Add potatoes to boiling salted water. Cover. Bring quickly to a boil; reduce heat; simmer 15 to 20 minutes or until tender. Drain well. Rehydrate onions. Add to cooked potatoes.
- 2 Spread potatoes on greased 375 F. griddle. Sprinkle with mixture of salt and pepper. Cook 10 minutes or until golden brown. Turn potatoes; continue to cook 10 minutes or until golden brown. Proceed with remaining potatoes. CCP: Hold at 140 F. or higher for service.

O'BRIEN POTATOES (DEHYDRATED, SLICED)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
78 cal	8 g	1 g	5 g	0 mg	289 mg	8 mg

Ingredient

POTATO,WHITE,DEHYDRATED,SLICED
 PEPPERS,SWEET,DICED,DEHYDRATED
 WATER,BOILING
 SALT
 PIMIENTO,CANNED,DRAINED,CHOPPED
 SHORTENING,VEGETABLE,MELTED
 SALT
 PEPPER,BLACK,GROUND

Weight

8 lbs
 1/3 oz
 50-1/8 lbs
 1-7/8 oz
 1-1/4 lbs
 1-1/8 lbs
 5/8 oz
 1/8 oz

Measure

1-1/2 cup
 6 gal
 3 tbsp
 3 cup
 2-1/2 cup
 1 tbsp
 1/3 tsp

Issue**Method**

- 1 Add potatoes to boiling salted water. Cover. Bring quickly to a boil; reduce heat; simmer 15 to 20 minutes or until tender. Drain well. Rehydrate green peppers. Add peppers and pimientos to cooked potatoes.
- 2 Spread potatoes on greased 375 F. griddle. Sprinkle with mixture of salt and pepper. Cook 10 minutes or until golden brown. Turn potatoes; continue to cook 10 minutes or until golden brown. Proceed with remaining potatoes. CCP: Hold at 140 F. or higher for service.

HASHED BROWN POTATOES (DEHYDRATED, SHREDDED)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
58 cal	5 g	0 g	4 g	0 mg	354 mg	5 mg

Ingredient

POTATO,WHITE,DEHYDRATED,SHREDDED
 WATER
 SALT
 SHORTENING,VEGETABLE,MELTED
 SALT
 PEPPER,BLACK,GROUND

Weight

5-5/8 lbs
 31-1/3 lbs
 2-1/2 oz
 14-1/2 oz
 5/8 oz
 1/8 oz

Measure

3 gal 3 qts
 1/4 cup 1/3 tbsp
 2 cup
 1 tbsp
 1/3 tsp

Issue

Method

- 1 Use dehydrated hash brown potatoes. Add hot water and salt. Stir. Let stand 20 minutes; drain.
- 2 Spread 1/3 layer of potatoes on greased 375 F. griddle. Sprinkle with mixture of salt and pepper. Cook 2 to 3 minutes on each side.
 CCP: Hold at 140 F. or higher for service.

HASHED BROWN POTATOES (DEHYDRATED, DICED)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
75 cal	7 g	1 g	5 g	0 mg	288 mg	8 mg

Ingredient

POTATO,WHITE,DEHYDRATED,DICED
 WATER,BOILING
 SALT
 SHORTENING,VEGETABLE,MELTED
 SALT
 PEPPER,BLACK,GROUND

Weight

7-1/2 lbs
 50-1/8 lbs
 1-7/8 oz
 1-1/8 lbs
 5/8 oz
 1/8 oz

Measure

6 gal
 3 tbsp
 2-1/2 cup
 1 tbsp
 1/3 tsp

Issue

Method

- 1 Add dehydrated diced potatoes to boiling salted water. Cover. Bring quickly to a boil. Reduce heat and simmer for 15 minutes.
- 2 Spread 1/3 layer of potatoes on greased 375 F. griddle. Sprinkle with mixture of salt and pepper. Cook 10 minutes or until golden brown. Turn potatoes; continue to cook 10 minutes or until golden brown. Proceed with remaining layers. CCP: Hold at 140 F. or higher for service.

SCALLOPED POTATOES AND ONIONS (DEHYDRATED, SLICED)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	11 g	2 g	5 g	12 mg	286 mg	71 mg

Ingredient

POTATO,WHITE,DEHYDRATED,SLICED
 ONIONS,DEHYDRATED,CHOPPED
 WATER,BOILING
 SALT
 COOKING SPRAY,NONSTICK
 BUTTER,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 WATER,WARM
 PEPPER,WHITE,GROUND
 PAPRIKA,GROUND

Weight

5 lbs
 7-7/8 oz
 41-3/4 lbs
 1-7/8 oz
 2 oz
 1-1/8 lbs
 9-7/8 oz
 1 lbs
 17-3/4 lbs
 1/8 oz
 1/4 oz

Measure

1 qts
 5 gal
 3 tbsp
 1/4 cup 1/3 tbsp
 2-1/4 cup
 2-1/4 cup
 1 qts 2-5/8 cup
 2 gal 1/2 qts
 1/3 tsp
 1 tbsp

Issue**Method**

- 1 Add potatoes and onions to boiling salted water. Cover. Bring quickly to a boil; reduce heat; simmer 15 to 25 minutes or until tender. Drain well.
- 2 Lightly spray each steam table pan with non-stick cooking spray. Place about 7 pounds or 4-3/4 quarts potato mixture into each sprayed pan.
- 3 Blend butter or margarine and flour together; stir until smooth using a wire whip.
- 4 Reconstitute milk. Heat to just below boiling. DO NOT BOIL. Add milk to roux stirring constantly. Add pepper. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Pour 3 quarts sauce over mixture in each pan.
- 6 Sprinkle 1 teaspoon paprika over mixture in each pan.
- 7 Using a convection oven, bake at 325 F. for 30 minutes on open vent, low fan or until lightly brown. CCP: Hold at 140 F. or higher for service.

SCALLOPED POTATOES (DEHYDRATED, SLICED)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
89 cal	10 g	2 g	5 g	12 mg	285 mg	65 mg

Ingredient

POTATO,WHITE,DEHYDRATED,SLICED
 WATER,BOILING
 SALT
 COOKING SPRAY,NONSTICK
 BUTTER,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 WATER,WARM
 PEPPER,WHITE,GROUND
 PAPRIKA,GROUND

Weight

5-1/2 lbs
 37-5/8 lbs
 1-7/8 oz
 2 oz
 1-1/8 lbs
 9-7/8 oz
 1 lbs
 17-3/4 lbs
 1/8 oz
 1/4 oz

Measure

4 gal 2 qts
 3 tbsp
 1/4 cup 1/3 tbsp
 2-1/4 cup
 2-1/4 cup
 1 qts 2-5/8 cup
 2 gal 1/2 qts
 1/3 tsp
 1 tbsp

Issue

Method

- 1 Add potatoes to boiling salted water. Cover. Bring quickly to a boil; reduce heat; simmer 15 to 25 minutes or until tender. Drain well.
- 2 Lightly spray each steam table pan with non-stick cooking spray. Place about 6 pounds 8 ounces or 4-1/2 quarts cooked, drained potatoes into each sprayed pan. Set aside for use in Step 5.
- 3 Blend butter or margarine and flour together; stir until smooth using a wire whip.
- 4 Reconstitute milk. Heat to just below boiling. DO NOT BOIL. Add milk to roux stirring constantly. Add pepper. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Pour 3 quarts sauce over mixture in each pan.
- 6 Sprinkle 1 teaspoon paprika over mixture in each pan.
- 7 Using a convection oven, bake 30 minutes or until lightly browned in 325 F. oven on open vent, low fan. CCP: Hold at 140 F. or higher for service.

SCALLOPED POTATOES (DEHYDRATED, DICED)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
88 cal	9 g	2 g	5 g	12 mg	285 mg	64 mg

Ingredient

POTATO,WHITE,DEHYDRATED,DICED
 WATER,BOILING
 SALT
 COOKING SPRAY,NONSTICK
 BUTTER,MELTED
 FLOUR,WHEAT,GENERAL PURPOSE
 MILK,NONFAT,DRY
 WATER,WARM
 PEPPER,WHITE,GROUND
 PAPRIKA,GROUND

Weight

5 lbs
 33-1/2 lbs
 1-7/8 oz
 2 oz
 1-1/8 lbs
 9-7/8 oz
 1 lbs
 17-3/4 lbs
 1/8 oz
 1/4 oz

Measure

4 gal
 3 tbsp
 1/4 cup 1/3 tbsp
 2-1/4 cup
 2-1/4 cup
 1 qts 2-5/8 cup
 2 gal 1/2 qts
 1/3 tsp
 1 tbsp

Issue

Method

- 1 Add potatoes to boiling salted water. Cover. Bring quickly to a boil; reduce heat; simmer 15 to 25 minutes or until tender. Drain well.
- 2 Lightly spray each steam table pan with non-stick cooking spray. Place about 7 pounds or 4-3/4 quarts cooked, drained potatoes into each sprayed pan. Set aside for use in Step 5.
- 3 Blend butter or margarine and flour together; stir until smooth using a wire whip.
- 4 Reconstitute milk. Heat to just below boiling. DO NOT BOIL. Add milk to roux stirring constantly. Add pepper. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Pour 3 quarts sauce over mixture in each pan.
- 6 Sprinkle 1 teaspoon paprika over mixture in each pan.
- 7 Using a convection oven, bake at 325 F. for 30 minutes on open vent, low fan or until lightly brown. CCP: Hold at 140 F. or higher for service.

GOLDEN POTATO BALLS (INSTANT)

Yield 100

Portion 3 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
123 cal	9 g	2 g	9 g	0 mg	226 mg	25 mg

Ingredient

ONIONS,DEHYDRATED,CHOPPED
 WATER,WARM
 POTATO,WHITE,INSTANT,GRANULES
 MILK,NONFAT,DRY
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 NUTMEG,GROUND
 THYME,GROUND
 WATER,BOILING
 POTATO,WHITE,INSTANT,GRANULES

Weight

3 oz
 2-1/8 lbs
 1 lbs
 5-3/8 oz
 13-1/4 oz
 1-7/8 oz
 <1/16th oz
 <1/16th oz
 13 lbs
 3-3/8 oz

Measure

1-1/2 cup
 1 qts
 2 qts 2 cup
 2-1/4 cup
 3 cup
 3 tbsp
 1/8 tsp
 <1/16th tsp
 1 gal 2-1/4 qts
 2 cup

Issue

Method

- 1 Rehydrate onions in water for 15 minutes. Drain; set aside for use in Step 5.
- 2 Combine potatoes, milk, flour, salt, nutmeg, and thyme; mix well.
- 3 Pour water into mixer bowl.
- 4 At low speed, rapidly add dry ingredients. Mix 1 minute or until well blended.
- 5 Add onions. Mix until well blended.
- 6 Shape mixture into balls, about 1 ounce each. Roll into potato granules.
- 7 Fry 3 minutes or until golden brown in 375 F. deep fat fryer.
- 8 Drain well in basket or on absorbent paper. CCP: Hold at 140 F. or higher for service.

MASHED POTATOES (INSTANT)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
150 cal	30 g	4 g	2 g	5 mg	185 mg	31 mg

Ingredient

POTATO,WHITE,INSTANT,GRANULES
MILK,NONFAT,DRY
WATER,BOILING
BUTTER
SALT
PEPPER,WHITE,GROUND

Weight

4-3/4 lbs
5-3/8 oz
20-7/8 lbs
8 oz
1 oz
1/8 oz

Measure

4 gal 2-7/8 qts
2-1/4 cup
2 gal 2 qts
1 cup
1 tbsp
1/4 tsp

Issue**Method**

- 1 Blend potatoes and milk together.
- 2 Blend water, butter or margarine, salt and pepper in mixer bowl.
- 3 At low speed, using wire whip, rapidly add potato and milk mixture to liquid; mix 1/2 minute. Stop mixer; scrape down sides and bottom of bowl.
- 4 Whip at high speed about 2 minutes or until light and fluffy. DO NOT OVERWHIP. CCP: Hold at 140 F. or higher for service.

