

# Armed Forces Recipe Service

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Washington, DC**

**ARMED FORCES RECIPE SERVICE**

The Armed Forces Recipe Service has been revised and updated and is issued for the purpose of standardizing and improving food prepared and served in military food service operations.

This recipe service is available for use by all Military Services and was coordinated and developed by technical representatives from each of the following:

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## **ARMED FORCES RECIPE SERVICE**

This 2003 revision replaces the 1993 (original), 1997 (Change 1) and 1999 (Change 2) Armed Forces Recipe Service cards. This printing includes all new recipe development and revisions to the 1993, 1997 and 1999 sets of Armed Forces Recipe Service cards. This update contains a new recipe format which reflects the nutritional analysis per serving, located at the top of each recipe card.

New recipes have been incorporated. Some of the recipes are designated with a number 800 and above which represent recipes that include speed scratch items, convenience prepared foods and additional new recipes. Some recipes have been deleted while other recipes that were printed on cards as variations are now individual recipes. Sources of recipes include the U.S. Army Solider and Biological Command, commercial quantity food cookbooks and food product manufacturers.

Replace current recipe cards sets with this 2003 Update. Replace the Index of Recipes, NAVSUP Publication P-7, dated July 1999 with Index of Recipes, dated 2003. An index of recipes is issued to assist food service personnel to easily locate recipes by category to ensure a varied menu. This card should be retained and inserted in the front of the publication.

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## INFORMATION FOR STANDARDIZED RECIPES

Standardized recipes are a necessity for a well-run food service operation. All of the recipes have been developed, tested and standardized for product quality, consistency and yield. Recipes are the most effective management tool for guiding the requisitioning of supplies and controlling breakouts and inventory. The U. S. Dietary Guidelines were among the many considerations in both the selection and development of the recipes included in the file. Many of the recipes have been modified to reduce fat, salt and calories. For new and experienced cooks, consistent use of standardized recipes is essential for quality and economy. The **Armed Forces Recipe Service** contains over 1600 tested recipes yielding 100 portions printed on cards.

**Yield** - The quantity of cooked product a recipe produces. The yield for each recipe in the Armed Forces Recipe is generally given as 100 portions and in some recipes in count or volume, e.g., 2 pans, 8 loaves, 6-1/2 gallons. Portion size is key to determining the quantity of food to be prepared. Many recipes also specify the weight per portion. For example, 3/4 cup (6-1/2 ounces) Beef Stroganoff.

**Ingredients Column** – Ingredients are listed in the order used. The specific form or variety of each ingredient is indicated. For example:

Flour, wheat, general purpose  
Flour, wheat, bread

Eggs, whole  
Egg whites

Sugar, granulated  
Sugar, brown

**Measure, Weights, and Issue Columns** – Measures and Weights indicate the Edible Portion (E.P.) quantity of the ingredient required to prepare the recipe for 100 portions. The issue column represents the As Purchased (A.P.) quantity required if this amount is different from the E.P. quantity.

**Method Column** - Describes how the ingredients are to be combined and cooked. For example, the method will describe the order in which to sift dry ingredients, to thicken a sauce, or to fold in beaten egg whites. The method contains directions for the most efficient order of work, eliminating unnecessary tools and equipment and unnecessary steps in preparation.



**INFORMATION FOR STANDARDIZED RECIPES**  
**RECIPE CONVERSION**

Since few dining facilities serve exactly 100 persons, and, in some instances, the acceptable size portion may be smaller or larger, it is often necessary to reduce or increase a recipe. You may adjust the recipe to yield the number of portions needed, or to use the amount of ingredients available, or to produce a specific number of smaller portions. When increasing or decreasing a recipe, the division or multiplication of pounds and ounces is simplified when decimals are used.

1. To convert the quantities to decimals, use this table:

Weight in Ounces	Decimal of Pound	Weight in Ounces	Decimal of Pound
1	.06	9	.56
2	.13	10	.63
3	.19	11	.69
4 (1/4 lb)	.25	12 (3/4 lb)	.75
5	.31	13	.81
6	.38	14	.88
7	.44	15	.94
8 (1/2 lb)	.50	16 (1 lb)	1.00

For example: 1 lb 4 oz is converted to 1.25 lb; 2 lb 10 oz is converted to 2.63 lb.

2. To adjust the recipe to yield a specific number of portions:

First -- Obtain a working factor by dividing the number of portions needed by 100. For example:

$$348 \text{ (portions needed)} \div 100 = 3.48 \text{ (Working Factor)}$$

Then -- Multiply the quantity of each ingredient by the working factor. For example:

$$1.25 \text{ lb (recipe)} \times 3.48 \text{ (Working Factor)} = 4.35 \text{ lb (quantity needed)}$$

The part of the pound is converted to ounces by multiplying the decimal by 16. For example:

$$.35 \text{ lb} \times 16 \text{ ounces} = 5.60 \text{ ounces}$$

After the part of the pound has been converted to ounces, use the following scale to “round off”:

.00 to .12	=	0	.63 to .87	=	3/4 ounce
.13 to .37	=	1/4 ounce	.88 to .99	=	1 ounce
.38 to .62	=	1/2 ounce			

Thus 5.60 ounces will be “rounded off” to 5 1/2 ounces, and 4 lb 5 1/2 ounces will be the quantity needed (equal to 4.35 lb).

**INFORMATION FOR STANDARDIZED RECIPES RECIPE CONVERSION**

3. To adjust the recipe for volume:

First -- Obtain a working factor by dividing the number of portions needed by 100 as shown in Step 2 of A.1, Recipe Conversion.

$$333/100 = 3.33$$

Then -- Multiply the quantity of each ingredient by the working factor. You will round off to the nearest 1/4 teaspoon. For example, the recipe calls for 6 gallons of water per 100 portions. Portions to prepare are 333.

$$333 / 100 = 3.33 \text{ Working Factor (W/F)}$$

1. W/F x No. of gallons	= gallon	3.33 W/F x 6	= 19.98 GL
2. Decimal (of gal) x 4	= quart (QT)	.98 GL x 4	= 3.92 QT
3. Decimal (of quart) x 2	= pint (PT)	.92 QT x 2	= 1.84 PT
4. Decimal (of pint) x 2	= cup (C)	.84 PT x 2	= 1.68 C
5. Decimal (of tbsp) x 16	= tablespoon (TBSP)	.68 C x 16	= 10.88 TBSP
6. Decimal (of tbsp) x 3	= teaspoon (TSP)	.88 TBSP x 3	= 2.64 TSP
7. Round off decimal portion (see paragraph 2)		.64 TSP	= 3/4 TSP

The amount of water needed for 333 portions is: 19 GL, 3 QT, 1 PT, 1 C, 10 TBSP and 2 3/4 TSP.

NOTE: 4 QT = 1 GL            2 C = 1PT    3 TSP = 1 TBSP  
        2 PT = 1 QT            16 TBSP = 1C

4. To adjust the recipe on the basis of a quantity of an ingredient to be used:

First -- Obtain a Working Factor by dividing the pounds you have to use by the pounds required to yield 100 portions.

For example:

$102 \text{ lb} \div 30 \text{ (lb per 100 servings)} = 3.40 \text{ (Working Factor)}$

Then -- Multiply the quantity of each ingredient in the recipe by the Working Factor.

5. To adjust the recipe to yield a specific number of portions of a specific size:

First -- Divide the desired portion size by the standard portion of the recipe.

$3 \text{ oz (desired size)} \div 4 \text{ oz (standard portion)} = .75$

$348 \text{ (servings needed)} \times .75 = 261$

$261 \div 100 = 2.61 \text{ (Working Factor)}$

Then -- Multiply the quantity of each ingredient in the recipe by the Working Factor.

**DEFINITION OF TERMS USED IN FOOD PREPARATION**

Bake.....	To cook by dry heat in an oven, either covered or uncovered.
Barbecue.....	To roast or cook slowly, basting with a highly seasoned sauce.
Baste.....	To moisten food with liquid or melted fat during cooking to prevent drying of the surface and to add flavor.
Batch Preparation.....	A predetermined quantity or number of servings of food that is to be prepared at selected time intervals in progressive cookery for a given meal period to ensure fresh, high quality cooked food to customers.
Beat.....	To make a mixture smooth by using a fast regular circular and lifting motion which incorporates air into a product.
Blanch.....	To partially cook in deep fat, boiling water or steam.
Blend.....	To mix two or more ingredients thoroughly.
Boil.....	To cook in liquid at boiling point (212° F.) in which bubbles rise and break at the surface.
Braise.....	To brown in small amount of fat, then to cook slowly in small amount of liquid below the boiling point in a covered utensil.
Bread.....	To cover with crumbs or other suitable dry coating ingredient; or to dredge in a mixture of flour seasonings, and/or condiments, dip in a mixture of milk and slightly beaten eggs and then dredge in crumbs.
Broil.....	To cook by direct exposure to heat.
Brown.....	To produce a brown color on the surface of food by subjecting it to heat.

Chop .....	To cut food into irregular small pieces.
Cream .....	To mix until smooth, so that the resulting mixture is softened and thoroughly blended.
Crimp .....	To pinch together in order to seal.
Cube.....	To cut any food into square-shaped pieces.
Dice .....	To cut into small cubes or pieces.
Dock .....	To punch a number of vertical impressions in a dough with a smooth round stick about the size of a pencil to allow for expansion and permit gases to escape during baking.
Dredge .....	To coat with crumbs, flour, sugar or corn meal.
Fermentation.....	The process by which yeast acts on the sugar and starches in the dough to produce carbon dioxide gas and alcohol, resulting in expansion of the dough. During this period, the dough doubles in bulk.
Flake .....	To break lightly into small pieces.
Fold .....	To blend two or more ingredients together with a cutting and folding motion.
Fry .....	To cook in hot fat.
Garnish .....	To decorate with small pieces of colorful food.

Glaze.....	A glossy coat given to foods, as by covering with a sauce or by adding a sugary syrup, icing, etc.
Gluten.....	A tough elastic protein that gives dough its strength and ability to retain gas.
Grate.....	To rub food on a grater and thus break it into tiny pieces.
Grill.....	To cook, uncovered, on a griddle, removing grease as it accumulates. No liquid is added.
Knead.....	To work dough by folding and pressing firmly with palms of hands, turning between foldings.
Marinade.....	A preparation containing spices, condiments, vegetables, and aromatic herbs, and a liquid (acid or oil or combination of these) in which a food is placed for a period of time to enhance its flavor or to increase its tenderness.
Marinate.....	To allow to stand in a marinade to add flavor or tenderness.
Mince.....	To cut or chop into very small pieces.
Panbroil.....	To cook uncovered in a hot frying pan, pouring off fat as it accumulates.
Pare.....	To cut away outer covering.
Peel.....	To remove the outer layer of skin of a vegetable or fruit, etc.

Progressive Cookery.....	The continuous preparation of food in successive steps during the entire serving period (i.e., continuous preparation of vegetables, cook-to-order hamburgers, steaks, fried eggs, pancakes). This procedure ensures fresh, high quality cooked food to customers on a continuous basis. See Batch Preparation.
Proof.....	To allow shaped and panned yeast products like bread and rolls to double in size under controlled atmospheric conditions.
Reconstitute.....	To restore to liquid state by adding water. Also to reheat frozen prepared foods.
Rehydrate.....	To soak, cook, or use other procedures with dehydrated foods to restore water lost during drying.
Roast.....	To cook by dry heat; usually uncovered, in an oven.
Roux.....	Roux is a French word for a mixture of flour and fat, cooked to eliminate the raw, uncooked taste of flour.
Sauté.....	To brown or cook in small amount of fat.
Scald.....	To heat a liquid over hot water or direct heat to a temperature just below the boiling point.
Scale.....	To measure a portion of food by weighing.
Scant.....	Not quite up to stated measure.
Score.....	To make shallow cuts across top of a food item.
Seasoned Flour or Crumbs.....	A mixture of flour or crumbs with seasonings.



Shred.....	To cut or tear into thin strips or pieces using a knife or a shredder attachment.
Sift.....	To put dry ingredients through a sieve.
Simmer.....	To cook gently in a liquid just below the boiling point (190° F. - 210° F.); bubbles will form slowly and break at the surface.
Slurry.....	A lump-free mixture made by whipping cornstarch or flour into cold water or other liquids
Steam.....	To cook over or surrounded by steam.
Stew.....	To simmer in enough liquid to cover solid foods.
Stir.....	To mix two or more ingredients with a circular motion.
Temper.....	To remove from freezer and place under refrigeration for a period of time sufficient to facilitate separation and handling of frozen product. Internal temperature of the food should be approximately 26° F. to 28° F.
Thaw.....	To remove from freezer and place under refrigeration approximately 18-48 hours. Internal temperature should be above 30° F.
Toss.....	To mix ingredients lightly.
Wash.....	The liquid brushed on the surface of unbaked pies or turnovers to give a golden brown color to the crust or on the surface of proofed breads and rolls before baking and on baked bread and rolls to give a shine to the crust.
Whip.....	To beat rapidly with wire whip to increase volume by incorporating air.

**TABLE OF MEASURING EQUIVALENTS**

<b>TSP</b>	<b>TBSP</b>	<b>FLUID OUNCES</b>	<b>CUPS</b>	<b>SCOOPS</b>	<b>LADLES</b>	<b>FLUID MEASURE</b>
3	1	1/2		1-No. 40	Size 0	
	1-1/2	3/4		1-No. 30		
	2	1		1-No. 24		
	2-2/3	1-1/3		1-No. 20	Size 1	
	3	1-1/2		1-No. 16		
	4	2	1/4	1-No. 12		
	5-1/3	2-2/3	1/3	1-No. 10	Size 2	
	6	3	3/8	1-No. 8		
	8	4	1/2	1-No. 6		
	10-2/3	5-1/3	2/3		Size 3	
	12	6	3/4			
	14	7	7/8			
	16	8	1		Size 4	
	18	9	1-1/8			
		12	1-1/2			
		16	2			
		24	3			
		32	4			
	64	8				
	128	16				

NOTE: 1. Use ladles to serve individual portions of liquid or semi-liquid foods.  
 2. Scoop number indicates the number of portions per quart.

**TABLE OF WEIGHTS AND MEASURES FOR CAN SIZES**

<b>CAN SIZE</b>	<b>AVERAGE NET WEIGHT OR FLUID MEASURE PER CAN (SEE NOTE)</b>	<b>AVERAGE CUPS PER CAN</b>	<b>APPROX. CANS PER CASE</b>	<b>NO. CANS EQUIV. NO. 10 CN</b>
No. 10	6 lb 8 oz	12-1/2	6	1
No. 3 cyl	3 lb 2 oz (46 fl oz)	5-3/4	12	2
No. 3 (vacuum)	1 lb 7 oz	2-3/4	24	4-1/2
No. 2-1/2	1 lb 12 oz	3-1/2	24	4
No. 2	1 lb 4 oz	2-1/3	24	5
No. 303	1 lb	2	24	7
No. 300	14 oz	1-3/4	24	7
No. 2 (vacuum)	12 oz	1-1/2	24	8
No. 1 picnic	11 oz	1-1/4	48	10

NOTE: The net weight on can or jar labels differs among foods due to different densities of foods. For example: A No. 10 cn contains 6 lb 3 oz sauerkraut or 7 lb 5 oz cranberry sauce.

**TABLE OF EGG EQUIVALENTS**

FRESH WHOLE EGGS (SHELLED)			DEHYDRATED EGG MIX		
Medium Size	Weight	Volume	Weight	Volume (Approx.)	Water to be Added
1 egg	1.6 oz	3 tbsp	1/2 oz	2 tbsp	2-1/2 tbsp
2 eggs	3.2 oz	6 tbsp	1 oz	1/4 cup	5 tbsp
10 eggs*	1 lb	1-7/8 cups	5 oz	1-1/4 cups	1-1/2 cups
12 eggs	1 lb 3.2 oz	2-1/4 cups	6 oz	1-1/2 cups	scant - 2 cups
20 eggs	2 lb	3-3/4 cups	10 oz	2-1/2 cups	3 cups
40 eggs	4 lb	7-1/2 cups	20 oz	1-1/4 qt (1-No. 3 cyl can)	1-1/2 qt

\* 10 large eggs = 1 lb 2 oz

## NOTES:

1. Frozen Whole Eggs and Frozen Egg Whites may be used in equivalent weights to shelled fresh whole eggs.
2. Dehydrated Egg Mix may be used in most recipes requiring whole eggs as shown in the table above. **DO NOT USE RECONSTITUTED EGGS IN UNCOOKED SALAD DRESSINGS OR OTHER RECIPES WHICH DO NOT REQUIRE COOKING. RECONSTITUTED DEHYDRATED EGG MIX SHOULD BE USED WITHIN ONE HOUR UNLESS REFRIGERATED. DO NOT HOLD OVERNIGHT.** For greater accuracy, weigh dehydrated egg mix.

3. *Reconstitution Methods for Dehydrated Egg Mix*

- a. Method 1. Place dehydrated egg mix in bowl; stir with a wire whip; add 1/2 of the water; whip until a smooth paste is formed; add remaining water; whip until mixture is blended.
- b. Method 2. Add dehydrated egg mix to water; stir to moisten; let stand 5 minutes; whip until smooth.

*For Baked Products*

- a. Method 1. Reconstitute dehydrated egg mix; substitute for eggs in recipe.
- b. Method 2. Sift dehydrated egg mix with dry ingredients; add water in step in Method column where whole eggs are incorporated.

*For Batter Dips.* Dehydrated egg mix may be reconstituted and used.

**GUIDELINES FOR CONTAINER YIELDS FOR CANNED FRUITS**

<b>TYPE OF FRUIT</b>	<b>PORTION SIZE (Approximate)</b>	<b>CAN SIZE</b>	<b>NO. OF CANS FOR 100 PORTIONS</b>
Applesauce	1/2 cup	No. 303 cn	25
		No. 10 cn	4
Applesauce, Instant	1/2 cup	No. 2-1/2 cn	4
Apricots, halved	3 to 5 halves	No. 2-1/2 cn	16
		No. 10 cn	4
Blueberries	1/2 cup	No. 10 cn	4
Cherries, sweet, dark or light, pitted or unpitted	1/2 cup	No. 303 cn	25
		No. 10 cn	4
Cranberry Sauce, strained	1/4 cup	No. 303 cn or 300 cn	13
Cranberry Sauce, whole	1/4 cup	No. 10 cn	2
Figs, Kadota	3 to 4 figs	No. 303 cn	25
Fruit Cocktail	1/2 cup	No. 2-1/2 cn	16
		No. 10 cn	4
Fruit Mix, chunks	1/2 cup	No. 303 cn	25
		No. 10 cn	4
Grapefruit	1/2 cup	No. 303 cn	25
		No. 3 cyl cn	8

<b>TYPE OF FRUIT</b>	<b>PORTION SIZE (Approximate)</b>	<b>CAN SIZE</b>	<b>NO. OF CANS FOR 100 PORTIONS</b>
Peaches, halves	2 halves	No. 2-1/2 cn	16
		No. 10 cn	4
Peaches, quarters or slices	1/2 cup	No. 2-1/2 cn	16
		No. 10 cn	4
Pears, halves	2 halves	No. 2-1/2 cn	16
		No. 10 cn	4
Pears, quarters or slices	1/2 cup	No. 2-1/2 cn	16
		No. 10 cn	4
Pineapple, chunks or tidbits	1/2 cup	No. 2 cn	20
		No. 10 cn	4
Pineapple slices	1 large or 2 small slices	No. 2 cn	20
		No. 10 cn	4
Plums, whole	2 to 3 plums	No. 2-1/2 cn	16
		No. 10 cn	4
Prunes, whole, unpitted	3 prunes	No. 10 cn	1-1/2

**NONFAT DRY MILK  
RECONSTITUTION CHART FOR COOKING**

Nonfat Dry Milk (Conventional)	+	Water	=	Fluid Skim Milk
1-2/3 tbsp		1/2 cup		1/2 cup
3 tbsp		1 cup		1 cup
1-2/3 oz (6 tbsp)		1-7/8 cups		2 cups
3-1/4 oz (3/4 cup)		3-3/4 cups		1 qt
5 oz (1-1/8 cups)		5-3/4 cups		1-1/2 qt
6-1/2 oz (1-1/2 cups)		7-1/2 cups		2 qt
8 oz (1-7/8 cups)		9-1/2 cups		2-1/2 qt
10 oz (2-1/4 cups)		11-1/2 cups		3 qt
11-1/4 oz (2-2/3 cups)		3-1/3 qt		3-1/2 qt
13 oz (3 cups)		3-3/4 qt		1 gal
1 lb 10 oz (1-1/2 qt)		1-7/8 gal		2 gal
2 lb 7 oz (2-1/4 qt)		2-7/8 gal		3 gal
4 lb 2 oz (3-3/4 qt)		4-3/4 gal		5 gal
5 lb 2 oz (4-3/4 qt)		6 gal		6-1/4 gal



- NOTE:
1. Recipes in this file use conventional nonfat dry milk.
  2. Instant nonfat dry milk may be substituted on a pound for pound basis for the nonfat dry milk specified in any recipe. It should be weighed because the measures for instant nonfat dry milk are different from measures for nonfat dry milk (conventional). Nonfat dry milk, instant settles. If instant milk must be measured, follow directions on the container.
  3. For best results, nonfat dry milk should be weighed instead of measured. Measures vary from one manufacturer to another. However, as a general rule, 1 ounce of nonfat dry milk will measure 3-2/3 tablespoons, and 4-1/2 ounces of nonfat dry milk will measure 1 cup.
  4. Dry milk must be reconstituted in clean containers using clean utensils and must be treated like fresh milk after it is reconstituted. It must be refrigerated and protected from contamination.
  5. Dry milk reconstitutes more easily in warm water. It should be stirred into the water with a circular motion using a whip or slotted spoon. It may also be reconstituted in a mixer if a large quantity is being prepared. However, it should be mixed at low speed to prevent excessive foaming.
  6. If nonfat dry milk is to be used for a beverage, it should be weighed using 1 lb dry milk and 3-3/4 qt water per gallon. Chill thoroughly before serving. For 100 portions (8 oz), use 6 lb 4 oz nonfat dry milk and 23-1/2 qt water.