GRILLED POTATO CAKES

Yield 100

Portion 1 Cake

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
79 cal	10 g	2 g	3 g	31 mg	193 mg	29 mg

Ingredient

POTATO,WHITE,INSTANT,GRANULES
MILK,NONFAT,DRY
WATER,BOILING
BUTTER
SALT
PEPPER,WHITE,GROUND
FLOUR,WHEAT,GENERAL PURPOSE
EGGS,WHOLE,FROZEN

Weight

1-3/8 lbs
6 oz
16-3/4 lbs
12 oz
1-1/4 oz
1/8 oz
1-1/8 lbs
1-1/4 lbs

Measure

3 qts 1 cup
2-1/2 cup
2 gal
1-1/2 cup
2 tbsp
1/4 tsp
1 qts
2-1/4 cup

Issue**Method**

- 1 Blend potatoes and milk together.
- 2 Blend water, butter or margarine, salt and pepper in mixer bowl.
- 3 At low speed, using wire whip, rapidly add potato and milk mixture to liquid; mix 1/2 minute. Stop mixer; scrape down sides and bottom of bowl.
- 4 Whip at high speed about 1 minute or until light and fluffy. At low speed, blend slightly beaten whole eggs into potatoes 1 minute. Whip at medium speed 1/2 minute. DO NOT OVERWHIP. Chill mixture.
- 5 Shape into 4 ounce cakes.
- 6 Dredge cakes in sifted general purpose flour.
- 7 Grill on well-greased 375 F. griddle about 3-1/2 to 4 minutes per side or until golden brown. CCP: Hold at 140 F. or higher for service.

STEWED TOMATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
23 cal	5 g	1 g	0 g	0 mg	172 mg	35 mg

Ingredient

TOMATOES,CANNED,WHOLE,PEELED,INCL LIQUIDS
 ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 PEPPER,BLACK,GROUND

Weight

25-3/8 lbs
 4 oz
 2-1/2 oz
 4 oz
 1/8 oz

Measure

3 gal
 1/2 cup 3-1/3 tbsp
 1/4 cup
 3/4 cup 3 tbsp
 1/8 tsp

Issue

4-1/2 oz
 3 oz
 5-1/2 oz

Method

- 1 Combine tomatoes, onions, peppers, celery, and pepper. Mix well.
- 2 Bring to a boil to blend flavors. CCP: Hold for service at 140 F. or higher.

STEWED TOMATOES WITH CROUTONS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
57 cal	9 g	2 g	2 g	5 mg	227 mg	43 mg

Ingredient

TOMATOES,CANNED,WHOLE,PEELED,INCL LIQUIDS
 ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 PEPPER,BLACK,GROUND
 CROUTONS

Weight

25-3/8 lbs
 4 oz
 2-1/2 oz
 4 oz
 1/8 oz

Measure

3 gal
 1/2 cup 3-1/3 tbsp
 1/4 cup
 3/4 cup 3 tbsp
 1/8 tsp
 8 unit

Issue

4-1/2 oz
 3 oz
 5-1/2 oz

Method

- 1 Combine tomatoes, onions, peppers, celery, and pepper. Mix well.
- 2 Bring to a boil to blend flavors.
- 3 Serve with croutons. CCP: Hold for service at 145 F. or higher.

GERMAN SAUERKRAUT

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
36 cal	7 g	1 g	1 g	1 mg	583 mg	31 mg

Ingredient

SAUERKRAUT,SHREDDDED,CANNED,INCL LIQUIDS
 BACON,RAW
 ONIONS,FRESH,CHOPPED
 APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED
 CARAWAY SEED
 SUGAR,BROWN,PACKED

Weight

18-3/4 lbs
 1 lbs
 3 lbs
 1 lbs
 3/4 oz
 3-7/8 oz

Measure

2 gal 1 qts

 2 qts 1/2 cup
 3-5/8 cup
 3 tbsp
 3/4 cup

Issue

3-1/3 lbs
 1-1/4 lbs

Method

- 1 Combine sauerkraut, bacon, onions, apples, caraway seed, and brown sugar; cook 1-1/2 hours, stirring occasionally. CCP: Hold at 140 F. or higher for service.

CLUB SPINACH

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	14 g	9 g	8 g	19 mg	682 mg	265 mg

Ingredient

SPINACH,CANNED,INCL LIQUIDS
 CHEESE,CHEDDAR,SHREDDED
 CRACKER CRUMBS
 MARGARINE,MELTED
 BACON,SLICED,RAW

Weight

37-1/8 lbs
 3-3/4 lbs
 2-1/2 lbs
 6 oz
 1 lbs

Measure

4 gal 2 qts
 3 qts 3 cup
 2 qts 1-3/4 cup
 3/4 cup

Issue**Method**

- 1 Drain spinach; chop coarsely; place about 7-1/2 pounds or 3-3/4 quarts in each steam table pan.
- 2 Cover spinach in each pan with 1 pounds 4 ounces or 1-1/4 quarts cheese.
- 3 Combine crumbs and butter or margarine; sprinkle 3 cups crumbs over cheese in pan.
- 4 Cook bacon according to Recipe No. L 002 00 or L 002 02. Drain fat. Finely chop bacon. Sprinkle 1/3 cup bacon over mixture in each pan.
- 5 Using a convection oven, bake at 325 F. for 30 minutes on low fan, open vent or until thoroughly heated. CCP: Hold at 140 F. or higher for service.

Notes

- 1 In Step 3, DO NOT substitute bread crumbs for cracker crumbs.

BAKED HUBBARD SQUASH

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	14 g	3 g	4 g	10 mg	118 mg	23 mg

Ingredient

SQUASH,HUBBARD,FRESH
 WATER,WARM
 BUTTER,MELTED
 WATER
 SUGAR,BROWN,PACKED
 CINNAMON,GROUND
 SALT

Weight

29 lbs
 3-7/8 lbs
 1 lbs
 8-1/3 oz
 10-7/8 oz
 1/4 oz
 5/8 oz

Measure

7 gal 3/8 qts
 1 qts 3-1/2 cup
 2 cup
 1 cup
 2-1/8 cup
 1 tbsp
 1 tbsp

Issue

32-5/8 lbs

Method

- 1 Cut squash in half; remove seeds. Cut into 4-1/2 ounce pieces.
- 2 Place squash cut side up in steam table pans.
- 3 Add 1-1/2 cups water to each pan. Cover pans.
- 4 Using a convection oven, bake at 350 F. 1 hour on high fan, closed vent or until tender.
- 5 Combine butter or margarine, water, cinnamon, brown sugar and salt; mix well. Simmer about 5 minutes or until heated thoroughly in steam-jacketed kettle or stock pot.
- 6 Pour brown sugar sauce over squash in each pan. CCP: Hold at 140 F. or higher for service.

CREOLE SUMMER SQUASH

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
44 cal	8 g	2 g	1 g	0 mg	252 mg	33 mg

Ingredient

ONIONS,FRESH,CHOPPED
 OIL,SALAD
 SQUASH,FRESH,SUMMER
 WATER,BOILING
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 SALT
 SUGAR,GRANULATED
 PEPPER,BLACK,GROUND
 GARLIC POWDER
 PARSLEY,FRESH,BUNCH,CHOPPED

Weight

3-1/8 lbs
 2-7/8 oz
 20 lbs
 1 lbs
 6-5/8 lbs
 1-7/8 oz
 2-2/3 oz
 1/4 oz
 1/8 oz
 2 oz

Measure

2 qts 1 cup
 1/4 cup 2-1/3 tbsp
 2 cup
 3 qts
 3 tbsp
 1/4 cup 2-1/3 tbsp
 1 tbsp
 1/8 tsp
 3/4 cup 3 tbsp

Issue

3-1/2 lbs
 21 lbs
 2-1/8 oz

Method

- 1 Saute onions in salad oil until tender.
- 2 Combine sauteed onions, squash and water.
- 3 Bring to a boil. Cover; reduce heat. Simmer 10 minutes.
- 4 Add tomatoes, salt, sugar, pepper, garlic and parsley.
- 5 Bring to a boil. Reduce heat; simmer 5 minutes. CCP: Hold at 140 F. or higher for service.

TANGY SPINACH

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
31 cal	5 g	3 g	1 g	0 mg	187 mg	122 mg

Ingredient

SPINACH,FROZEN

OIL,SALAD

ONIONS,FRESH,CHOPPED

VINEGAR,DISTILLED

SALT

PEPPER,BLACK,GROUND

Weight

18 lbs

1-1/2 oz

1-3/4 lbs

1-1/8 lbs

1 oz

1/2 oz

Measure

2 gal 2-3/4 qts

3 tbsp

1 qts 1 cup

2-1/4 cup

1 tbsp

2 tbsp

Issue

2 lbs

Method

- 1 Cook spinach for 4 to 6 minutes. Drain.
- 2 Saute onions in oil until tender.
- 3 Stir in vinegar, salt and pepper; simmer 3 minutes.
- 4 Pour vinegar-onion mixture over spinach. CCP: Hold at 140 F. or higher for service.

LOUISIANA STYLE SMOTHERED SQUASH

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
57 cal	8 g	1 g	3 g	7 mg	241 mg	25 mg

Ingredient

ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 BUTTER
 SQUASH,FRESH,SUMMER
 WATER,BOILING
 SUGAR,GRANULATED
 SALT
 PEPPER,BLACK,GROUND

Weight

1-3/8 lbs
 6 oz
 6 oz
 12 oz
 24 lbs
 1 lbs
 7 oz
 1-7/8 oz
 1/8 oz

Measure

1 qts
 1-1/8 cup
 1-3/8 cup
 1-1/2 cup

 2 cup
 1 cup
 3 tbsp
 1/3 tsp

Issue

1-5/8 lbs
 7-1/3 oz
 8-1/4 oz

 25-1/4 lbs

Method

- 1 Saute onions, peppers and celery in butter or margarine until tender. Set aside for use in Step 3.
- 2 Add squash to water; cook, covered, in steam-jacketed kettle or stock pot about 5 minutes or until just tender.
- 3 Add sugar, salt and pepper to squash. Add sauteed vegetables; mix lightly.
- 4 Cook, covered, about 5 minutes, or until just heated through, stirring occasionally. CCP: Hold at 140 F. or higher for service.

Notes

- 1 Prepare in batches of 25 as needed. Do not peel squash.

SAVORY SUMMER SQUASH

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
35 cal	7 g	1 g	1 g	0 mg	212 mg	26 mg

Ingredient

ONIONS,FRESH,SLICED
 OIL,SALAD
 SQUASH,FRESH,SUMMER
 WATER,BOILING
 SUGAR,GRANULATED
 SALT
 BASIL,SWEET,WHOLE,CRUSHED
 PEPPER,BLACK,GROUND

Weight

2 lbs
 2-3/8 oz
 24 lbs
 1 lbs
 3-1/2 oz
 1-7/8 oz
 1/3 oz
 1/8 oz

Measure

2 qts
 1/4 cup 1-1/3 tbsp
 2 cup
 1/2 cup
 3 tbsp
 2 tbsp
 1/3 tsp

Issue

2-1/4 lbs
 25-1/4 lbs

Method

- 1 Saute onions in salad oil or melted shortening until tender. Set aside for use in Step 3.
- 2 Add squash to water; cook, covered, in steam-jacketed kettle or stock pot about 5 minutes or until just tender.
- 3 Add sugar, salt and pepper to squash. Add basil if desired. Add sauteed vegetables; mix lightly.
- 4 Cook, covered, about 5 minutes, or until just heated through, stirring occasionally. CCP: Hold at 140 F. or higher for service.

Notes

- 1 Prepare in batches of 25 as needed. DO NOT peel squash.