**GUIDELINES FOR USE OF DEHYDRATED ONIONS, GREEN PEPPERS, AND PARSLEY****ONIONS**

Dehydrated, chopped and dehydrated compressed, chopped onions may be used in any recipe which specifies “onions, fresh, chopped or sliced.”

REHYDRATION GUIDE:	Dehydrated Onions +	Water = (70-90° F.)	Rehydrated Onions <b>OR</b>	Fresh Onion Equivalent*
Dehydrated chopped onions	2 oz (9-2/3 tbsp)	1-1/2 cups	8 oz (1-1/4 cups)	1 lb (3 cups) (1 lb 1-3/4 oz A.P.)
	3-1/3 oz (1 cup)	2-1/2 cups	13 oz (2 cups)	1 lb 10 oz (4-3/4 cups) (1 lb 13 oz A.P.)
	1 lb (4-7/8 cups)	3 qt	4 lb (2-1/2 qt)	8 lb (1-1/2 gal) (8 lb 14 oz A.P.)
	2 lb 8 oz (3 qt-1 No. 10 cn)	7-1/2 qt	10 lb (6-1/4 qt)	20 lb (3-3/4 gal) (22 lb 3 oz A.P.)
Dehydrated, compressed chopped onions	1-3/4 oz	1-1/2 cups	8 oz (1-1/8 cups)	1 lb (3 cups) (1 lb 1-3/4 oz A.P.)
	2-1/3 oz	2 cups	10-1/2 oz (1-3/8 cups)	1 lb 5 oz (1 qt) (1 lb 7 oz A.P.)
	1 lb	3 qt	4 lb 8 oz (2-1/2 qt)	9 lb (6-3/4 qt) (10 lb A.P.)
	1 lb 3 oz (1 No. 2-1/2 cn)	3-1/2 qt	5 lb 5-1/2 oz (3 qt)	10 lb 11 oz (2 gal) (11 lb 14 oz A.P.)

\* Volume is for chopped onions.

**FOR RECIPES WITH SMALL AMOUNTS OF LIQUID:** Cover dehydrated onions with 70° F. to 90 F. water. Stir dehydrated compressed onions occasionally to break apart. Let dehydrated onions stand 30 minutes; compressed dehydrated onions 1 hour or more. Drain. Note: Weight of rehydrated onions will be less than weight of dry onions but appearance and flavor will be similar.

**FOR SOUPS, STEWS, SAUCES OR RECIPES WITH A LOT OF LIQUID:** Add dehydrated chopped or dehydrated compressed onions directly.

**GREEN PEPPERS**

Dehydrated green peppers may be used in any recipe which specifies “peppers, sweet, diced or chopped.”

REHYDRATION GUIDE:	Dehydrated Peppers +	Cold Water = (35-55° F.)	Rehydrated Peppers <b>OR</b>	Sweet Peppers Equivalent*
	1 oz (2/3 cup)	2 cups	6-1/2 oz (1-1/3 cups)	6-1/2 oz (1-1/4 cups) (8 oz A.P.)
	1 lb (2-1/2 qt)	2 gal	6 lb 8 oz (5-1/2 qt)	6 lb 8 oz (1-1/4 gal)(7 lb 15 oz A.P.)

\* Volume is for chopped peppers

FOR SALADS OR UNCOOKED DISHES: Cover with cold water. Refrigerate 1 hour or overnight. Drain.

FOR RECIPES WITH SMALL AMOUNTS OF LIQUID: Cover with cold water. Let stand 30 minutes. Drain.

FOR SOUPS, STEWS, SAUCES OR RECIPES WITH A LOT OF LIQUID: Add dehydrated peppers directly.

**PARSLEY**

Dehydrated parsley may be used in any recipe which specifies “chopped, fresh parsley.”

REHYDRATION GUIDE:	Dehydrated Parsley +	Cold Water = (30-35° F.)	Rehydrated Parsley <b>OR</b>	Fresh Parsley Equivalent*
	1 oz (1-2/3 cup)	3-1/3 cups	8 oz (1-3/4 cups)	9 oz (4-1/4 cups) (9-1/2 oz A.P.)

\* Volume is for chopped parsley

FOR SALADS OR UNCOOKED DISHES: Cover with ice cold water. Let stand 3 to 5 minutes. Drain.

FOR SOUPS, STEWS, SAUCES OR RECIPES WITH A LOT OF LIQUID: Add dehydrated parsley directly.

**GUIDELINES FOR FRUIT BARS**

Fruit bars provide important sources of nutrients such as Vitamins A and C, and fiber. All fruits are low in fat and calories and none contain cholesterol. They may be set up for service at breakfast, lunch, dinner and brunch meals. A variety of fresh, canned and frozen fruits may be used.

Preparation: Wash all fresh fruits except bananas. Drain well. Refrigerate until ready to serve. Keep bananas in a cool, dry place until ready to serve.

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Apples, canned, drained	1/4 cup (1-1/2 oz)	13 lb 8 oz (2-No. 10 cn)	12 lb
Apples, fresh, eating	1 apple (6 oz)	37 lb 8 oz	
Applesauce, canned	1/4 cup (2 oz)	14 lb 10 oz (2-1/6-No. 10 cn)	
Apricots, canned, halves, drained	3 halves (1-1/2 oz)	20 lb 4 oz (3-No. 10 cn)	11 lb 10 oz
Apricots, fresh	2 apricots (2-1/2 oz)	16 lb 11 oz	
Bananas, fresh, peeled, sliced	1/2 cup (2-1/2 oz)	28 lb	18 lb 3 oz
Bananas, fresh	1 banana (6 oz)	40 lb	

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Blueberries, canned drained	1/2 cup (4-1/2 oz)	52 lb 10 oz (8-1/4-No. 10 cn)	28 lb 6 oz
Cantaloupe, fresh, quartered, unpared	1/4 small cantaloupe (3 oz)	21 lb 14 oz	
Cantaloupe, fresh, pared, 1 inch pieces	1/2 cup (2-1/2 oz)	35 lb	17 lb 14 oz
Casaba melons, fresh, unpared, sliced	1/10 melon (4 oz)	31 lb 4 oz	
Casaba melons, fresh, pared 1 inch pieces	1/2 cup (2-1/2 oz)	29 lb 11 oz	17 lb 12 oz
Cherries, canned, sweet, drained	1/2 cup (3-1/2 oz)	38 lb 13 oz (5-3/4 No.-10 cn)	23 lb 14 oz
Cherries, fresh, sweet	1/2 cup (2-1/2 oz)	17 lb 10 oz	

**GUIDELINES FOR FRUIT BARS - CONTINUED**

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Coconut, prepared, sweetened, flakes	1 tbsp	1 lb 5 oz	
Fruit cocktail, canned, drained	1/2 cup (4 oz)	42 lb 3 oz (6-1/4-No. 10 cn)	27 lb 12 oz
Fruits, chunks, mixed, canned, drained	1/2 cup (3 oz)	39 lb 2 oz (5-3/4-No. 10 cn)	26 lb 3 oz
Grapefruit, canned, drained	1/2 cup (4 oz)	46 lb 14 oz (15-No. 3 cyl cn or 47-No. 303 cn)	25 lb 10 oz
Grapefruit, fresh, halved	1/2 grapefruit (8-3/4 oz)	54 lb 11 oz	
Grapefruit, fresh, segments	1/2 cup (4 oz)	48 lb	25 lb
Grapes, fresh	1/2 cup (2-1/2 oz)	16 lb 11 oz	
Honeyball melons, fresh, unpared, sliced	1/10 melon (3 oz)	40 lb 15 oz	
Honeyball melons, fresh, pared, 1 inch pieces	1/2 cup (2-1/2 oz)	37 lb 14 oz	17 lb 7 oz
Honeydew melons, fresh, unpared, sliced	1/10 melon (3 oz)	40 lb 15 oz	

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Honeydew melons, fresh, pared, 1 inch pieces	1/2 cup (2-1/2 oz)	37 lb 14 oz	17 lb 7 oz
Kiwifruit, fresh, pared, sliced	2 slices (1/2 oz)	5 lb 14 oz	5 lb 1 oz
Mangoes, fresh, pared, diced	1/2 cup (3 oz)	27 lb 12 oz	19 lb 3 oz
Mangoes, fresh, pared, sliced	4 slices (2 oz)	18 lb 9 oz	12 lb 12 oz
Nectarines, fresh	1 nectarine (4-1/2 oz)	28 lb 2 oz	
Oranges, fresh, peeled, sliced	3 slices (2 oz)	20 lb 9 oz	14 lb 9 oz
Oranges, fresh	1 orange (6 oz)	37 lb 8 oz	
Oranges, Mandarin, canned, drained	1/4 cup (1-1/2 oz)	20 lb 4 oz (3 No. 10 cn)	10 lb 15 oz
Papaya, fresh, pared, seeded, cubed	1/2 cup (2-1/2 oz)	24 lb	15 lb 11 oz

**GUIDELINES FOR FRUIT BARS - CONTINUED**

ITEM	PORTION SIZE	100 PORTIONS	
		A.P. WEIGHT OR CONTAINER	E.P.
Papaya, fresh, pared, sliced	3 slices (2 oz)	22 lb 8 oz	14 lb 11 oz
Peaches, canned, halves, drained	2 halves (4 oz)	45 lb 9 oz (6-3/4-No 10 cn)	27 lb 7 oz
Peaches, canned, quarters/slices, drained	1/2 cup (4 oz)	43 lb 14 oz (6-1/2-No. 10 cn)	27 lb
Peaches, fresh	1 peach (4 oz)	25 lb	
Peaches, frozen	1/2 cup (4 oz)	27 lb 13 oz (4-1/4-No. 10 cn)	
Pears, canned, halves, drained	2 halves (3-1/2 oz)	41 lb 7 oz (6-1/4-No. 10 cn)	25 lb
Pears, canned, quarters/slices, drained	1/2 cup (3-1/2 oz)	36 lb 7 oz (5-1/2-No. 10 cn)	22 lb 8 oz
Pears, fresh	1 pear (5-1/2 oz)	36 lb	
Persian melons, fresh, unpared, sliced	1/10 melon (3 oz)	45 lb 13 oz	
Persian melons, fresh, pared, diced	1/2 cup (2-1/2 oz)	41 lb 4 oz	17 lb 5 oz
Pineapple, canned, chunks/tidbits, drained	1/2 cup (3-1/2 oz)	37 lb 2 oz (5-1/2-No. 10 cn)	22 lb 10 oz