HERBED BROCCOLI

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
27 cal	5 g	3 g	0 g	0 mg	23 mg	52 mg

Ingredient

WATER
 BROCCOLI,FROZEN,CUT
 ONIONS,FRESH,CHOPPED
 MARJORAM,SWEET,GROUND
 BASIL,DRIED,CRUSHED

Weight

10-1/2 lbs
 20 lbs
 7 oz
 1/4 oz
 1/2 oz

Measure

1 gal 1 qts
 3 gal 2-1/2 qts
 1-1/4 cup
 1/4 cup 1/3 tbsp
 3 tbsp

Issue

7-7/8 oz

Method

- 1 Bring water to a boil.
- 2 Add broccoli, onions, marjoram and basil to boiling water.
- 3 Return to boil; cover.
- 4 Reduce heat; cook 7 to 9 minutes or until tender.
- 5 Drain; reserve 1 quart liquid to pour over vegetables. CCP: Hold at 140 F. or higher for service.

BAKED SWEET POTATOES

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	44 g	3 g	0 g	0 mg	24 mg	40 mg

Ingredient

SWEET POTATOES,FRESH

Weight

40 lbs

Measure

8 gal 2-1/8 qts

Issue

Method

- 1 Scrub potatoes well; dry; remove any blemishes; place on sheet pans.
- 2 Prick skin with fork to allow steam to escape.
- 3 Using a convection oven, bake at 400 F. for 40 to 45 minutes on high fan, closed vent or until done. CCP: Hold at 140 F. or higher for service.

CANDIED SWEET POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	34 g	1 g	4 g	10 mg	253 mg	29 mg

Ingredient

SWEET POTATOES,CANNED,W/SYRUP
 COOKING SPRAY,NONSTICK
 BUTTER,MELTED
 SUGAR,BROWN,PACKED
 SALT
 ORANGE,FRESH,SLICED

Weight

24-1/8 lbs
 2 oz
 1 lbs
 2-1/2 lbs
 1-1/2 oz
 9-1/4 oz

Measure

3 gal
 1/4 cup 1/3 tbsp
 2 cup
 2 qts
 2-1/3 tbsp
 2 each

Issue

Method

- 1 Drain potatoes. Lightly spray each steam table pan with non-stick cooking spray. Place potatoes in single layer in each sprayed steam table pan.
- 2 Pour 1/2 cup butter or margarine over potatoes in each pan.
- 3 Combine brown sugar and salt. Sprinkle 2 cups mixture over potatoes in each pan.
- 4 Using a convection oven, bake at 325 F. 20 minutes on low fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.
- 5 Garnish with orange slices before serving.

GLAZED SWEET POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
176 cal	34 g	1 g	4 g	10 mg	253 mg	27 mg

Ingredient

SWEET POTATOES,CANNED,W/SYRUP
 COOKING SPRAY,NONSTICK
 CORNSTARCH
 RESERVED LIQUID
 BUTTER,MELTED
 SUGAR,BROWN,PACKED
 SALT
 ORANGE,FRESH,SLICED

Weight

24-1/8 lbs
 2 oz
 4-1/2 oz
 4-1/8 lbs
 1 lbs
 2-1/8 lbs
 1-1/2 oz
 9-1/4 oz

Measure

3 gal
 1/4 cup 1/3 tbsp
 1 cup
 2 qts
 2 cup
 1 qts 2-1/2 cup
 2-1/3 tbsp
 2 each

Issue**Method**

- 1 Lightly spray each steam table pan with non-stick cooking spray. Drain potatoes and reserve 2 quarts of liquid for use in Step 2. Place potatoes in single layer in each sprayed pan.
- 2 Combine cornstarch with liquid from potatoes and water. Add melted butter or margarine.
- 3 Combine sugar and salt. Add to cornstarch mixture. Bring to a boil; cook 5 minutes. Pour 3-1/4 cup sauce over potatoes in each pan.
- 4 Using a convection oven, bake at 325 F. 20 minutes on low fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.
- 5 Garnish with orange slices before serving.

GLAZED SWEET POTATOES (SYRUP)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
226 cal	47 g	1 g	4 g	10 mg	280 mg	23 mg

Ingredient

SWEET POTATOES,CANNED,W/SYRUP
 COOKING SPRAY,NONSTICK
 CORNSTARCH
 BUTTER,MELTED
 SYRUP
 SALT
 ORANGE,FRESH,SLICED

Weight

24-1/8 lbs
 2 oz
 4-1/2 oz
 1 lbs
 6-3/4 lbs
 1-1/2 oz
 9-1/4 oz

Measure

3 gal
 1/4 cup 1/3 tbsp
 1 cup
 2 cup
 2 qts 1-3/4 cup
 2-1/3 tbsp
 2 each

Issue**Method**

- 1 Drain potatoes and reserve liquid for use in Step 2. Combine reserved liquid with water to equal 2 quarts. Lightly spray each pan with non-stick cooking spray. Place potatoes in single layer in each sprayed pan.
- 2 Combine cornstarch with syrup from potatoes or with water. Add melted butter or margarine.
- 3 Add salt. Add syrup to cornstarch mixture. Bring to a boil; cook about 5 minutes. Pour 3-1/2 cups sauce over potatoes in each pan.
- 4 Using a convection oven, bake at 325 F. 20 minutes on low fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.
- 5 Garnish with orange slices before serving.

TEMPURA VEGETABLES

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
143 cal	19 g	5 g	6 g	36 mg	420 mg	72 mg

Ingredient

BROCCOLI,FRESH,CHOPPED
 CAULIFLOWER FLORETS,FRESH
 SQUASH,ZUCCHINI,FRESH,SLICED
 FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 SALT
 EGGS,WHOLE,FRESH
 WATER,COLD

Weight

5 lbs
 5 lbs
 5 lbs
 4-1/2 lbs
 2-2/3 oz
 2-7/8 oz
 1-7/8 lbs
 6-2/3 lbs

Measure

1 gal 2-1/2 qts
 1 gal 1-2/3 qts
 1 gal 1 qts
 1 gal 1/8 qts
 1/4 cup 2 tbsp
 1/4 cup 2/3 tbsp
 17 Eggs
 3 qts 3/4 cup

Issue

8-1/4 lbs
 5-1/4 lbs

Method

- 1 Wash and trim vegetables. Set aside for use in Step 6.
- 2 Sift together flour, baking powder, and salt in mixer bowl. Set aside for use in Step 4.
- 3 Separate eggs. Beat egg yolks. Set egg whites aside for use in Step 5.
- 4 Add half of ice water to egg yolks. Add to dry mixture beating at low speed until blended. Add remaining ice water; whip at high speed until smooth.
- 5 Whip egg whites until stiff but not dry. Fold into batter.
- 6 Dip dry vegetables into batter.
- 7 Fry about 3 to 5 minutes or until golden brown in 365 F. deep fat fryer.
- 8 Drain well in basket or on absorbent paper. CCP: Hold at 140 F. or higher for service.

MASHED SWEET POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
158 cal	32 g	2 g	3 g	5 mg	227 mg	35 mg

Ingredient

MILK,NONFAT,DRY
 WATER,WARM
 SWEET POTATOES,CANNED,W/SYRUP
 SALT
 BUTTER,MELTED
 SUGAR,GRANULATED
 COOKING SPRAY,NONSTICK

Weight

3-5/8 oz
 4-1/2 lbs
 31-1/8 lbs
 1-1/4 oz
 8 oz
 7 oz
 2 oz

Measure

1-1/2 cup
 2 qts 1/2 cup
 3 gal 3-1/2 qts
 2 tbsp
 1 cup
 1 cup
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Reconstitute milk in mixer bowl.
- 2 Add sweet potatoes; beat at low speed 2 minutes or until smooth.
- 3 Add salt, melted butter or margarine and sugar; blend at medium speed.
- 4 Scrape bowl down; beat at medium speed 2 minutes.
- 5 Lightly spray each steam table pan with non-stick cooking spray. Place 7-1/2 quarts potatoes in each sprayed pan; cover pan.
- 6 Using a convection oven, bake at 325 F. 30 minutes on high fan, closed vent or until heated thoroughly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SWEET POTATOES SOUTHERN STYLE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
156 cal	33 g	2 g	2 g	4 mg	223 mg	39 mg

Ingredient

MILK,NONFAT,DRY
 WATER,WARM
 SWEET POTATOES,CANNED,W/SYRUP
 SALT
 BUTTER,MELTED
 SUGAR,BROWN,PACKED
 CINNAMON,GROUND
 NUTMEG,GROUND
 COOKING SPRAY,NONSTICK

Weight

3-5/8 oz
 4-1/2 lbs
 31-1/8 lbs
 1-1/4 oz
 6 oz
 8-1/2 oz
 1/2 oz
 1/4 oz
 2 oz

Measure

1-1/2 cup
 2 qts 1/2 cup
 3 gal 3-1/2 qts
 2 tbsp
 3/4 cup
 1-5/8 cup
 2 tbsp
 1 tbsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Reconstitute milk in mixer bowl.
- 2 Add sweet potatoes; beat at low speed 2 minutes or until smooth.
- 3 Add salt, melted butter or margarine and brown sugar; blend at medium speed. If desired, add cinnamon and nutmeg.
- 4 Scrape bowl down; beat at medium speed 2 minutes.
- 5 Lightly spray each pan with non-stick cooking spray. Place 7-1/2 quarts potatoes in each sprayed pan; cover.
- 6 Using a convection oven, bake at 325 F. 30 minutes on high fan, closed vent or until heated thoroughly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

MARSHMALLOW SWEET POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
172 cal	36 g	2 g	3 g	5 mg	229 mg	35 mg

Ingredient

MILK,NONFAT,DRY
 WATER,WARM
 SWEET POTATOES,CANNED,W/SYRUP
 SALT
 BUTTER,MELTED
 SUGAR,GRANULATED
 COOKING SPRAY,NONSTICK
 MARSHMALLOWS,MINIATURE

Weight

3-5/8 oz
 4-1/2 lbs
 31-1/8 lbs
 1-1/4 oz
 8 oz
 7 oz
 2 oz
 1 lbs

Measure

1-1/2 cup
 2 qts 1/2 cup
 3 gal 3-1/2 qts
 2 tbsp
 1 cup
 1 cup
 1/4 cup 1/3 tbsp
 2 qts 1 cup

Issue**Method**

- 1 Reconstitute milk in mixer bowl.
- 2 Add sweet potatoes; beat at low speed 2 minutes or until smooth.
- 3 Add salt, melted butter or margarine and sugar; blend at medium speed.
- 4 Scrape bowl down; beat at medium speed 2 minutes.
- 5 Lightly spray each pan with non-stick cooking spray. Place 7-1/2 quarts potatoes in each sprayed pan; cover.
- 6 Using a convection oven, bake at 400 F. 10 minutes on high fan, closed vent or until heated thoroughly. After potatoes are heated through, sprinkle marshmallows over potatoes. Bake until marshmallows are lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

GARLIC ROASTED POTATO WEDGES

Yield 100

Portion 4 Wedges

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
105 cal	23 g	2 g	1 g	0 mg	192 mg	12 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
GARLIC POWDER	2-3/8 oz	1/2 cup	
SALT	1-2/3 oz	2-2/3 tbsp	
ONION POWDER	5/8 oz	2-2/3 tbsp	
PAPRIKA,GROUND	5/8 oz	2-1/3 tbsp	
PARSLEY,DEHYDRATED,FLAKED	1/3 oz	1/4 cup 3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
POTATOES,WHITE,FRESH,WEDGED	24-3/4 lbs	4 gal 2 qts	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Combine salt, garlic powder, onion powder, paprika, parsley and pepper.
- 2 Wash potatoes and dry; toss well with seasonings.
- 3 Lightly spray sheet pans with cooking spray.
- 4 Place 8-1/2 pounds or 1-3/4 gallons seasoned potatoes on each pan. Lightly spray potatoes with cooking spray.
- 5 Using a convection oven, bake 20 minutes at 350 F. on high fan, closed vent. Lightly spray potatoes. Bake 15 minutes longer or until tender and light brown. CCP: Hold at 140 F. or higher for serving.