## A. GENERAL INFORMATION No. 13(3)

Pineapple, canned, slices, drained	2 slices (2 oz)	25 lb 5 oz (3-3/4 No. 10 cn)	14 lb 7 oz
Pineapple, fresh, pared, cored, 1 inch pieces	1/2 cup (2-1/2 oz)	33 lb 4 oz	17 lb 5 oz
Plums, canned, drained	3 plums (2-1/2 oz)	32 lb 1 oz (4-3/4-No. 10 cn)	17 lb 13 oz
Plums, fresh	1 plum (2-1/2 oz)	15 lb 10 oz	
Prunes, whole, canned, drained	3 prunes (1-1/2 oz)	10 lb 1 oz (1-2/5-No. 10 cn)	9 lb 10 oz
Raisins	1 tbsp	2 lb 4 oz (1/2-No. 10 cn)	
Raspberries, frozen	1/2 cup (4 oz)	27 lb 13 oz (4-1/4-No. 10 cn)	
Strawberries, fresh, sliced	1/2 cup (2-1/2 oz)	18 lb 4 oz	17 lb 3 oz
Strawberries, fresh, whole	1/2 cup (2-1/2 oz)	16 lb 9 oz	15 lb 10 oz
Strawberries, frozen, sliced	1/2 cup (4 oz)	27 lb 13 oz (4-1/4-No. 10 cn)	
Tangelos, fresh	1 tangelo (6 oz)	37 lb 8 oz	
Tangerines, fresh	1 tangerine (3-1/2 oz)	22 lb 15 oz	
Watermelons, fresh, unpared, wedge (1 inch by 4 inches)	1 wedge (4 oz)	51 lb	
Watermelons, fresh, pared, 1 inch pieces	1/2 cup (2-1/2 oz)	34 lb	17 lb 11 oz

## CONVERSION OF QUANTITIES IN RECIPES

### Weight Conversion Chart

The following chart for weights permit easy adjustment of recipes to yield the number of portions actually needed. Since recipes are based on 100 portions, find the amount as specified in the recipe under the column headed 100 portions, and then use the amount shown in the column with the heading for the number of portions to be prepared, i.e., if a recipe for 100 uses 1 pound of flour, find 1 pound under the column headed 100 portions and then look in the column under 125 portion and you will see that you should use 1 pound 4 ounces to prepare 125 portions of the item.

Oz = ounce Lb = pound

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
1/10 oz	1/4 oz	1/2 oz	3/4 oz	1 oz	1 1/4 oz	1 1/2 oz	1 3/4 oz	2 1/2 oz	2 3/4 oz	3 oz
1/5 oz	1/2 oz	1 oz	1 1/2 oz	2 oz	2 1/2 oz	3 oz	3 1/2 oz	5 oz	5 1/2 oz	6 oz
3/10 oz	3/4 oz	1 1/2 oz	2 1/4 oz	3 oz	3 3/4 oz	4 1/2 oz	5 1/4 oz	7 1/2 oz	8 1/4 oz	9 oz
2/5 oz	1 oz	2 oz	3 oz	4 oz	5 oz	6 oz	7 oz	10 oz	11 oz	12 oz
1/2 oz	1 1/4 oz	2 1/2 oz	3 3/4 oz	5 oz	6 1/4 oz	7 1/2 oz	8 3/4 oz	12 1/2 oz	13 3/4 oz	15 oz
3/5 oz	1 1/2 oz	3 oz	4 1/2 oz	6 oz	7-1/2 oz	9 oz	10 1/2 oz	15 oz	1 lb	1 lb 2 oz
7/10 oz	1 3/4 oz	3 1/2 oz	5 1/4 oz	7 oz	8 3/4 oz	10 1/2 oz	12 1/4 oz	1 lb 2 oz	1 lb 4 oz	1 lb 5 oz

## A. GENERAL INFORMATION No. 15(1)

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
4/5 oz	2 oz	4 oz	6 oz	8 oz	10 oz	12 oz	14 oz	1 lb 4 oz	1 lb 6 oz	1 lb 8 oz
7/8 oz	2 1/4 oz	4 1/2 oz	6 3/4 oz	9 oz	11 1/4 oz	13 1/2 oz	15 3/4 oz	1 lb 6 oz	1 lb 8 oz	1 lb 11 oz
1 oz	2 1/2 oz	5 oz	7 1/2 oz	10 oz	12 1/2 oz	15 oz	1 lb 2 oz	1 lb 10 oz	1 lb 12 oz	1 lb 14 oz
1 1/8 oz	2 3/4 oz	5 1/2 oz	8 1/4 oz	11 oz	13 3/4 oz	1 lb	1 lb 4 oz	1 lb 12 oz	1 lb 14 oz	2 lb 2 oz
1 1/4 oz	3 oz	6 oz	9 oz	12 oz	15 oz	1 lb 2 oz	1 lb 5 oz	1 lb 14 oz	2 lb 2 oz	2 lb 4 oz
1 1/3 oz	3 1/4 oz	6 1/2 oz	9 3/4 oz	13 oz	1 lb	1 lb 4 oz	1 lb 6 oz	2 lb	2 lb 4 oz	2 lb 8 oz
1 3/8 oz	3 1/2 oz	7 oz	10 1/2 oz	14 oz	1 lb 2 oz	1 lb 5 oz	1 lb 8 oz	2 lb 4 oz	2 lb 6 oz	2 lb 10 oz
1 1/2 oz	3 3/4 oz	7 1/2 oz	11 oz	15 oz	1 lb 2 oz	1 lb 6 oz	1 lb 10 oz	2 lb 5 oz	2 lb 10 oz	2 lb 14 oz
1 5/8 oz	4 oz	8 oz	12 oz	1 lb	1 lb 4 oz	1 lb 8 oz	1 lb 12 oz	2 lb 8 oz	2 lb 12 oz	3 lb
2 oz	5 oz	10 oz	15 oz	1 lb 4 oz	1 lb 10 oz	1 lb 14 oz	2 lb 4 oz	3 lb 2 oz	3 lb 8 oz	3 lb 12 oz
2 2/5 oz	6 oz	12 oz	1 lb 2 oz	1 lb 8 oz	1 lb 14 oz	2 lb 4 oz	2 lb 10 oz	3 lb 12 oz	4 lb 2 oz	4 lb 8 oz
2 4/5 oz	7 oz	14 oz	1 lb 5 oz	1 lb 12 oz	2 lb 4 oz	2 lb 10 oz	3 lb 2 oz	4 lb 6 oz	4 lb 14 oz	5 lb 4 oz
3 1/5 oz	8 oz	1 lb	1 lb 8 oz	2 lb	2 lb 8 oz	3 lb	3 lb 8 oz	5 lb	5 lb 8 oz	6 lb
3 3/5 oz	9 oz	1 lb 2 oz	1 lb 11 oz	2 lb 4 oz	2 lb 14 oz	3 lb 6 oz	4 lb	5 lb 10 oz	6 lb 4 oz	6 lb 12 oz
4 oz	10 oz	1 lb 4 oz	1 lb 14 oz	2 lb 8 oz	3 lb 2 oz	3 lb 12 oz	4 lb 6 oz	6 lb 4 oz	6 lb 14 oz	7 lb 8 oz

**CONVERSION OF QUANTITIES IN RECIPES**  
**Weight Conversion Chart**

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
4 2/5 oz	11 oz	1 lb 6 oz	2 lb 2 oz	2 lb 12 oz	3 lb 8 oz	4 lb 2 oz	4 lb 14 oz	6 lb 14 oz	7 lb 10 oz	8 lb 4 oz
4 4/5 oz	12 oz	1 lb 8 oz	2 lb 4 oz	3 lb	3 lb 12 oz	4 lb 8 oz	5 lb 4 oz	7 lb 8 oz	8 lb 4 oz	9 lb
5 1/5 oz	13 oz	1 lb 10 oz	2 lb 8 oz	3 lb 4 oz	4 lb 2 oz	4 lb 14 oz	5 lb 11 oz	8 lb 2 oz	9 lb	9 lb 12 oz
5 3/5 oz	14 oz	1 lb 12 oz	2 lb 10 oz	3 lb 8 oz	4 lb 6 oz	5 lb 4 oz	6 lb 2 oz	8 lb 12 oz	9 lb 10 oz	10 lb 8 oz
6 oz	15 oz	1 lb 14 oz	2 lb 14 oz	3 lb 12 oz	4 lb 11 oz	5 lb 10 oz	6 lb 10 oz	9 lb 6 oz	10 lb 5 oz	11 lb 4 oz
6 2/5 oz	1 lb	2 lb	3 lb	4 lb	5 lb	6 lb	7 lb	10 lb	11 lb	12
8 oz	1 lb 4 oz	2 lb 8 oz	3 lb 12 oz	5 lb	6 lb 4 oz	7 lb 8 oz	8 lb 12 oz	12 lb 8 oz	13 lb 12 oz	15 lb
9 3/5 oz	1 lb 8 oz	3 lb	4 lb 8 oz	6 lb	7 lb 8 oz	9 lb	10 lb 8 oz	15 lb	16 lb 8 oz	18 lb
11 1/5 oz	1 lb 12 oz	3 lb 8 oz	5 lb 4 oz	7 lb	8 lb 12 oz	10 lb 8 oz	12 lb 4 oz	17 lb 8 oz	19 lb 4 oz	21 lb
12 4/5 oz	2 lb	4 lb	6 lb	8 lb	10 lb	12 lb	14 lb	20 lb	22 lb	24 lb
1 lb	2 lb 8 oz	5 lb	7 lb 8 oz	10 lb	12 lb 8 oz	15 lb	17 lb 8 oz	25 lb	27 lb 8 oz	30 lb
1 lb 4 oz	3 lb	6 lb	9 lb	12 lb	15 lb	18 lb	21 lb	30 lb	33 lb	36 lb
1 lb 8 oz	3 lb 12 oz	7 lb 8 oz	11 lb 4 oz	15 lb	18 lb 12 oz	22 lb 8 oz	26 lb 4 oz	37 lb 8 oz	41 lb 4 oz	45 lb
2 lb	5 lb	10 lb	15 lb	20 lb	25 lb	30 lb	35 lb	50 lb	55 lb	60 lb
3 lb	7 lb 8 oz	15 lb	22 lb 8 oz	30 lb	37 lb 8 oz	45 lb	52 lb 8 oz	75 lb	82 lb 8 oz	90 lb

## CONVERSION OF QUANTITIES IN RECIPES

### Measure Conversion Chart

The following chart for measures permits easy adjustments of recipes to yield the number of portions actually needed. Since recipes are based on 100 portions, find the amount as specified in the recipe under column headed 100 portions and then use the amount shown in the column with the heading for the number of portions to be prepared, i.e., if a recipe for 100 uses 3 cups of flour, find 3 cups under the column headed 100 portions and then look in the column under 125 portions and you will see that you should use 3  $\frac{3}{4}$  cups to prepare 125 portions of the item.

tsp – teaspoon

tbsp – tablespoon

qt – quart

gal - gallon

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
.....	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp	1 tsp	1 $\frac{1}{4}$ tsp	1 $\frac{1}{2}$ tsp	1 $\frac{3}{4}$ tsp	2 $\frac{1}{2}$ tsp	2 $\frac{3}{4}$ tsp	1 tbsp
.....	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp	2 tsp	2 $\frac{1}{2}$ tsp	1 tbsp	3 $\frac{1}{2}$ tsp	1 $\frac{2}{3}$ tbsp	1 $\frac{7}{8}$ tbsp	2 tbsp
$\frac{1}{4}$ tsp	$\frac{3}{4}$ tsp	1 $\frac{1}{2}$ tsp	2 tsp	1 tbsp	3 $\frac{3}{4}$ tsp	1 $\frac{1}{3}$ tbsp	1 $\frac{2}{3}$ tbsp	2 $\frac{1}{3}$ tbsp	2 $\frac{2}{3}$ tbsp	3 tbsp
$\frac{1}{2}$ tsp	1 $\frac{1}{2}$ tsp	1 tbsp	1 $\frac{2}{3}$ tbsp	2 tbsp	2 $\frac{2}{3}$ tbsp	3 tbsp	3 $\frac{2}{3}$ tbsp	5 tbsp	5 $\frac{2}{3}$ tbsp	6 tbsp
$\frac{3}{4}$ tsp	2 $\frac{1}{4}$ tsp	1 $\frac{2}{3}$ tbsp	2 $\frac{1}{3}$ tbsp	3 tbsp	$\frac{1}{4}$ cup	4 $\frac{2}{3}$ tbsp	5 tbsp	7 $\frac{2}{3}$ tbsp	$\frac{1}{2}$ cup	9 tbsp
1 tsp	1 tbsp	2 tbsp	3 tbsp	$\frac{1}{4}$ cup	5 tbsp	6 tbsp	7 tbsp	10 tbsp	11 tbsp	$\frac{3}{4}$ cup
1 $\frac{1}{2}$ tsp	3 $\frac{3}{4}$ tsp	2 $\frac{2}{3}$ tbsp	4 tbsp	5 tbsp	6 tbsp	7 $\frac{2}{3}$ tbsp	9 tbsp	12 $\frac{2}{3}$ tbsp	14 tbsp	1 cup
1 $\frac{3}{4}$ tsp	4 $\frac{1}{2}$ tsp	3 tbsp	4 $\frac{2}{3}$ tbsp	6 tbsp	7 $\frac{2}{3}$ tbsp	$\frac{1}{2}$ cup	10 $\frac{2}{3}$ tbsp	15 tbsp	1 cup	1 cup + 2 tbsp
2 tsp	5 $\frac{1}{4}$ tsp	3 $\frac{2}{3}$ tbsp	5 tbsp	7 tbsp	9 tbsp	10 $\frac{2}{3}$ tbsp	$\frac{3}{4}$ cup	1 cup + 1 $\frac{2}{3}$ tbsp	1 cup + 3 tbsp	1 $\frac{1}{3}$ cups

## A. GENERAL INFORMATION No. 16(1)

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
2 ¼ tsp	2 tbsp	4 tbsp	6 tbsp	½ cup	10 tbsp	¾ cup	14 tbsp	1 ¼ cups	1 cup + 6 tbsp	1 ½ cups
2 ½ tsp	2 tbsp	4 2/3 tbsp	7 tbsp	9 tbsp	11 tbsp	13 2/3 tbsp	1 cup	1 cup + 6 tbsp	1 ½ cups	1 ¾ cups
1 tbsp	2 2/3 tbsp	5 tbsp	7 2/3 tbsp	10 tbsp	¾ cup	1 cup	1 cup + 2 tbsp	1 ½ cups	1 ¾ cups	2 cups
3 ¼ tsp	3 tbsp	5 2/3 tbsp	8 tbsp	11 tbsp	14 tbsp	1 cup	1 cup + 3 tbsp	1 ¾ cups	2 cups	2 1/8 cups
3 ½ tsp	3 tbsp	6 tbsp	9 tbsp	¾ cup	1 cup	1 cup + 2 tbsp	1 ¼ cups	2 cups	2 cups + 2 tbsp	2 ¼ cups
3 ¾ tsp	3 tbsp	6 2/3 tbsp	10 tbsp	13 tbsp	1 cup	1 ¼ cups	1 ½ cups	2 cups	2 ¼ cups	2 ½ cups
1 1/3 tbsp	3 2/3 tbsp	7 tbsp	10 2/3 tbsp	14 tbsp	1 cup + 2 tbsp	1 1/3 cups	1 ½ cups	2 cups + 3 tbsp	2 1/3 cups	2 ½ cups
4 ½ tsp	3 ¾ tbsp	7 2/3 tbsp	11 tbsp	15 tbsp	1 ¼ cups	1 ½ cups	1 ¾ cups	2 1/3 cups	2 ¾ cups	2 7/8 cups
4 ¾ tsp	¼ cup	½ cup	¾ cup	1 cup	1 ¼ cups	1 ½ cups	1 ¾ cups	2 ½ cups	2 ¾ cups	3 cups
2 tbsp	5 tbsp	10 tbsp	1 cup	1 ¼ cups	1 ½ cups	2 cups	2 ¼ cups	3 cups	3 ½ cups	3 ¾ cups
7 tsp	6 tbsp	¾ cup	1 cup + 2 tbsp	1 ½ cups	2 cups	2 ¼ cups	2 ¾ cups	3 ¾ cups	1 qt	4 ½ cups

**CONVERSION OF QUANTITIES IN RECIPES****Measure Conversion Chart**

10 Portions	25 Portions	50 Portions	75 Portions	100 Portions	125 Portions	150 Portions	175 Portions	250 Portions	275 Portions	300 Portions
8 ¼ tsp	7 tbsp	14 tbsp	1 1/3 cups	1 ¾ cups	2 ¼ cups	2 ¾ cups	3 cups	4 ½ cups	4 ¾ cups	5 ¼ cups
9 ½ tsp	½ cup	1 cup	1 ½ cups	2 cups	2 ½ cups	3 cups	3 ½ cups	5 cups	5 ½ cups	1 ½ qt
10 ¾ tsp	½ cup + 1 tbsp	1 cup + 2 tbsp	1 ¾ cups	2 ¼ cups	2 ¾ cups	3 ½ cups	1 qt	5 ¾ cups	1 ½ qt	6 ¾ cups
¼ cup	10 tbsp	1 ¼ cups	2 cups	2 ½ cups	3 cups + 2 tbsp	3 ¾ cups	4 ½ cups	6 ¼ cups	1 ¾ qt	7 ½ cups
4 ¾ tbsp	¾ cup	1 ½ cups	2 ¼ cups	3 cups	3 ¾ cups	4 ½ cups	5 ¼ cups	7 ½ cups	8 ¼ cups	2 ¼ qt
5 2/3 tbsp	14 tbsp	1 ¾ cups	2 ½ cups	3 ½ cups	4 ½ cups	1 ¼ qt	1 ½ qt	2 ¼ qt	9 ¾ cups	10 ½ cups
6 ¼ tbsp	1 cup	2 cups	3 cups	1 qt	1 ¼ qt	1 ½ qt	1 ¾ qt	2 ½ qt	2 ¾ qt	3 qt
½ cup	1 ¼ cups	2 ½ cups	3 ¾ cups	1 ¼ qt	6 ¼ cups	7 ½ cups	8 ¾ cups	12 ½ cups	3 ½ qt	3 ¾ qt
9 ¾ tbsp	1 ½ cups	3 cups	4 ½ cups	1 ½ qt	7 ½ cups	2 ¼ qt	10 ½ cups	3 ¾ qt	1 gal	4 ½ qt
11 tbsp	1 ¾ cups	3 ½ cups	5 ¼ cups	7 cups	8 ¾ cups	10 ½ cups	3 qt	1 gal + 1 ½ cups	1 gal + 3 ¼ cups	5 ¼ qt
12 ¾ tbsp	2 cups	1 qt	1 ½ qt	2 qt	2 ¼ qt	3 qt	3 ½ qt	1 ¼ gal	5 ½ qt	1 ½ gal
1 ¼ cups	3 cups	1 ½ qt	2 ¼ qt	3 qt	3 ¾ qt	4 ½ qt	5 ¼ qt	7 ½ qt	2 gal	2 ¼ gal
1 ½ cups	1 qt	2 qt	3 qt	1 gal	1 ¼ gal	1 ½ gal	1 ¾ gal	2 ½ gal	2 ¾ gal	3 gal
3 cups	2 qt	1 gal	1 ½ gal	2 gal	2 ¼ gal	3 gal	3 ½ gal	5 gal	5 ½ gal	6 gal
4 ½ cups	3 qt	1 ½ gal	2 ¼ gal	3 gal	3 ¾ gal	4 ½ gal	5 ¼ gal	7 ¼ gal	8 gal	9 gal
1 ½ qt	1 gal	2 gal	3 gal	4 gal	5 gal	6 gal	7 gal	10 gal	11 gal	12 gal
7 ½ cups	1 ¼ gal	2 ½ gal	3 ¾ gal	5 gal	6 ¼ gal	7 ½ gal	8 ¾ gal	12 ½ gal	13 ¾ gal	15 gal

## **GUIDELINES FOR HANDLING FROZEN FOODS**

Proper storage and thawing procedures for frozen foods are essential for keeping foods safe and palatable. Some foods, such as vegetables, do not need to be thawed before cooking. Many recipes require meat to be only partially thawed or tempered, to facilitate separation before cooking; this prevents excessive moisture loss. Unless otherwise indicated, preparation methods and cooking times are for thawed meat, fish and poultry.

Frozen foods should be stored at or below 0° F. and thawed at 36° F. DO NOT refreeze foods that have been thawed; cook and serve as soon as possible to promote maximum quality and safety.

**FROZEN FRUITS:** Thaw unopened under refrigeration (36° F. to 38° F.) or covered with cold water.

**FROZEN FRUIT JUICES AND CONCENTRATES:** These do not require thawing.

**FROZEN VEGETABLES:** These do not require thawing before cooking. For faster cooking, Brussels sprouts, broccoli, asparagus, cauliflower, and leafy greens may be partially thawed under refrigeration.

**FROZEN MEATS:** Improper thawing of meat encourages bacterial growth and also results in unnecessary loss of meat juices, poor quality and loss of yield and nutrients. To thaw meat, remove from shipping container, but leave inside wrappings (usually polyethylene bags) on meat. Thaw under refrigeration (36° F. to 38° F.) until almost completely thawed. Spread out large cuts, such as roasts, to allow air to circulate. The length of the thawing period will vary accordingly to the size of meat cut, the temperature and degree of air circulation in the chill space, and the quantity of meat being thawed in a given space. Boneless meats generally require 26 to 48 hours to thaw at 36° F. to 38° F.



Meat may be cooked frozen or tempered except for a few cuts which require complete thawing (i.e., bulk ground beef, bulk beef patty mix, braising Swiss steak, bulk pork sausage and diced beef for stewing.)