ROSEMARY ROASTED POTATO WEDGES

Yield 100

Portion 4 Wedges

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
112 cal	25 g	2 g	1 g	0 mg	193 mg	23 mg

Ingredient

SALT
 ROSEMARY,GROUND
 ONION POWDER
 PEPPER,BLACK,GROUND
 POTATOES,WHITE,FRESH,WEDGED
 COOKING SPRAY,NONSTICK

Weight

1-2/3 oz
 7/8 oz
 9-3/4 oz
 1/8 oz
 24-3/4 lbs
 2 oz

Measure

2-2/3 tbsp
 1/2 cup
 2-5/8 cup
 1/3 tsp
 4 gal 2 qts
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Combine salt, rosemary, onion powder and pepper.
- 2 Wash potatoes and dry, toss with seasonings.
- 3 Lightly spray sheet pans with cooking spray. Place 8-1/2 pounds or 1-3/4 gallons seasoned potatoes on each pan. Lightly spray potatoes with cooking spray.
- 4 Using a convection oven, bake 20 minutes at 350 F. on high fan, closed vent. Lightly spray potatoes. Bake 15 minutes longer or until tender and light brown. CCP: Hold at 140 F. or higher for serving.

SESAME GLAZED GREEN BEANS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
90 cal	14 g	4 g	3 g	0 mg	412 mg	62 mg

Ingredient

SESAME SEEDS
 JUICE,APPLE,CANNED
 SOY SAUCE
 SUGAR,BROWN,PACKED
 GARLIC POWDER
 CORNSTARCH
 PEPPER,BLACK,GROUND
 GINGER,GROUND
 WATER
 BEANS,GREEN,FROZEN,WHOLE

Weight

1-1/8 lbs
 1-7/8 lbs
 1-5/8 lbs
 5-1/8 oz
 7-1/8 oz
 1-1/8 oz
 1/2 oz
 1/2 oz
 18-3/4 lbs
 25-1/8 lbs

Measure

3-1/2 cup
 3-1/2 cup
 2-1/2 cup
 1 cup
 1-1/2 cup
 1/4 cup 1/3 tbsp
 2 tbsp
 2-1/3 tbsp
 2 gal 1 qts
 5 gal 3 qts

Issue**Method**

- 1 Place sesame seeds on sheet pan in single layer. Using a convection oven, bake in 350 F. for 10 minutes on low fan, open vent. Transfer immediately to another sheet pan to cool.
- 2 Combine apple juice, soy sauce, brown sugar, garlic powder, cornstarch, ginger and pepper in steam-jacketed kettle or stock pot. Stir well to dissolve cornstarch. Bring to a boil; reduce heat; simmer 5 minutes or until thick and clear.
- 3 Bring water to a boil in steam-jacketed kettle or stock pot. Add beans. Stir well. Return to a boil. Cook 3 to 4 minutes or until almost tender, stirring occasionally. Drain well.
- 4 Add sauce to beans; stir-cook 2 to 3 minutes to evenly coat and thoroughly heat the beans. Do not over cook.
- 5 Remove to serving pans. Sprinkle 3-1/2 ounces or 3/4 cup sesame seeds over each 25 portions of beans. Toss to distribute sesame seeds. CCP: Hold at 140 F. or higher for service.

JAPANESE VEGETABLE STIR FRY

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
81 cal	13 g	4 g	2 g	0 mg	475 mg	63 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CARROTS,FRESH,SLICED	7-3/4 lbs	1 gal 2-7/8 qts	9-1/2 lbs
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs
SOY SAUCE	1-3/4 lbs	2-3/4 cup	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	11-3/4 oz	1-3/8 cup	
VINEGAR,DISTILLED	1-3/4 oz	3-1/3 tbsp	
JUICE,LEMON	1-1/8 oz	2 tbsp	
SUGAR,BROWN,PACKED	3-7/8 oz	3/4 cup	
ONIONS,FRESH,GRATED	1-7/8 oz	1/4 cup 1-2/3 tbsp	2-1/8 oz
GINGER,GROUND	1/2 oz	2-1/3 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
WATER	14-5/8 oz	1-3/4 cup	
CORNSTARCH	7/8 oz	3 tbsp	
OIL, CANOLA	7-2/3 oz	1 cup	
BROCCOLI,FROZEN,CUT	16-1/2 lbs	3 gal	
BEANS,GREEN,FROZEN,WHOLE	4-3/8 lbs	1 gal	
ONIONS,FRESH,CHOPPED	1-3/4 lbs	1 qts 1 cup	2 lbs

Method

- 1 Wash and trim fresh vegetables.
- 2 Combine soy sauce, pineapple juice, vinegar, and lemon juice.
- 3 Add brown sugar, minced onions, ginger, and garlic to soy sauce mixture. Mix until well blended. Bring to a boil, reduce heat, simmer 1 minute.
- 4 Blend cornstarch with water to make a smooth paste. Slowly add paste to soy sauce mixture stirring constantly, simmer 5 minutes or until lightly thickened. Remove from heat.
- 5 Stir-fry vegetables in 50 portion batches in salad oil as follows: Carrots, 3 minutes; add green beans and onions, 2 minutes; add broccoli, 2 minutes. Do not overcook.
- 6 Pour approximately 3-1/2 cups of sauce over each batch of vegetables and garnish with 1 quart of green onions.
- 7 CCP: Hold at 140 F. or higher for service.

SQUASH AND CARROT MEDLEY (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
42 cal	9 g	2 g	0 g	0 mg	132 mg	38 mg

Ingredient

CARROTS,FRESH,SLICED
 SQUASH,FRESH,SUMMER
 SQUASH,ZUCCHINI,FRESH,JULIENNE
 COOKING SPRAY,NONSTICK
 GARLIC POWDER
 SALT
 BASIL,DRIED,CRUSHED
 PEPPER,BLACK,GROUND
 ONIONS,FRESH,CHOPPED

Weight

8 lbs
 13-1/2 lbs
 13-1/2 lbs
 3/4 oz
 1-5/8 oz
 1 oz
 7/8 oz
 1/4 oz
 13-1/2 oz

Measure

1 gal 3-1/8 qts
 3 gal 1-5/8 qts
 1 tbsp
 1/4 cup 1-2/3 tbsp
 1 tbsp
 1/4 cup 1-2/3 tbsp
 1 tbsp
 2-3/8 cup

Issue

9-3/4 lbs
 14-1/4 lbs
 14-1/4 lbs
 15 oz

Method

- 1 Wash and trim fresh vegetables.
- 2 Lightly spray steam-jacketed kettle with non-stick spray; add carrots; stir-fry carrots 5 minutes.
- 3 Add yellow squash, zucchini, garlic, salt, basil, and pepper; stir well; cover; cook 5 minutes; uncover; stir-cook 3 to 4 minutes or until squash is tender-crisp. Do not overcook.
- 4 Transfer to serving pans; garnish with green onions. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

SQUASH AND CARROT MEDLEY (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
40 cal	8 g	2 g	0 g	0 mg	140 mg	40 mg

Ingredient

COOKING SPRAY, NONSTICK
 CARROTS, FROZEN, SLICED
 SQUASH, ZUCCHINI, FROZEN
 GARLIC POWDER
 SALT
 BASIL, DRIED, CRUSHED
 PEPPER, BLACK, GROUND
 ONIONS, FRESH, CHOPPED

Weight

3/4 oz
 8 lbs
 27 lbs
 1-5/8 oz
 1 oz
 7/8 oz
 1/4 oz
 13-1/2 oz

Measure

1 tbsp
 1 gal 3-1/8 qts
 1/4 cup 1-2/3 tbsp
 1 tbsp
 1/4 cup 1-2/3 tbsp
 1 tbsp
 2-3/8 cup

Issue

15 oz

Method

- 1 Lightly spray steam-jacketed kettle with non-stick spray; add carrots; cook 10 minutes.
- 2 Add zucchini, garlic, salt, basil, and pepper; stir well; cover; cook 5 minutes. Do not overcook. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.
- 3 Transfer to serving pans; garnish with green onions.

DEVEILED OVEN FRIES

Yield 100

Portion 4 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	24 g	2 g	1 g	0 mg	227 mg	19 mg

Ingredient

CHILI POWDER,DARK,GROUND
 GARLIC POWDER
 SALT
 MUSTARD,DRY
 POTATOES,WHITE,FRESH,WEDGED
 COOKING SPRAY,NONSTICK

Weight

4-1/4 oz
 3 oz
 1-7/8 oz
 4 oz
 24-3/4 lbs
 2 oz

Measure

1 cup
 1/2 cup 2 tbsp
 3 tbsp
 1/2 cup 2 tbsp
 4 gal 2 qts
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Combine chili powder, garlic powder, mustard, and salt.
- 2 Divide potatoes into 3 equal batches. Toss each well dried batch with 2/3 cup seasoning mixture.
- 3 Lightly spray sheet pans with cooking spray. Place 8-1/2 pounds or 1-3/4 gallons of seasoned potatoes, skin side down on each pan. Lightly spray potatoes with cooking spray.
- 4 Using a convection oven, bake 20 minutes at 350 F.; lightly spray potatoes; bake about 15 minutes longer or until tender and light brown on high fan, open vent. CCP: Hold at 140 F. or higher for serving.

SOUTH OF THE BORDER BROCCOLI

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
40 cal	7 g	4 g	0 g	0 mg	421 mg	57 mg

Ingredient

BROCCOLI,FROZEN,CUT
 SALT
 WATER,BOILING
 SAUCE,SALSA
 CILANTRO,DRY

Weight

20 lbs
 7/8 oz
 8 lbs
 11-1/4 lbs
 1/2 oz

Measure

3 gal 2-1/2 qts
 1 tbsp
 3 qts 3-3/8 cup
 1 gal 1-1/4 qts
 1/2 cup

Issue

Method

- 1 Add broccoli to boiling salted water; return to a boil. Cook uncovered, 5 minutes or until tender-crisp. Drain; place 5 pounds broccoli in each steam table pan.
- 2 Mix Salsa and cilantro. Heat to 145 F. or higher for 15 seconds. Pour 5 cups Salsa over broccoli in each pan. Mix lightly. CCP: Hold for service at 140 F. or higher.
- 3 Use batch preparation techniques. Toss salsa and broccoli just before service to prevent discoloration of the broccoli.

SOUTH OF THE BORDER MEDLEY

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
33 cal	6 g	2 g	0 g	0 mg	417 mg	37 mg

Ingredient

BROCCOLI,FROZEN,CUT
 CAULIFLOWER,FROZEN
 WATER,BOILING
 SALT
 SAUCE,SALSA
 CILANTRO,DRY

Weight

8-1/4 lbs
 10 lbs
 8-1/3 lbs
 7/8 oz
 11-1/4 lbs
 1/2 oz

Measure

1 gal 2 qts
 1 gal
 1 tbsp
 1 gal 1-1/4 qts
 1/2 cup

Issue**Method**

- 1 Add broccoli and cauliflower to boiling salted water. Return to a boil; cook uncovered 5 minutes or until tender-crisp. Drain; place 5 pounds of evenly distributed vegetable mixture in each steam table pan.
- 2 Mix salsa and cilantro. Heat to 145 F. or higher for 15 seconds. Pour 5 cups salsa over broccoli and cauliflower in each pan, mix lightly. CCP: Hold for service at 140 F. or higher.
- 3 Use batch preparation techniques. Toss salsa and vegetable medley just before service to prevent discoloration of the broccoli.

BAKED POTATO PANCAKES (FROZEN SHREDDED POTATO)

Yield 100

Portion 1 Cake

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
129 cal	22 g	6 g	2 g	30 mg	230 mg	54 mg

Ingredient

POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN
 CHEESE, MONTEREY JACK, REDUCED FAT, SHREDDED
 ONIONS, GREEN, FRESH, CHOPPED
 ONIONS, FRESH, CHOPPED
 EGGS, WHOLE, FROZEN
 GARLIC POWDER
 SALT
 PEPPER, WHITE, GROUND
 COOKING SPRAY, NONSTICK

Weight

25-7/8 lbs
 2 lbs
 8-7/8 oz
 5-5/8 oz
 1-3/8 lbs
 1-5/8 oz
 1-1/4 oz
 1/8 oz
 2 oz

Measure

3 gal 2 qts
 2 qts
 2-1/2 cup
 1 cup
 2-5/8 cup
 1/4 cup 1-2/3 tbsp
 2 tbsp
 1/4 tsp
 1/4 cup 1/3 tbsp

Issue

9-3/4 oz
 6-1/4 oz

Method

- 2 Add cheese, green onions, and fresh onions to potato; mix well.
- 3 Add garlic powder, salt, and pepper to egg; stir to blend.
- 4 Add egg mixture to potatoes; stir lightly to combine all ingredients.
- 5 Lightly spray each steam table pan with non-stick cooking spray.
- 6 Shape potato mixture into 4-ounce balls. Place balls in rows of 3x5 on each pan. Flatten into 4x1/2-inch thick cakes; lightly spray tops with non-stick cooking spray.
- 7 Using a convection oven, bake 30 to 35 minutes at 375 F. oven on high fan, open vent or until well browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BAKED POTATO PANCAKES

Yield 100

Portion 1 Cake

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	18 g	5 g	2 g	30 mg	208 mg	50 mg

Ingredient

POTATO,WHITE,DEHYDRATED,SHREDDED
 CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED
 ONIONS,GREEN,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 EGGS,WHOLE,FROZEN
 GARLIC POWDER
 SALT
 PEPPER,WHITE,GROUND
 COOKING SPRAY,NONSTICK

Weight

19 lbs
 2 lbs
 8-7/8 oz
 5-5/8 oz
 1-3/8 lbs
 1-5/8 oz
 1-1/4 oz
 1/8 oz
 2 oz

Measure

2 qts
 2-1/2 cup
 1 cup
 2-5/8 cup
 1/4 cup 1-2/3 tbsp
 2 tbsp
 1/4 tsp
 1/4 cup 1/3 tbsp

Issue

9-3/4 oz
 6-1/4 oz

Method

- 1 Rehydrate potatoes according to package directions.
- 2 Add cheese, green onions, and fresh onions to potato; mix well.
- 3 Add garlic powder, salt, and pepper to egg; stir to blend.
- 4 Add egg mixture to potatoes; stir lightly to combine all ingredients.
- 5 Lightly spray each pan with non-stick cooking spray.
- 6 Shape potato mixture into 4-ounce balls. Place balls in rows of 3x5 on each pan. Flatten into 4x1/2-inch thick cakes; lightly spray tops with non-stick cooking spray.
- 7 Using a convection oven, bake 30 to 35 minutes in 375 F. oven on high fan, open vent or until well browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

POTATOES AND HERBS

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
132 cal	31 g	3 g	0 g	0 mg	57 mg	21 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
GARLIC POWDER	3/4 oz	2-2/3 tbsp	
PARSLEY,DEHYDRATED,FLAKED	1/2 oz	3/4 cup	
DILL WEED,DRIED	1/3 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME LEAVES,DRIED	1/8 oz	1 tbsp	
POTATOES,FRESH,PEELED,SLICED	31 lbs	5 gal 2-1/2 qts	
ONIONS,FRESH,CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
VEGETABLE BROTH		1 gal 1/2 qts	

Method

- 1 Thoroughly combine garlic powder, parsley, dillweed, pepper and thyme.
- 2 Place 7 pounds or 5-1/2 quarts of potatoes, 3 cups onions, and 1/3 cup of herb mixture in each steam table pan.
- 3 Gently and thoroughly toss potatoes with onions and herbs to evenly distribute onions and herbs.
- 4 Prepare vegetable broth according to package directions. Pour 4-1/2 cups broth around edges of potato mixture in each pan.
- 5 Using a convection oven, bake 60 to 65 minutes at 350 F. or until potatoes are tender and most of the stock is absorbed. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

HACIENDA POTATOES

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
145 cal	33 g	4 g	1 g	0 mg	498 mg	46 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
POTATOES,FRESH,PEELED,CUBED	24-1/8 lbs	4 gal 1-1/2 qts	29-3/4 lbs
WATER	16-3/4 lbs	2 gal	
TOMATOES,CANNED,DICED,DRAINED	17-5/8 lbs	2 gal	
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2 cup	2-3/8 lbs
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
SUGAR,GRANULATED	4-2/3 oz	1/2 cup 2-2/3 tbsp	
CHILI POWDER,DARK,GROUND	4-1/4 oz	1 cup	
SALT	3-3/8 oz	1/4 cup 1-2/3 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
CUMIN,GROUND	3/8 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
WATER	1 lbs	2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	

Method

- 1 Add potatoes to water. Bring to a boil. Reduce heat. Simmer 20 minutes or until potatoes are just tender.
- 2 Combine tomatoes, green peppers, onions, sugar, chili powder, salt, garlic powder, cumin, and black pepper in steam-jacketed kettle. Bring to a boil; reduce heat; cover; simmer 5 minutes.
- 3 Blend water and flour to make a smooth paste. Add to sauce. Stir to combine. Simmer 5 minutes or until thickened, stirring occasionally.
- 4 Add potatoes to sauce. Stir to evenly distribute ingredients. Cover; bring to a boil, stirring occasionally until mixture comes to a complete boil. Uncover; reduce heat. Simmer 10 minutes, stirring occasionally until potatoes are thoroughly heated. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

HACIENDA CORN AND BLACK BEANS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
160 cal	34 g	7 g	1 g	0 mg	484 mg	46 mg

Ingredient

TOMATOES,CANNED,DICED,DRAINED
 PEPPERS,GREEN,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 SUGAR,GRANULATED
 CHILI POWDER,DARK,GROUND
 SALT
 GARLIC POWDER
 CUMIN,GROUND
 PEPPER,BLACK,GROUND
 WATER
 FLOUR,WHEAT,GENERAL PURPOSE
 CORN,FROZEN,WHOLE KERNEL
 BEANS,BLACK,CANNED,DRAINED

Weight

16 lbs
 2 lbs
 2-1/8 lbs
 4-2/3 oz
 4-1/4 oz
 3-3/8 oz
 1-1/4 oz
 3/8 oz
 1/4 oz
 1 lbs
 8-1/4 oz
 16 lbs
 8 lbs

Measure

1 gal 3-1/4 qts
 1 qts 2 cup
 1 qts 2 cup
 1/2 cup 2-2/3 tbsp
 1 cup
 1/4 cup 1-2/3 tbsp
 1/4 cup 1/3 tbsp
 2 tbsp
 1 tbsp
 2 cup
 1-7/8 cup
 2 gal 3-1/8 qts
 3 qts 2-1/8 cup

Issue

2-3/8 lbs
 2-1/3 lbs

Method

- 1 Combine tomatoes, green peppers, onions, sugar, chili powder, salt, garlic powder, cumin, and black pepper in a steam-jacketed kettle. Bring to a boil; reduce heat; cover; simmer 5 minutes.
- 2 Blend water and flour to make a smooth paste. Add to sauce. Stir to combine. Simmer 5 minutes or until thickened, stirring constantly.
- 3 Add corn and black beans to sauce. Stir to evenly distribute ingredients. Cover; bring to a boil, stirring occasionally until mixture comes to complete boil. Uncover; reduce heat, simmer 15 minutes, stirring occasionally until corn and black beans are thoroughly heated. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

HACIENDA GREEN BEANS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
87 cal	20 g	4 g	1 g	0 mg	494 mg	81 mg

Ingredient

TOMATOES,CANNED,DICED,DRAINED
 PEPPERS,GREEN,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 SUGAR,GRANULATED
 CHILI POWDER,DARK,GROUND
 SALT
 GARLIC POWDER
 CUMIN,GROUND
 PEPPER,BLACK,GROUND
 WATER
 FLOUR,WHEAT,GENERAL PURPOSE
 BEANS,GREEN,FROZEN,WHOLE

Weight

17-5/8 lbs
 2 lbs
 2-1/8 lbs
 4-2/3 oz
 4-1/4 oz
 3-3/8 oz
 1-1/4 oz
 3/8 oz
 1/4 oz
 1 lbs
 8-1/4 oz
 24 lbs

Measure

2 gal
 1 qts 2 cup
 1 qts 2 cup
 1/2 cup 2-2/3 tbsp
 1 cup
 1/4 cup 1-2/3 tbsp
 1/4 cup 1/3 tbsp
 2 tbsp
 1 tbsp
 2 cup
 1-7/8 cup
 5 gal 2 qts

Issue

2-3/8 lbs
 2-1/3 lbs

Method

- 1 Combine tomatoes, green peppers, onions, sugar, chili powder, salt, garlic powder, cumin, and black pepper in a steam-jacketed kettle. Bring to a boil; reduce heat; cover; simmer for 5 minutes; stirring occasionally.
- 2 Blend water and flour to make a smooth paste. Add to sauce. Stir to combine. Simmer 5 minutes or until thickened, stirring constantly.
- 3 Add green beans to sauce. Stir to evenly distribute ingredients. Cover, bring to a boil, stirring occasionally until mixture comes to complete boil. Uncover; reduce heat; simmer 20 minutes, stirring occasionally until green beans are thoroughly heated and just tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

HONEY DIJON VEGETABLES

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
62 cal	14 g	3 g	0 g	0 mg	121 mg	38 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CARROTS,FROZEN,SLICED	12 lbs	2 gal 2-5/8 qts	
CAULIFLOWER,FROZEN	12 lbs		
BRUSSELS SPROUTS,FROZEN	6 lbs	1 gal 3/8 qts	
COOKING SPRAY, NONSTICK	1/8 oz	1/8 tsp	
ONIONS,FRESH,CHOPPED	8-1/2 oz	1-1/2 cup	9-3/8 oz
VEGETABLE BROTH		3 qts	
MUSTARD,DIJON	12-3/4 oz	1-1/2 cup	
HONEY	10-1/2 oz	3/4 cup 2 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
CORNSTARCH	4 oz	3/4 cup 2 tbsp	

Method

- 1 Cook carrots for 10 to 13 minutes, cauliflower for 4 to 8 minutes and brussels sprouts for 7 to 9 minutes. Use progressive cooking techniques for optimal vegetable texture.
- 2 Stir-cook onions in a lightly sprayed steam jacketed kettle about 5 minutes or until tender, stirring constantly.
- 3 Prepare vegetable broth according to package directions. Reserve 2 cups vegetable broth for use in Step 5.
- 4 Add remaining vegetable broth, mustard, honey and pepper to onions in steam jacketed kettle. Stir to blend. Bring to a simmer.
- 5 Blend reserved broth and cornstarch until smooth. Add to hot liquid mixture stirring constantly. Bring to a boil. Cook gently 2 to 3 minutes, stirring occasionally.
- 6 Pour glaze evenly over vegetables. Toss lightly until well coated. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CORN AND GREEN BEAN CASSEROLE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
361 cal	29 g	8 g	25 g	19 mg	431 mg	120 mg

Ingredient

SALAD DRESSING,MAYONNAISE TYPE
 CHEESE,CHEDDAR,LOWFAT,SHREDDED
 CELERY,FRESH,CHOPPED
 ONIONS,FRESH,CHOPPED
 GARLIC POWDER
 PEPPER,WHITE,GROUND
 BEANS,GREEN,FROZEN,CUT
 CORN,FROZEN,WHOLE KERNEL
 BREADCRUMBS
 MARGARINE,MELTED