Roasts, when cooked from the frozen state, will require one-third to one-half more cooking time than thawed roasts. The addition of seasonings, if required, must be delayed until the outside is somewhat thawed and the surface is sufficiently moist to retain the seasonings. The insertion of meat thermometers must also be delayed until roasts are partially thawed. Grill steaks, pork chops and liver should be tempered before cooking to ensure a moist, palatable product. (Temper - To remove from freezer and place under refrigeration for a period of time sufficient to facilitate separation and handling of frozen product. Internal temperature of the food should be approximately 26° F. to 28° F.). Pork sausage patties and pork and beef sausage links should be cooked frozen.

**FROZEN SEAFOOD:** Fish fillets and steaks may be cooked frozen or thawed. Any fish that is to be breaded or batter dipped should be thawed. Clams, crabmeat, oysters, scallops and shrimp should be kept wrapped while thawing. Fish and shellfish should be thawed under refrigeration (36° F. to 38° F.) and require 12 hours to thaw.

Frozen, whole lobster, king crab legs, spiny lobster tail, breaded fish portions or nuggets, batter-dipped fish portions, or breaded oysters and shrimp SHOULD NOT be thawed before cooking.

**FROZEN POULTRY:** Poultry must be thawed under refrigeration (36° F. to 38° F.). Proper thawing of poultry reduces bacterial growth, maintains quality and retains nutrients through less drip loss.

## **GUIDELINES FOR HANDLING FROZEN FOODS**

**RAW CHICKEN:** Remove whole chickens from shipping containers and thaw in individual wrappers (plastic bags). To thaw parts or quarters, remove intermediate containers from shipping containers; remove overwrapping from intermediate containers and open intermediate containers to expose inner wrapping. Length of thawing period under refrigeration (36° F. to 38° F.) will vary according to size of chicken and refrigeration conditions.

Approximate Thawing Times: Chicken, whole - 37 hours; Chicken, quarters - 52 hours; Chicken, cut-up - 52 hours

**PRECOOKED BREADED CHICKEN, NUGGETS OR FILLETS:** DO NOT THAW before cooking.

**PRECOOKED UNBREADED CHICKEN FILLETS:** Temper. DO NOT THAW before cooking.

**PREPARED FROZEN CHILIES RELLENOS, BURRITOS, PIZZAS, ENCHILADAS, LASAGNA, TAMALES, MANICOTTI, CANNELLONI:** DO NOT THAW before cooking.

**TURKEY:** Remove turkeys from shipping containers. Thaw in individual wrappers under refrigeration (36° F. to 38° F.)

Approximate Thawing Times: Turkey, whole (16 lbs or less - 2 days; Turkey, whole (over 16 lbs) - 3 to 4 days; Turkey, boneless - 12 to 16 hours; Turkey, ground – thaw; Turkey sausage patties and links - cook frozen

**FROZEN EGGS:** Thaw under refrigeration (36 F. to 38 F.) or covered with cold water. Thirty pound cans require at least 2 days to thaw, 10 lb cans or cartons require at least 1 day.

**FROZEN PIZZA BLEND CHEESE:** If pizza blend cheese is received and stored as a frozen product, it should be thawed under refrigeration (36° F. to 38° F.) to ensure retention of its characteristic flavor, texture, and appearance. Thawing at room temperature will encourage bacterial growth (inherent in the product) resulting in an undesirable flavor and swelling of the container.

**GUIDELINES FOR USE OF ANTIBROWNING AGENT  
(NON-SULFATING AGENTS)**

The purpose of an antibrowning agent is to prevent browning and maintain color and crispness in fresh potatoes and fruits.

**DIRECTIONS FOR USE**

1. Dissolve 1-3/4 oz (3 tbsp) antibrowning agent per gallon of cold water in a clean stainless steel, glass or plastic container. DO NOT use galvanized metal containers.
2. Dip fresh white potatoes (peeled, whole, quarters, French fry cut, slices) or fruits (apples, avocados, bananas, peaches, pears) peeled, sliced and free from bruises in the antibrowning solution. Soak for 3 minutes.
3. Drain and refrigerate product until ready to use.

- NOTE:
1. Keep antibrowning agent stored in its original container. Make the solution fresh daily. A plastic measuring spoon should be kept with the antibrowning agent for easy measuring.
  2. Antibrowning agent is not required for lettuce, cauliflower, green peppers, cabbage, celery or pineapple.

## GUIDELINES FOR USE OF STEAM COOKERS

Use of steamers in quantity food preparation can save cooking time, labor, help maintain appearance of food, and preserve nutrients normally lost by other cooking methods. Steamers are ideal for batch preparation. Foods may be steamed and served in the same pan, if steam table pans are used for preparation.

Steamers are either 5 lb pressure or 15 lb pressure (high speed) type. When food is steamed at 5 lb pressure, the internal temperature of the steamer is 225° F. to 228° F. At 15 lb pressure, the temperature is 245° F. to 250° F.

Most canned, fresh or frozen vegetables, in addition to other foods such as rice, pasta, poultry, meats, fish, and shellfish, can be cooked in steamers.

Foods may be steamed in perforated or solid pans. Perforated pans are usually used, particularly for vegetables, unless the cooking liquid is retained or manufacturer's directions specify solid type pans. Pans are normally filled no more than 2/3 full to allow steam to circulate for even cooking.

Cooking times will vary depending on the type steamer, food, and temperature and quantity of the product. For best results follow the manufacturer's cooking times and directions. Cooking time should be scheduled to include bringing food up to cooking temperature, as well as steaming time. Timing begins when the pressure gauge registers 3 lb on the 5 lb steamer and 9 lb on the 15 lb steamer. Be sure to use timer, if available, to prevent overcooking.

After cooking is completed, the steam should be exhausted slowly for safety and to preserve skins of vegetables such as peas. Leave steamer doors ajar for cooling and to preserve door gaskets.

**GUIDELINES FOR CONVECTION OVENS**

A convection oven has a blower fan which circulates hot air throughout the oven, eliminating cold spots and promoting rapid cooking. Overall, cooking temperatures and times are shorter than in conventional ovens. The size, thickness, type of food, and amount loaded into the oven at one time will influence the cooking time.

**TEMPERATURE SETTINGS:** Follow the recommended temperature guide provided in the manufacturer's operating manual. If not available, follow the guidelines furnished on this card or check specific recipe for convection oven information. Note: At this time, not all AFRS oven recipes contain convection information. If food is cooked around the edges, but the center is still raw or not thoroughly cooked, or if there is much color variation, reduce the heat by 15° F. to 25° F. and return food to the oven. If necessary, continue to reduce the heat on successive loads until the desired results are achieved. Record most successful temperature on the recipe card for future reference.

**TIME SETTING:** Follow the recommended times provided in the manufacturer's operating manual. Should the manual not be available, follow the guidelines furnished on this card or check the specific recipe for convection oven information. Check progress halfway through the cooking cycle since time will vary with the quantity of food loaded, the temperature, and the type of pan used. NOTE: meat thermometers for roasting and visual examination of baked products are the most accurate methods of determining cooking times, both in convection ovens and in conventional ovens. Record most successful cooking time on the recipe card for future reference.

**VENT DAMPER CONTROL SETTING:** The vent damper control is located on or near the control panel. The damper should be kept closed for most foods of low moisture content such as roasts. If open during roasting, meats will be dry with excessive shrinkage.

The damper should be kept open when baking high moisture content foods (cakes, muffins, yeast bread, etc.). Leaving the damper closed throughout a baking cycle will produce cakes which are too moist and will not rise. A “cloud” or water droplets on the window indicate excessive moisture which should be vented out of the oven through the open damper.

FAN SPEED SETTINGS: SEE GENERAL NOTES BELOW.

INTERIOR OVEN LIGHTS: Turn on lights only when loading, unloading, or checking product. Continual burning of lights will result in short bulb life.

TIMER: The oven timer will ring only as a reminder; it has no control over the functioning of the oven. To ensure proper operation, wind the timer to the maximum setting, then turn back to the desired setting for the product.

GENERAL OPERATION:

1. Select and make the proper rack arrangement for the product to be cooked.
2. Turn or push the main power switch “ON” (gas oven - turn burner valve “ON”). Set thermostat to the recommended temperature. The thermostat signal light will light. Adjust fan speed on two-speed blower, if available (see General Notes below).
3. PREHEAT oven until thermostat signal light goes out indicating that the oven has reached the desired temperature. The oven should preheat to 350° F. within 10 to 15 minutes. (Note: To conserve energy, DO NOT turn on the oven until absolutely necessary - about 15 minutes before actual cooking is to start.)
4. OPEN oven doors and load the oven quickly to prevent excessive loss of heat. Load the oven from the top, centering the pans on the rack toward the front of the oven. Place partial loads in the center of the oven. Allow 1 to 2 inches between pans and along oven sides to permit good air circulation. Remember - overloading is the major cause of non-uniform baking and roasting.

## **GUIDELINES FOR CONVECTION OVENS**

5. Close oven doors and set the timer for the desired cooking time. Check the baking/roasting progress periodically until product is ready.

**CLEANING AND MAINTENANCE:** Refer to the manufacturer's operating manual for cleaning and maintenance instructions.

**GENERAL NOTES:** Most convection ovens are equipped with an electric interlock which energizes/de-energizes both the heating elements and the fan motor when the doors are closed/open. Therefore, the heating elements and fan will not operate independently and will only operate with the doors closed.

(Only one known company manufactures an oven in which the fan can be controlled independently.) Some convection ovens are equipped with single-speed fan motors while others are equipped with two-speed fan motors. This information is particularly important to note when baking cakes, muffins or meringue pies, or similar products, and when oven-frying bacon. High speed air circulation may cause damage to the food (e.g., cakes slope to one side of the pan) or blow melted fat throughout the oven. Read the manufacturer's manuals and determine exactly what features you have and then, for the above products, proceed as follows.

Two-Speed Interlocked Fan Motor: Set fan speed to “low.”

Single-Speed Interlocked Fan Motor: Preheat oven 50° F. higher than the recommended cooking temperature. Load oven quickly, close doors, and reduce thermostat to recommended cooking temperature. (This action will allow the product to “set up” before the fan/heating elements come on again.)

Single-Speed Independent Fan Motor:

1. Preheat oven 25° F. above temperature specified in recipe.
2. Turn fan “OFF.”
3. Reduce heat 25° F.
4. Load oven quickly and close doors.
5. Turn fan “ON” after 7 to 10 minutes and keep “ON” for remaining cooking time.

EXCEPTION: Leave fan “OFF” for bacon to prevent fat from blowing throughout the oven. READ AND UNDERSTAND THE MANUFACTURER’S MANUALS. THEY WILL MAKE YOUR JOB EASIER.

Note: Equipment is becoming more and more complex as the “state-of-the-art” progresses. It is absolutely essential that proper operating manuals be read and understood by everyone who either uses or maintains food service equipment. If you do not have the proper manuals available, proceed with extreme caution so as not to damage or misuse this equipment. Local food service equipment dealers, and/or your service’s food service office should be contacted for assistance.