Weight

9-3/8 lbs
 4 lbs
 3 lbs
 1-1/2 lbs
 1-1/4 oz
 3/8 oz
 15 lbs
 15 lbs
 1 lbs
 8 oz

Measure

1 gal 3/4 qts
 1 gal
 2 qts 3-3/8 cup
 1 qts 1/4 cup
 1/4 cup 1/3 tbsp
 1 tbsp
 3 gal 1-3/4 qts
 2 gal 2-3/8 qts
 1 qts 1/4 cup
 1 cup

Issue

4-1/8 lbs
 1-2/3 lbs

Method

- 1 Combine salad dressing, cheese, celery, onions, garlic powder and white pepper in a mixer bowl. Mix at medium speed 1 minute.
- 2 Combine green beans and corn. Add salad dressing mixture. Mix lightly but thoroughly until all ingredients are blended.
- 3 Pour approximately 5-3/4 quart of mixture into steam table pans. Spread evenly.
- 4 Mix crumbs and margarine. Sprinkle 1 cup of crumb mixture evenly over mixture in each pan.
- 5 Using a convection oven, bake 45 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

GARLIC-LEMON ROASTED POTATO WEDGES

Yield 100

Portion 4 Wedges

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
146 cal	33 g	3 g	1 g	0 mg	183 mg	18 mg

Ingredient

GARLIC POWDER
 SALT
 SEASONING,LEMON N' HERB
 ONION POWDER
 PEPPER,BLACK,GROUND
 OREGANO,CRUSHED
 POTATOES,WHITE,FRESH,WEDGES
 COOKING SPRAY,NONSTICK

Weight

3 oz
 1-5/8 oz
 7/8 oz
 2/3 oz
 1/4 oz
 1/2 oz
 35 lbs
 2 oz

Measure

1/2 cup 2 tbsp
 2-1/3 tbsp
 3 tbsp
 3 tbsp
 1 tbsp
 3 tbsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Combine garlic powder, salt, lemon n' herb seasoning, onion powder, pepper and oregano.
- 2 Wash potatoes and dry; toss with seasonings.
- 3 Spray sheet pans with non-stick cooking spray. Place 8-1/2 pounds seasoned potatoes on each pan. Lightly spray potatoes with cooking spray.
- 4 Using a convection oven, bake 35 minutes or until tender and light brown on high fan, open vent. Spray with cooking spray as needed. CCP: Hold for service at 140 F. or higher.

ASPARAGUS (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
23 cal	4 g	2 g	0 g	0 mg	74 mg	20 mg

Ingredient

ASPARAGUS,FROZEN,SPEARS,SLICED
 WATER
 SALT

Weight

18 lbs
 8-1/3 lbs
 5/8 oz

Measure

2 gal 3-1/3 qts
 1 gal
 1 tbsp

Issue

Method

- 1 Cook asparagus for 5 to 8 minutes. Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt. Return to a boil. Cover.
- 3 Place asparagus in serving pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

ASPARAGUS (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
22 cal	4 g	3 g	0 g	0 mg	409 mg	22 mg

Ingredient

ASPARAGUS,CANNED,SPEARS,INCL LIQUIDS

Weight

31-3/4 lbs

Measure

3 gal 2-3/4 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place asparagus in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

ASPARAGUS (FRESH)

Yield 100

Portion 4 Spears

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
21 cal	4 g	2 g	0 g	0 mg	73 mg	20 mg

Ingredient

WATER
 SALT
 ASPARAGUS,FRESH,WASHED & TRIMMED

Weight

12-1/2 lbs
 5/8 oz
 20 lbs

Measure

1 gal 2 qts
 1 tbsp
 4 gal 7/8 qts

Issue

37-3/4 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add asparagus; bring water back to a boil. Cover; cook 10 to 20 minutes.
- 4 Place asparagus in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BEANS, GREEN (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
36 cal	8 g	2 g	0 g	0 mg	76 mg	47 mg

Ingredient

WATER
 SALT
 BEANS, GREEN, FROZEN, CUT

Weight

18-3/4 lbs
 5/8 oz
 24 lbs

Measure

2 gal 1 qts
 1 tbsp
 5 gal 2 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add beans; stir well.
- 4 Return to a boil; cover. Cook beans 5 to 8 minutes.
- 5 Place beans in serving pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BEANS, GREEN (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
26 cal	6 g	1 g	0 g	0 mg	443 mg	41 mg

Ingredient

BEANS, GREEN, CANNED

Weight

37-3/4 lbs

Measure

4 gal 1-7/8 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place green beans in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place in serving pans. Garnish if desired. CCP: Hold at 140 F. or higher for service.

BEANS, WAX (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
26 cal	6 g	1 g	0 g	0 mg	443 mg	41 mg

Ingredient

BEANS,WAX,CANNED,INCL LIQUIDS

Weight

37-3/4 lbs

Measure

4 gal 1-7/8 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place green beans in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place in serving pans. Garnish if desired. CCP: Hold at 140 F. or higher for service.

BEANS, FRENCH STYLE CUT (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
36 cal	8 g	2 g	0 g	0 mg	76 mg	47 mg

Ingredient

WATER
 SALT
 BEANS, GREEN, FROZEN, FRENCH STYLE

Weight

18-3/4 lbs
 5/8 oz
 24 lbs

Measure

2 gal 1 qts
 1 tbsp
 5 gal 2 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add beans; stir well.
- 4 Return to a boil; cover. Cook beans 5 to 8 minutes.
- 5 Place beans in serving pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BEANS, WAX (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
30 cal	7 g	2 g	0 g	0 mg	82 mg	55 mg

Ingredient

WATER
SALT
BEANS,WAX,FROZEN

Weight

18-3/4 lbs
5/8 oz
24 lbs

Measure

2 gal 1 qts
1 tbsp

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add beans; stir well.
- 4 Return to a boil; cover. Cook beans 5 to 8 minutes.
- 5 Place beans in serving pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

BEANS, LIMA (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
162 cal	31 g	9 g	0 g	0 mg	136 mg	45 mg

Ingredient

WATER
SALT
BEANS,LIMA,FROZEN

Weight

18-3/4 lbs
5/8 oz
27 lbs

Measure

2 gal 1 qts
1 tbsp
4 gal 2-2/3 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add lima beans; stir well. Return to a boil; cover.
- 4 Reduce heat; cook for 6 to 12 minutes.
- 5 Place lima beans in serving pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

BEANS, LIMA (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
126 cal	24 g	7 g	0 g	0 mg	449 mg	50 mg

Ingredient

BEANS,LIMA,CANNED,INCL LIQUIDS

Weight

39-1/4 lbs

Measure

4 gal 2 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place lima beans in a steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

BEANS, WHITE IN TOMATO SAUCE (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
198 cal	37 g	10 g	3 g	13 mg	775 mg	99 mg

Ingredient

BEANS,BAKED,W/PORK,CANNED

Weight

41-1/4 lbs

Measure

4 gal 2-1/2 qts

Issue

Method

- 1 Place in steam-jacketed kettle or stock pot.
- 2 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Place in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

BEETS (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
50 cal	12 g	1 g	0 g	0 mg	446 mg	23 mg

Ingredient

BEETS,CANNED,SLICED,INCL LIQUIDS

Weight

39 lbs

Measure

4 gal 2 qts

Issue**Method**

- 1 Pour off half the liquid.
- 2 Place beets in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

BROCCOLI (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
38 cal	7 g	4 g	0 g	0 mg	105 mg	71 mg

Ingredient

WATER
SALT
BROCCOLI,FROZEN,CHOPPED

Weight

18-3/4 lbs
5/8 oz
30 lbs

Measure

2 gal 1 qts
1 tbsp
5 gal

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add broccoli; stir well. Return to a boil; cover.
- 4 Reduce heat; cook broccoli for 6 to 8 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place broccoli in serving pan. CCP: Hold for service at 140 F. or higher.

BROCCOLI (FRESH)

Yield 100

Portion 3 Stalks

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
38 cal	7 g	4 g	0 g	0 mg	112 mg	69 mg

Ingredient

WATER
SALT
BROCCOLI,FRESH,CHOPPED

Weight

37-5/8 lbs
5/8 oz
30 lbs

Measure

4 gal 2 qts
1 tbsp
9 gal 2-5/8 qts

Issue

49-1/8 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add broccoli; bring water back to a boil. Cover; cook for 10 to 15 minutes.
- 4 Place broccoil in serving pans. CCP: Heat to 145 F. or higher for 15 seconds for service. Hold for service at 140 F. or higher.

BRUSSELS SPROUTS (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
57 cal	11 g	5 g	0 g	0 mg	104 mg	34 mg

Ingredient

WATER
SALT
BRUSSELS SPROUTS,FROZEN

Weight

18-3/4 lbs
5/8 oz
30 lbs

Measure

2 gal 1 qts
1 tbsp
5 gal 2 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add brussels sprouts; stir well. Return to a boil; cover.
- 4 Reduce heat; cook brussels sprouts for 7 to 9 minutes.
- 5 Place brussels sprouts in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CABBAGE (FRESH)

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
33 cal	7 g	2 g	0 g	0 mg	99 mg	67 mg

Ingredient

WATER
 SALT
 CABBAGE, GREEN, FRESH, CHOPPED

Weight

37-5/8 lbs
 5/8 oz
 30 lbs

Measure

4 gal 2 qts
 1 tbsp
 12 gal 5/8 qts

Issue

37-1/2 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add cabbage; bring water back to a boil. Cover; cook cabbage for 10 minutes.
- 4 Place cabbage in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CARROT SLICES (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
53 cal	12 g	2 g	0 g	0 mg	152 mg	45 mg

Ingredient

WATER
SALT
CARROTS,FROZEN,SLICED

Weight

12-1/2 lbs
5/8 oz
30 lbs

Measure

1 gal 2 qts
1 tbsp
6 gal 2-5/8 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add carrots; stir well. Return to a boil; cover.
- 4 Reduce heat; cook carrots 10 to 13 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place carrots in serving pan. CCP: Hold for service at 140 F. or higher.

CARROT SLICES (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
41 cal	10 g	1 g	0 g	0 mg	427 mg	55 mg

Ingredient

CARROTS,CANNED,SLICED,INCL LIQUIDS

Weight

39-1/4 lbs

Measure

4 gal 2-1/8 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place carrots in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place in serving pans. CCP: Hold for service at 140 F. or higher.

CARROTS (1/4 INCH SLICES) (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
59 cal	14 g	1 g	0 g	0 mg	121 mg	39 mg

Ingredient

WATER
SALT
CARROTS,FRESH,SLICED

Weight

25-1/8 lbs
5/8 oz
30 lbs

Measure

3 gal
1 tbsp
6 gal 2-5/8 qts

Issue

36-5/8 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add carrots; bring water back to a boil. Cover; cook carrots for 15 to 25 minutes.
- 4 Place carrots in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CARROT STRIPS (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
53 cal	12 g	1 g	0 g	0 mg	117 mg	36 mg

Ingredient

WATER
 SALT
 CARROTS,FRESH,2" STRIPS

Weight

29-1/4 lbs
 5/8 oz
 27 lbs

Measure

3 gal 2 qts
 1 tbsp
 6 gal 3-7/8 qts

Issue

32-7/8 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add carrots; bring water back to a boil. Cover; cook carrots for 15 minutes.
- 4 Place carrots in serving pans. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

CAULIFLOWER (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
26 cal	5 g	2 g	0 g	0 mg	98 mg	26 mg

Ingredient

WATER
SALT
CAULIFLOWER,FROZEN

Weight

27-7/8 lbs
5/8 oz
30 lbs

Measure

3 gal 1-1/3 qts
1 tbsp

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add cauliflower; stir well.
- 4 Return to a boil; cover.
- 5 Reduce heat; cook cauliflower for 4 to 8 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 6 Place cauliflower in serving pan. CCP: Hold for service at 140 F. or higher.

CAULIFLOWER (FRESH)

Yield 100

Portion 5 Flowerets

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
34 cal	7 g	3 g	0 g	0 mg	116 mg	33 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
WATER	37-5/8 lbs	4 gal 2 qts	
SALT	5/8 oz	1 tbsp	
CAULIFLOWER,FRESH	30 lbs	8 gal 2 qts	36-1/8 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add cauliflower; bring water back to a boil. Cover; cook for 12 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place cauliflower in serving pans. CCP: Hold for service at 140 F. or higher.

CORN, WHOLE KERNEL (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
108 cal	26 g	4 g	1 g	0 mg	75 mg	6 mg

Ingredient

WATER
SALT
CORN,FROZEN,WHOLE KERNEL

Weight

12-1/2 lbs
5/8 oz
27 lbs

Measure

1 gal 2 qts
1 tbsp
4 gal 2-2/3 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add corn; stir well. Return to a boil; cover.
- 4 Reduce heat; cook corn 4 to 6 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place corn in serving pans. CCP: Hold for service at 140 F. or higher.

CORN, WHOLE KERNEL (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	28 g	4 g	1 g	0 mg	384 mg	7 mg

Ingredient

CORN,CANNED,WHOLE KERNEL,INCL LIQUIDS

Weight

39-3/4 lbs

Measure

4 gal 1-5/8 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place corn in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place corn in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

CORN ON THE COB (FROZEN)

Yield 100

Portion 1 Ear

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
123 cal	29 g	4 g	1 g	0 mg	83 mg	10 mg

Ingredient

WATER
 SALT
 CORN ON THE COB,FROZEN

Weight

50-1/8 lbs
 5/8 oz
 27-1/2 lbs

Measure

6 gal
 1 tbsp
 100 each

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add corn; stir well. Return to a boil; cover.
- 4 Reduce heat; cook corn 5 to 10 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place corn in serving pans. CCP: Hold for service at 140 F. or higher.

CORN ON THE COB (FRESH)

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
148 cal	34 g	5 g	2 g	0 mg	100 mg	7 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
WATER	50-1/8 lbs	6 gal	
SALT	5/8 oz	1 tbsp	
CORN ON THE COB,FRESH	55 lbs	5 gal 7/8 qts	60-3/8 each

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add corn; bring water back to a boil. Cover; corn 5 to 10 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place corn in serving pans. CCP: Hold for service at 140 F. or higher.

CREAM STYLE CORN (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	33 g	3 g	1 g	0 mg	514 mg	5 mg

Ingredient

CORN,CANNED,CREAM STYLE

Weight

39-3/4 lbs

Measure

4 gal 1-5/8 qts

Issue

Method

- 1 Place corn in steam-jacketed kettle or stock pot.
- 2 Heat corn to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 3 Place in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

GREENS, COLLARD (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
88 cal	17 g	7 g	1 g	0 mg	774 mg	517 mg

Ingredient

WATER
SALT
GREENS,COLLARD,FROZEN

Weight

25-1/8 lbs
5/8 oz
54 lbs

Measure

3 gal
1 tbsp
9 gal <1/16th qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add greens; stir well. Return to a boil; cover.
- 4 Reduce heat; cook greens 15 to 30 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place greens in serving pans. CCP: Hold for service at 140 F. or higher. Garnish if desired.

GREENS, COLLARD (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
35 cal	7 g	3 g	0 g	0 mg	85 mg	164 mg

Ingredient

WATER
SALT
GREENS,COLLARD,FRESH

Weight

25-1/8 lbs
5/8 oz
30 lbs

Measure

3 gal
1 tbsp
4 gal 1-7/8 qts

Issue

40-1/2 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add greens; bring water back to a boil. Cover; cook greens 20 to 30 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place greens in serving pans. CCP: Hold for service at 140 F. or higher. Garnish if desired.

GREENS, KALE (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
41 cal	8 g	3 g	1 g	0 mg	106 mg	111 mg

Ingredient

WATER
SALT
GREENS,KALE,FRESH

Weight

6-1/4 lbs
5/8 oz
18 lbs

Measure

3 qts
1 tbsp
7 gal 2-1/2 qts

Issue

25-1/3 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add greens; bring water back to a boil. Cover; cook greens 10 to 12 minutes.
- 4 Place greens in serving pans.
- 5 Garnish as desired. CCP: Hold for service at 140 F. or higher.

OKRA (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
37 cal	8 g	2 g	0 g	0 mg	75 mg	100 mg

Ingredient

WATER
SALT
OKRA,FROZEN,CUT

Weight

12-1/2 lbs
5/8 oz
27 lbs

Measure

1 gal 2 qts
1 tbsp
4 gal 5/8 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add okra; stir well. Return to a boil; cover.
- 4 Reduce heat; cook okra 4 to 7 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place okra in serving pan. CCP: Hold for service at 140 F. or higher.

OKRA (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
35 cal	8 g	1 g	0 g	0 mg	556 mg	111 mg

Ingredient

OKRA,CANNED,INCL LIQUIDS

Weight

38 lbs

Measure

4 gal 1-3/8 qts

Issue**Method**

- 1 Pour off half the liquid.
- 2 Place okra in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place okra in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

ONIONS (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
33 cal	7 g	2 g	0 g	0 mg	635 mg	77 mg

Ingredient

ONIONS,CANNED,WHOLE,TINY,INCL LIQUIDS

Weight

37-3/4 lbs

Measure

4 gal 3-1/8 qts

Issue**Method**

- 1 Pour off half the liquid.
- 2 Place onions in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place onions in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

ONIONS (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
52 cal	12 g	2 g	0 g	0 mg	79 mg	31 mg

Ingredient

WATER
SALT
ONIONS,FRESH,SLICED

Weight

37-5/8 lbs
5/8 oz
30 lbs

Measure

4 gal 2 qts
1 tbsp
7 gal 1-5/8 qts

Issue

33-1/3 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add onions; bring water back to a boil. Cover; cook onions 15 to 25 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place vegetables in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.

PEAS (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
103 cal	19 g	7 g	0 g	0 mg	76 mg	35 mg

Ingredient

WATER
SALT
PEAS, GREEN, FROZEN

Weight

15-2/3 lbs
5/8 oz
27 lbs

Measure

1 gal 3-1/2 qts
1 tbsp
5 gal 1-1/4 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add peas; stir well. Return to a boil; cover.
- 4 Reduce heat; cook peas 7 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place vegetables in serving pan. CCP: Hold for service at 140 F. or higher.

PEAS (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	18 g	6 g	0 g	0 mg	448 mg	32 mg

Ingredient

PEAS, GREEN, CANNED, INCL LIQUIDS

Weight

39-1/2 lbs

Measure

4 gal 2-1/8 qts

Issue**Method**

- 1 Pour off half the liquid.
- 2 Place peas in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place peas in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

BLACK-EYED PEAS (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
139 cal	25 g	8 g	1 g	0 mg	539 mg	36 mg

Ingredient

PEAS,BLACKEYE,CANNED,INCL LIQUIDS

Weight

39-3/4 lbs

Measure

4 gal 2-7/8 qts

Issue

Method

- 1 Place black eyed peas in steam-jacketed kettle or stock pot.
- 2 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 3 Place black eyed peas in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

POTATOES, SWEET (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
161 cal	38 g	2 g	0 g	0 mg	80 mg	27 mg

Ingredient

SWEET POTATOES,CANNED,W/SYRUP

Weight

40 lbs

Measure

4 gal 3-7/8 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place sweet potatoes in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place sweet potatoes in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

POTATOES, SWEET (FRESH)

Yield 100

Portion 3 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
164 cal	38 g	3 g	0 g	0 mg	95 mg	38 mg

Ingredient

SWEET POTATOES,FRESH
 WATER
 SALT

Weight

34-1/2 lbs
 37-5/8 lbs
 5/8 oz

Measure

7 gal 1-3/8 qts
 4 gal 2 qts
 1 tbsp

Issue

Method

- 1 Cut sweet potatoes into 1 inch pieces.
- 2 Add salt to water. Bring water to a boil in steam-jacketed kettle or stock pot.
- 3 Add sweet potatoes; bring water back to a boil. Cover; cook 25 to 35 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place sweet potatoes in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.

POTATOES, WHITE (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
76 cal	17 g	2 g	0 g	0 mg	376 mg	68 mg

Ingredient

POTATOES,CANNED,DICED,WHITE,INCL LIQUIDS

Weight

38-1/4 lbs

Measure

3 gal 2-1/2 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place potatoes in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place potatoes in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

POTATOES, WHITE (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
137 cal	32 g	3 g	0 g	0 mg	83 mg	16 mg

Ingredient

WATER
SALT
POTATOES,WHITE,FRESH

Weight

37-5/8 lbs
5/8 oz
35 lbs

Measure

4 gal 2 qts
1 tbsp
6 gal 1-1/2 qts

Issue

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add potatoes; bring water back to a boil. Cover; cook potatoes 20 to 25 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place potatoes in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.

SAUERKRAUT (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
32 cal	7 g	2 g	0 g	0 mg	1113 mg	51 mg

Ingredient

SAUERKRAUT,SHREDDED,CANNED,INCL LIQUIDS

Weight

37-1/8 lbs

Measure

4 gal 1-7/8 qts

Issue

Method

- 1 Place sauerkraut in steam-jacketed kettle or stock pot.
- 2 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 3 Place sauerkraut in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

SPINACH (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
34 cal	6 g	4 g	0 g	0 mg	176 mg	179 mg

Ingredient

WATER
SALT
SPINACH,FROZEN

Weight

6-1/4 lbs
5/8 oz
27 lbs

Measure

3 qts
1 tbsp
4 gal 1/8 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add spinach; stir well. Return to a boil; cover.
- 4 Reduce heat; cook spinach 4 to 6 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place spinach in serving pans. CCP: Hold for service at 140 F. or higher.

SPINACH (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
32 cal	5 g	4 g	1 g	0 mg	532 mg	138 mg

Ingredient

SPINACH,CANNED,INCL LIQUIDS

Weight

36-3/4 lbs

Measure

4 gal 1-7/8 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place spinach in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place spinach in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

SPINACH (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
27 cal	4 g	4 g	0 g	0 mg	167 mg	122 mg

Ingredient

WATER
SALT
SPINACH,FRESH,BUNCH

Weight

6-1/4 lbs
5/8 oz
27 lbs

Measure

3 qts
1 tbsp
25 gal 2 qts

Issue

29-1/3 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Chop spinach. Add chopped spinach; bring water back to a boil. Cover; cook spinach 3 to 10 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place spinach in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.

SQUASH, SUMMER (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
46 cal	10 g	3 g	0 g	0 mg	76 mg	49 mg

Ingredient

WATER
 SALT
 SQUASH,ZUCCHINI,FROZEN,CHOPPED

Weight

3-1/8 lbs
 5/8 oz
 60 lbs

Measure

1 qts 2 cup
 1 tbsp

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add squash; stir well. Return to a boil; cover.
- 4 Reduce heat; cook squash 7 to 9 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place squash in serving pans. CCP: Hold for service at 140 F. or higher.

SQUASH, SUMMER (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
33 cal	7 g	2 g	0 g	0 mg	73 mg	33 mg

Ingredient

WATER
 SALT
 SQUASH,FRESH,SUMMER,SLICED

Weight

1-5/8 lbs
 5/8 oz
 36 lbs

Measure

3 cup
 1 tbsp
 9 gal 1/8 qts

Issue

37-7/8 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add squash; bring water back to a boil. Cover; cook squash 10 to 20 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place squash in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.