**GUIDELINES FOR CONVECTION OVENS**

FOOD	PAN SIZE (INCHES)	RECOMMENDED NO. OF SHELVES FOR ONE LOAD	RECOMMENDED TEMPERATURE (° F.)	TIME
<b>BREADS</b>				
Breads, yeast	10-1/2 by 5 by 3-1/2	3	375	30 min
Coffee cakes	18 by 26	4	325	15 min
Muffins	12-cup muffin pan	4	350	30 min
Rolls, yeast	18 by 26	4	350	10 to 15 min
Sweet rolls	18 by 26	4	325	15 min
<b>CAKES</b>				
Angel food	16 by 4-1/2 by 4-1/8	3	300	25 to 30 min
Layer	8 or 9	4	300	25 to 35 min
Loaf	16 by 4-1/2 by 4-1/8	3	325	65 min
Sheet	18 by 26	4	300 to 325	25 to 35 min
<b>DESSERTS</b>				
Brownies	18 by 26	4	325	25 to 30 min
Cookies, bar	18 by 26	5	325	15 min
Cookies, drop	18 by 26	5	325	12 min
Cookies, sliced	18 by 26	5	350	8 to 10 min
Pies, fruit	9	4	375	25 min

FOOD	PAN SIZE (INCHES)	RECOMMENDED NO. OF SHELVES FOR ONE LOAD	RECOMMENDED TEMPERATURE (° F.)	TIME
<b>MEATS</b>				
Bacon, oven fried	18 by 26	5	325	15 to 20 min
Chicken, quarters or pieces	18 by 26	5	350	30 min
Fish, baked or oven fried	18 by 26	4	325	15 to 20 min
Meatloaf	18 by 26	3	300	1 hr 15 min
Roasts, boneless,				
Beef	18 by 26	3	325	1 hr 45 min
Pork	18 by 26	3	325	1-1/2 hr to 2 hrs
Steak, grill (strip loin, ribeye roll, top sirloin butt)	18 by 26	7	400	See Recipe No. L00700
Turkey, boneless	18 by 26	3	325	3-1/2 to 4 hrs
<b>MISCELLANEOUS</b>				
Pizza	18 by 26	4	450	15 min
Potatoes, baked	18 by 26	5	400	35 to 40 min

## **GUIDELINES FOR USE OF TILTING FRY PANS**

The tilting fry pan is a versatile piece of equipment. Although usually described as an oversized skillet because of its large flat cooking surface, this piece of equipment can perform almost any type of cooking except deep fat frying. The tilting fry pan can be used for braising, grilling, sautéing, pan frying, simmering, steaming, boiling, warming, and holding. The ability to tilt the pan allows for easy removal of food to the serving pans without heavy lifting. It can be used for successive cooking functions without having to move the food from one piece of equipment to another. The temperature dial is adjustable over a range of 200 F. to 400 F.

### **GENERAL OPERATION:**

1. Turn or push main power switch to “on” position. The red light will signal that power is on.
2. Set thermostat to desired temperature. Yellow light will signal when heating unit has reached temperature. It will cycle on and off to maintain the temperature.
3. Preheat approximately 12 minutes before using as a griddle or fry pan.
4. To use as a steamer use 1 to 2 inches water with a rack for holding food above the water. Leave cover closed while steaming.
5. To use as a griddle, follow directions and temperature as shown on the recipe card.
6. For sautéing or pan frying, temperature should be between 300 F. and 365 F.
7. For simmering, temperature should be 200 F.

**CLEANING AND MAINTENANCE:** Refer to the manufacturer’s operating manual for instructions.

**GUIDELINES FOR CAPACITIES OF STEAM TABLE AND BAKING AND ROASTING PANS**

PANS	DEPTH (Inches)	USABLE CAPACITY (Quarts)	USABLE CAPACITY (1/2 Cup Portions)
<u>STEAM TABLE:</u>			
12 by 20 inch (full size)	2-1/2 4 6 8	7 13 18-1/2 27	56 104 148 216
12 by 10 inch (1/2 size)	2-1/2 4 6 8	3-1/2 6-1/2 9 12	28 52 72 96
6 by 12 inch (1/3 size)	2-1/2 4 6	2-1/2 4 6	20 16 24
6 by 10 inch (1/4 size)	2-1/2 4 6	1-2/3 2-2/3 4	13 21 32
<u>BAKING AND ROASTING:</u>			
18 by 24 inch	4-1/2	24	192
16 by 16 inch	4	8	64

NOTE: Usable capacity: Pans are filled to about 1/2 inch from the brim. If pans are to be used for carrying liquids (i.e., soups, gravies), the capacity should be reduced to half full.

**METRIC CONVERSION**

The metric system is an international language of measurement. Its symbols are based on the International System of Units (SI). Of these, food service preparation will be primarily involved with the following metric base units:

Weight (mass)	gram (g) kilogram (kg)
Volume	milliliter (mL) liter (L)
Length	centimeter (cm) meter (m)
Temperature	degree Celsius (°C.)

While the U. S. metric system is voluntary and the food service industry in the United States has not converted to metric system, except for a few soft conversions (e. g., labeling), military food service dining facilities/general messes outside CONUS may experience the metric system in food and equipment support provided by the host country. The information furnished in this guideline card is primarily for these food service personnel.

**CONVERSION OF U. S. CUSTOMARY TO METRIC UNITS**

	<b><u>U. S. Customary</u></b>	<b><u>Metric</u></b>
Weight (or Mass)	1 ounce (oz) =	28.35 grams (g)
	1 pound (lb) =	453.6 grams (g) or .4536 kilograms
	2.2 pound (lb) =	1 kilogram (kg) or 1000 grams (g)
Volume	1 tsp =	4.93 milliliters (mL)
	1 tbsp =	14.79 milliliters (mL)
	1 cup =	236.59 milliliters (mL) or .237 liters (L)
	1 pint =	.473 liters (L)
	1 quart =	.946 liters (L)
	1 gallon =	3.785 liters (L)
	1.06 quarts =	1 liter (L) or 1000 milliliters (mL)
Length	1 inch =	2.54 centimeters (cm)
	1 foot =	.3048 meters (m)
	1 yard =	30.48 centimeters (cm) or .9144 meters (m)
	1.1 yards =	1 meter (m) or 100 centimeters (cm)

**GUIDELINES FOR METRIC CONVERSION - CONTINUED****Temperature Conversions**

<u>°F.</u>	<u>°C.</u>	<u>°F</u>	<u>°C.</u>
0	-18	212	100
26	-3	225	107
28	-2	228	109
30	-1	245	118
32	0	250	121
36	2	275	135
38	3	300	149
40	4	325	163
70	21	350	177
90	32	360	182
140	60	365	185
160	71	375	191
170	77	400	204
175	79	425	218
180	82	450	232
185	85	500	260
		550	288

**GUIDELINES FOR CHEESES  
USE OF DEHYDRATED CHEESES**

Two types of dehydrated cheeses are used - dehydrated American cheese and dehydrated cottage cheese.

a. Cheese, Cottage, Dehydrated

(1) USE - Dehydrated cottage cheese may be substituted in any recipe using fresh cottage cheese.

(2) PREPARATION - Measure 8-1/2 cups water (70° F.) into a shallow serving pan. Pour 1-No. 10 cn (1 lb 1 oz) canned dehydrated cottage cheese evenly over the water. Stir gently to wet all particles of cheese. Let stand 5 minutes, then stir gently. If more water is needed, sprinkle 1/2 to 1 cup water over cheese. Chill rehydrated cheese thoroughly before serving (3 to 4 hours).

(3) SUBSTITUTION - Rehydration ratio - 1 pound dehydrated cottage cheese to 4 pounds (2 qt) water.

<u>Dehydrated Cheese</u>	<u>Water Added</u> = <u>Rehydrated Cheese</u>	<u>OR</u>	<u>Fresh Cheese Equivalent</u>
1-No. 10 cn (1 lb 1 oz (2-3/4 qt))	8-1/2 cups      5 lb oz (3 qt)		6 lb (3qt)
2-No. 10 cn (2 lb 2 oz (5-1/2 qt))	4-1/4 qt        10 lb 2 oz (6-1/4 qt)		12 lb (1-1/2 gal)



b. Cheese, American, Processed, Dehydrated

(1) USE - Dehydrated American processed cheese may be substituted in any recipe using processed American cheese. Rehydrate cheese before adding to any recipe to eliminate any un-rehydrated cheese in the end product. To store dehydrated cheese after being opened, place unused portion in a tightly covered container to prevent absorption of moisture. Refrigerate if possible.

(2) PREPARATION - Add water to cheese and mix until blended. For a moist semi-solid cheese, such as for an appetizer or omelet, use 1 lb (1 qt) dehydrated cheese and 1 cup water. For a semi-fluid cheese for sauces (better volume substitute), use 1 pound (1 qt) dehydrated cheese and 2 cups water.

## (3) SUBSTITUTION:

<u>Dehydrated Cheese</u>	+	<u>WARM Water Added</u>	=	<u>Rehydrated Cheese</u>	OR	<u>Fresh Cheese Equivalent</u>
Semi-solid 6 oz (1-1/2 cups)		3/8 cup		1-1/8 cups		1 lb
3 lb (3 qt) 1-No. 10 cn		3 cups		2-1/4 qt		8 lb
Fluid 6 oz (1-1/2 cups)		3/4 cup		1-1/2 cups		1 lb
3 lb (3 qt) 1-No. 10 cn		1-1/2 qt		3 qt		8 lb

**GUIDELINES FOR USING HERBS**

The following information is provided as a guide in developing familiarity and creativity with using herbs. Start with a small amount, taste, then add more if necessary.