SQUASH, FALL AND WINTER (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
54 cal	12 g	3 g	1 g	0 mg	81 mg	20 mg

Ingredient

WATER
SALT
SQUASH,HUBBARD,FRESH

Weight

9-3/8 lbs
5/8 oz
30 lbs

Measure

1 gal 1/2 qts
1 tbsp
7 gal 1-1/3 qts

Issue

33-3/4 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add squash; bring water back to a boil. Cover; cook squash 15 to 30 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place squash in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.

SUCCOTASH (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
114 cal	24 g	5 g	1 g	0 mg	127 mg	21 mg

Ingredient

WATER
SALT
SUCCOTASH,FROZEN

Weight

18-3/4 lbs
5/8 oz
27 lbs

Measure

2 gal 1 qts
1 tbsp
4 gal 3-5/8 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add succotash; stir well. Return to a boil; cover.
- 4 Reduce heat; cook succotash 6 to 12 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place succotash in serving pans. CCP: Hold for service at 140 F. or higher.

TOMATOES (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
33 cal	8 g	2 g	0 g	0 mg	257 mg	52 mg

Ingredient

TOMATOES,CANNED,INCL LIQUIDS

Weight

38-1/4 lbs

Measure

4 gal 5/8 qts

Issue

Method

- 1 Place tomatoes in steam-jacketed kettle or stock pot.
- 2 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 3 Place tomatoes in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.

MIXED VEGETABLES (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
78 cal	16 g	4 g	1 g	0 mg	130 mg	32 mg

Ingredient

WATER
SALT
VEGETABLES,MIXED,FROZEN

Weight

18-3/4 lbs
5/8 oz
27 lbs

Measure

2 gal 1 qts
1 tbsp
4 gal 7/8 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add mixed vegetables; stir well. Return to a boil; cover.
- 4 Reduce heat; cook mixed vegetables 7 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place mixed vegetables in serving pan. CCP: Hold for service at 140 F. or higher.

PEAS AND CARROTS (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
65 cal	14 g	4 g	1 g	0 mg	169 mg	35 mg

Ingredient

WATER
SALT
PEAS & CARROTS,FROZEN

Weight

15-2/3 lbs
5/8 oz
27 lbs

Measure

1 gal 3-1/2 qts
1 tbsp
5 gal 1-7/8 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add peas; stir well. Return to a boil; cover.
- 4 Reduce heat; cook peas 7 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place vegetables in serving pan. CCP: Hold for service at 140 F. or higher.

RUTABAGAS (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
49 cal	11 g	2 g	0 g	0 mg	98 mg	65 mg

Ingredient

WATER
SALT
RUTABAGAS,FRESH

Weight

9-3/8 lbs
5/8 oz
30 lbs

Measure

1 gal 1/2 qts
1 tbsp
6 gal 1/4 qts

Issue

35-1/4 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add rutabagas; bring water back to a boil. Cover; cook rutabagas 15 to 30 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place rutabagas in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.

TURNIPS (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
37 cal	8 g	1 g	0 g	0 mg	162 mg	42 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
WATER	9-3/8 lbs	1 gal 1/2 qts	
SALT	5/8 oz	1 tbsp	
TURNIPS,FRESH	30 lbs	6 gal 2-1/8 qts	37 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add turnips; bring water back to a boil. Cover; cook turnips 15 to 30 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place turnips in serving pans. Garnish as desired. CCP: Hold for service at 140 F. or higher.

GARLIC CHEESE POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
121 cal	23 g	4 g	2 g	3 mg	234 mg	81 mg

Ingredient

POTATOES, WHITE, FRESH, WEDGED
 WATER
 MARGARINE
 MILK, NONFAT, DRY
 WATER
 SALT
 GARLIC POWDER
 CHEESE, PARMESAN, GRATED

Weight

23-7/8 lbs
 12-1/2 lbs
 2 oz
 4-1/2 oz
 5 lbs
 1-1/4 oz
 1-1/4 oz
 14-1/8 oz

Measure

4 gal 1-3/8 qts
 1 gal 2 qts
 1/4 cup 1/3 tbsp
 1-7/8 cup
 2 qts 1-1/2 cup
 2 tbsp
 1/4 cup 1/3 tbsp
 1 qts

Issue

Method

- 1 Wash vegetables thoroughly. In large stock pot, cover peeled, quartered potatoes with cold water; bring to rapid boil; reduce heat; simmer and cook until potatoes are tender throughout.
- 2 Reconstitute milk. Heat margarine, milk, salt, and garlic until just hot. Place potatoes in a large mixer, add 2/3 of the milk mixture, whip until potatoes are just combined. Add remainder of the milk if necessary for a fluffy, not dry, consistency.
- 3 Fold in parmesan cheese. CCP: Hold at 140 F. or higher for service.

GARLIC CHEESE POTATOES (INSTANT)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
117 cal	19 g	4 g	3 g	8 mg	244 mg	82 mg

Ingredient

POTATO,WHITE,INSTANT,GRANULES
 MILK,NONFAT,DRY
 WATER,BOILING
 BUTTER
 SALT
 PEPPER,WHITE,GROUND
 GARLIC POWDER
 CHEESE,PARMESAN,GRATED

Weight

4-3/4 lbs
 5-3/8 oz
 20-7/8 lbs
 8 oz
 1 oz
 1/8 oz
 1-1/4 oz
 14-1/8 oz

Measure

2 gal 3-1/4 qts
 2-1/4 cup
 2 gal 2 qts
 1 cup
 1 tbsp
 1/4 tsp
 1/4 cup 1/3 tbsp
 1 qts

Issue

Method

- 1 Blend instant potatoes and nonfat dry milk together.
- 2 Blend water, butter or margarine, salt, pepper, and garlic powder in mixer bowl.
- 3 At low speed, using wire whip, rapidly add potato and milk mixture to liquid; mix 1/2 minute. Stop mixer; scrape down sides and bottom of bowl.
- 4 Whip at high speed about 2 minutes or until light and fluffy. DO NOT OVERWHIP. Fold in parmesan cheese. CCP: Hold at 140 F. or higher for service.

ITALIAN ROASTED POTATOES

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
129 cal	29 g	3 g	1 g	0 mg	237 mg	26 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 OIL, CANOLA
 OREGANO,CRUSHED
 BASIL,DRIED,CRUSHED
 ROSEMARY,GROUND
 THYME,GROUND
 GARLIC POWDER
 SALT
 PEPPER,BLACK,GROUND
 PARSLEY,FRESH,BUNCH
 TOMATOES,CANNED,DICED,DRAINED

Weight

30 lbs
 1-7/8 oz
 5/8 oz
 1/3 oz
 1/8 oz
 1/8 oz
 1/3 oz
 1-7/8 oz
 1/2 oz
 7-1/3 oz
 3-1/3 lbs

Measure

5 gal 1-7/8 qts
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp
 2 tbsp
 1 tbsp
 1 tbsp
 1 tbsp
 3 tbsp
 2 tbsp
 3 cup
 1 qts 2 cup

Issue

37 lbs
 7-2/3 oz

Method

- 1 Combine diced potatoes, oil, oregano, basil, rosemary, thyme, garlic, salt and pepper. Toss until thoroughly blended.
- 2 Place 8 pounds potatoes in each sheet pan. Roast at 400 F. in conventional oven for 25 minutes or until potatoes are browned and cooked through.
- 3 Add 1 pound drained tomatoes to each pan of potatoes, add parsley and toss. Return to oven and heat until heated through. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

OKRA MELANGE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
47 cal	10 g	2 g	1 g	0 mg	196 mg	73 mg

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED
 GARLIC POWDER
 CELERY, FRESH, CHOPPED
 PEPPERS, GREEN, FRESH, CHOPPED
 OKRA, FROZEN, CUT
 TOMATOES, CANNED, DICED, DRAINED
 SALT
 PEPPER, BLACK, GROUND
 JUICE, LEMON
 PARSLEY, DEHYDRATED, FLAKED
 BREADCRUMBS, DRY, GROUND, FINE

Weight

2 oz
 2 lbs
 2-3/8 oz
 1 lbs
 2 lbs
 14-2/3 lbs
 7-1/8 lbs
 1-1/4 oz
 1/4 oz
 8-5/8 oz
 1/8 oz
 3-3/4 oz

Measure

1/4 cup 1/3 tbsp
 1 qts 1-5/8 cup
 1/2 cup
 3-3/4 cup
 1 qts 2-1/8 cup
 2 gal 1 qts
 3 qts 1 cup
 2 tbsp
 1 tbsp
 1 cup
 1/4 cup 1/3 tbsp
 1 cup

Issue

2-1/4 lbs
 1-3/8 lbs
 2-1/2 lbs

Method

- 1 Spray steam jacketed kettle with non-stick cooking spray. Saute onions and garlic in a steam-jacketed kettle until translucent. Add celery and green peppers. Cook an additional 5 minutes.
- 2 Add thawed okra and drained tomatoes. Cook okra.
- 3 Season with salt, pepper, lemon juice and parsley. Place in baking pans. Sprinkle with bread crumbs. Using a convection oven, bake at 400 F. for 10 minutes or until bread crumbs are brown. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

ROASTED PEPPER POTATOES

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
103 cal	19 g	2 g	2 g	0 mg	170 mg	19 mg

Ingredient

POTATOES,FRESH,PEELED,CUBED
 MILK,NONFAT,DRY
 WATER
 PIMIENTO,CANNED,INCL LIQUIDS
 MARGARINE
 SALT
 PARSLEY,FRESH,BUNCH
 PEPPER,BLACK,GROUND
 COOKING SPRAY,NONSTICK

Weight

20 lbs
 1-3/4 oz
 2 lbs
 1-1/4 lbs
 8 oz
 1-1/4 oz
 7-1/3 oz
 7/8 oz
 2 oz

Measure

3 gal 2-1/2 qts
 3/4 cup
 3-3/4 cup
 3 cup
 1 cup
 2 tbsp
 3 cup
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp

Issue

24-2/3 lbs
 7-2/3 oz

Method

- 1 Steam peeled, cubed potatoes for 15 minutes or until tender.
- 2 Reconstitute milk. Scald milk.
- 3 Whip the hot potatoes; add pimentos, milk, margarine, salt, pepper, and parsley. Mix on medium low speed for 3 to 4 minutes or until thoroughly whipped.
- 4 Divide potatoes evenly among steam table pans. Spray top of potatoes with cooking spray. Using a convection oven, bake at 400 F. 25 minutes or until potatoes are slightly brown. CCP: Hold at 140 F. or higher for service.

ROASTED PEPPER POTATOES (INSTANT)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
104 cal	19 g	2 g	2 g	0 mg	174 mg	30 mg

Ingredient

POTATO,WHITE,INSTANT,GRANULES
 MILK,NONFAT,DRY
 WATER,BOILING
 MARGARINE
 SALT
 PEPPER,WHITE,GROUND
 PIMIENTO,CANNED,INCL LIQUIDS
 PARSLEY,FRESH,BUNCH
 COOKING SPRAY,NONSTICK

Weight

4-3/4 lbs
 5-3/8 oz
 20-7/8 lbs
 8 oz
 1 oz
 1-1/4 lbs
 7 oz
 2 oz

Measure

2 gal 3-1/4 qts
 2-1/4 cup
 2 gal 2 qts
 1 cup
 1 tbsp
 1/4 tsp
 3 cup
 3 cup
 1/4 cup 1/3 tsp

Issue

Method

- 1 Blend potatoes and milk together.
- 2 Blend water, butter or margarine, salt and pepper in mixer bowl.
- 3 At low speed, using wire whip, rapidly add potato and milk mixture to liquid; mix 1/2 minute. Stop mixer; scrape down sides and bottom of bowl.
- 4 Whip at high speed about 2 minutes or until light and fluffy. DO NOT OVERWHIP. Fold in pimentos and parsley.
- 5 Divide potatoes evenly among steam table pans. Spray top of potatoes with cooking spray. Using a convection oven, bake at 400 F. 25 minutes or until potatoes are slightly brown. CCP: Hold at 140 F. or higher for service.