<b>Herb</b>	<b>Appetizers Salad</b>	<b>Breads/Eggs Sauces/Cheese</b>	<b>Vegetables Pasta</b>	<b>Meat Poultry</b>	<b>Fish Shellfish</b>
<b>Basil</b>	Green, Potato & Tomato Salads, Salad Dressing, Stewed Fruit	Breads, Fondue & Egg Dishes, Dips, Marinades, Sauces	Mushrooms, Tomatoes, Squash, Pasta, Bland Vegetables	Broiled, Roast Meat & Poultry Pies, Stews, Stuffing	Baked, Broiled & Poached Fish, Shellfish
<b>Bay Leaf</b>	Seafood Cocktail, Seafood Salad, Tomato Aspic, Stewed Fruit	Egg Dishes, Gravies, Marinades, Sauces	Dried Bean Dishes, Beets, Carrots, Onions, Potatoes, Rice, Squash	Corned Beef, Tongue Meat & Poultry Stews	Poached Fish, Shellfish Fish Stews

## Guide to Cooking with Popular Herbs (continued)

<b>Herb</b>	Appetizers Salad	Breads/Eggs Sauces/Cheese	Vegetables Pasta	Meat Poultry	Fish Shellfish
<b>Chives</b>	Mixed Vegetables, Green, Potato & Tomato Salads, Salad Dressings	Egg & Cheese Dishes, Cream Cheese, Cottage Cheese, Gravies, Sauces	Hot Vegetables, Potatoes	Broiled Poultry, Rissoles, Poultry & Meat Pies, Stews, Casseroles	Baked Fish, Fish Casseroles, Fish Stews, Shellfish
<b>Dill</b>	Seafood Cocktail, Green, Potato & Tomato Salads, Salad Dressings	Breads, Egg & Cheese Dishes, Cream Cheese, Fish and Meat Sauces	Beans, Beets, Cabbage, Carrots, Cauliflower, Peas, Squash, Tomatoes	Beef, Veal Roasts, Lamb, Steaks, Chips, Stews, Roast & Creamed Poultry	Baked, Broiled, Poached & Stuffed Fish, Shellfish
<b>Garlic</b>	All Salads, Salad Dressings	Fondue Poultry Sauces, Fish and Meat Marinades	Beans, Eggplant, Potatoes, Rice, Tomatoes	Roast Meats, Meat & Poultry Pies, Hamburgers, Stews & Casseroles	Broiled Fish, Shellfish, Fish Stews, Casseroles
<b>Marjoram</b>	Seafood Cocktail, Green, Poultry & Seafood Salads	Breads, Cheese Spreads, Egg & Cheese Dishes, Gravies, Sauces	Carrots, Eggplant, Peas, Onions, Potatoes, Dried Bean Dishes, Spinach	Roast Meats & Poultry Meat & Poultry Pies, Stews & Casseroles	Baked, Broiled & Stuffed Fish, Shellfish

## Guide to Cooking with Popular Herbs (continued)

<b>Herb</b>	Appetizers Salad	Breads/Eggs Sauces/Cheese	Vegetables Pasta	Meat Poultry	Fish Shellfish
<b>Mustard</b>	Fresh Green Salads, Prepared Meat, Macaroni & Potato Salads, Salad Dressing	Biscuits, Egg & Cheese Dishes, Sauces	Baked Beans, Cabbage, Eggplant, Squash, Dried Beans, Mushrooms, Pasta	Chops, Steaks, Ham, Pork, Poultry Cold Meats	Shellfish
<b>Oregano</b>	Green, Poultry & Seafood Salads	Breads, Egg & Cheese Dishes, Meat, Poultry & Vegetable Sauces	Artichokes, Cabbage, Eggplant, Squash, Dried Beans, Mushrooms, Pasta	Broiled, Roast Meats, Meat & Poultry Pies, Stews, Casseroles	Baked, Broiled & Poached Fish, Shellfish
<b>Parsley</b>	Green, Potato, Seafood & Vegetable Salads	Biscuits, Breads, Egg & Cheese Dishes, Gravies, Sauces	Asparagus, Beets, Eggplant, Squash, Dried Beans, Mushrooms, Pasta	Meat Loaf, Meat & Poultry Pies, Stews and Casseroles, Stuffing	Fish Stews, Stuffed Fish
<b>Rosemary</b>	Fruit Cocktail, Fruit & Green Salads	Biscuits, Egg Dishes, Herb Butter, Cream Cheese, Marinades, Sauces	Beans, Broccoli, Peas, Cauliflower, Mushrooms, Baked Potatoes, Parsnips	Roast Meat, Poultry & Meat Loaf, Meat & Poultry Pies, Stews & Casseroles, Stuffing	Stuffed Fish, Shellfish

## Guide to Cooking with Popular Herbs (continued)

<b>Herb</b>	Appetizers	Breads/Eggs	Vegetables	Meat	Fish
<b>Sage</b>	Salad	Sauces/Cheese Breads, Fondue, Egg & Cheese Dishes, Spreads, Gravies, Sauces	Pasta Beans, Beets, Onions, Peas, Spinach, Squash, Tomatoes	Poultry Roast Meat, Poultry, Meat Loaf, Stews, Stuffing	Shellfish Baked, Poached, & Stuffed Fish
<b>Tarragon</b>	Seafood Cocktail, Avocado Salads (all), Salad Dressings	Cheese Spreads, Marinades, Sauces, Egg Dishes	Asparagus, Beans, Beets, Carrots, Mushrooms, Peas, Squash, Spinach	Steaks, Poultry, Roast Meats, Casseroles & Stews	Baked, Broiled & Poached Fish, Shellfish
<b>Thyme</b>	Seafood Cocktail, Green, Poultry, Seafood & Vegetable Salads	Biscuits, Breads Egg & Cheese Dishes, Sauces, Spreads	Beets, Carrots, Mushrooms, Onions, Peas, Eggplant, Spinach, Potatoes	Roast Meat, Poultry & Meat Loaf, Meat & Poultry Pies, Stews & Casseroles	Baked, Broiled & Stuffed Fish, Shellfish, Fish Stews

## **HAZARD ANALYSIS CRITICAL CONTROL POINT (HACCP)**

**HACCP System:** A food safety system that identifies hazards and develops control points throughout the receiving, storage, preparation, service and holding of food. This system is designed to prevent foodborne illness.

- **Critical Control Point (CCP):** A point in a specific food service process where loss of control may result in an unacceptable health risk. Implementing a control measure at this point may eliminate or prevent the food safety hazard.
- **Critical Limits:** Elements such as time and temperature that must be adhered to in order to keep food safe. The Temperature Danger Zone is defined by the Food and Drug Administration's Food Code as 41° F. to 140° F.
- **Foodborne Illness:** An illness transmitted to humans through food. Any food may cause a foodborne illness, however *potentially hazardous foods* are responsible for most foodborne illnesses. Symptoms may include abdominal pain/cramps, nausea and vomiting.
- **Potentially Hazardous Food:** A food that is used as an ingredient in recipes or served alone that is capable of supporting the growth of organisms responsible for foodborne illness. Typical foods include high protein foods such as meat, fish, poultry, eggs and dairy products.

<b>COOKING TEMPERATURES</b> <i>These temperatures represent the minimum required temperature. The time represents the minimum amount of time the temperature must be maintained.</i>	
Eggs, Raw shell eggs	155° F. for 15 seconds
Eggs, Egg products, pasteurized	145° F. for 15 seconds
Poultry	165° F. for 15 seconds
Pork	145° F. for 15 seconds
Whole Beef Roasts and Corned Beef Roasts	145° F. for 3 minutes
Fish	145° F. for 15 seconds
Stuffed meat, fish, poultry or pasta, OR stuffings containing meat, fish or poultry	165° F. for 15 seconds
Meat or fish that has been reduced in size by methods such as chopping (i.e., beef cubes), grinding (i.e., ground beef, sausage), restructuring (i.e., formed roast beef, gyro meat), or a mixture of two or more meats (i.e., sausage made from two or more meats)	155° F. for 15 seconds
<b>CCP: SERVING AND HOLDING (hot foods)</b>	140° F.
<b>COOLING</b> <i>FDA recommends a cooled product temperature of 41° F. In order to achieve a cooled internal product temperature of 34-38° F., the temperature of the refrigerator must be lower than 41° F.</i>	Cooling from 140° F. to 70° F. should take no longer than 2 hours.  Cooling from 70° F. to 41° F. should take no longer than 4 hours.





## **GUIDELINES FOR COMBI-OVENS**

A combi-oven is a versatile piece of equipment that combines three modes of cooking in one oven: steam, circulated hot air or a combination of both. The combi mode is used to re-heat foods and to roast, bake and “oven fry.” The steam mode is ideal for rapid cooking of vegetables and shellfish. The hot air mode operates as a normal convection oven for baking cookies, cakes and pastries. The combi mode decreases overall cooking times, reduces product shrinkage and eliminates flavor transfer when multiple items are cooked simultaneously.

### **OVEN MODES**

**COMBI MODE:** Use to roast and braise meats, bake poultry and fish and reheat prepared foods. The combination of steam and hot air will improve yield and reduce overall cooking times. To **OVEN FRY**, use food items that are labeled “ovenable” by the manufacturer. Refer to cooking guidelines for oven frying individual items. Place items on perforated sheet pan in a single layer. **DO NOT** place excess amount of product on pan. A solid sheet pan may be placed under perforated pan to catch excess oils and eliminate smoke.

**HOT AIR MODE:** Use to bake cakes, cookies and breads and to roast and bake meats and poultry. The hot air mode circulates air in the same manner as a convection oven.

**GUIDELINES FOR COMBI-OVENS (continued)**

**STEAMING MODE:** Use to steam fresh, frozen or canned vegetables and shellfish. Use of the Combi-oven to steam foods can save time, labor, and help maintain appearance, and preserve nutrients normally lost by other cooking methods. The oven is ideal for steaming more than one type of vegetable at the same time without flavor transfer. Foods may be steamed in perforated or solid pans. Perforated pans are generally used, particularly for vegetables, unless the cooking liquid is retained or manufacturer's directions specify solid pans. Pans are normally filled no more than 2/3 full to allow steam to circulate for even cooking.

Steam temperature is preset at 212° F. The cooking time will vary depending on the type of food and the number of pans in the oven. The cooking time should include the time it requires to heat food up to cooking temperature, as well as steaming.

**TEMPERATURE SETTING:** At this time the AFRS recipes do not contain combi-oven information. Refer to the attached cooking guidelines for individual items or begin by using the recommended convection oven temperature noted on individual recipes. If food is cooked around the edges, but the center is still raw or not thoroughly cooked, or if there is too much color variation (some is normal), turn pan or reduce the heat by 10° F. to 15° F. and return food to the oven and continue cooking until done.

**TIME SETTING:** Follow the recommended convection cooking times on recipe cards. Check progress halfway through the cooking cycle since times will vary in the Combi mode with the quantity of food being cooked, the temperature, and the type of pan used.

**GUIDELINES FOR COMBI-OVENS (continued)**

**MEAT PROBE:** The meat probe measures a product core temperature during the cooking process.

**FAN SPEED SETTING:** See general operations notes below.

**GENERAL OPERATION NOTES:**

1. **OVEN RACKS:** Position oven racks for the number of pans and product to be cooked.
2. **WATER SUPPLY:** Verify water supply is on.
3. **SELECT COOKING MODE AND TEMPERATURE:** Turn oven on; SELECT the cooking mode. To cook in the combi or hot air mode, set thermostat to desired temperature. To cook in the steam mode, set thermostat to 200° F. The thermostat light will come on indicating oven temperature is below set point.
4. **PREHEAT:** Heat oven until thermostat light goes out indicating that the oven has reached the set temperature. The oven should preheat to 350° F. within 10 to 15 minutes.
5. **FAN SPEED:** If two-speed fan is available, adjust the fan to recommended speed noted on individual recipe card. NOTE: The Combi-oven is equipped with electric interlock, which energizes/de-energizes both the heating element and fan motor when the doors are closed and open. Therefore, the heating elements and fan will not operate with the doors open, only when closed.

**GUIDELINES FOR COMBI-OVENS (continued)**

6. **MEAT PROBE:** Insert the meat probe in the thickest section of the product. NOTE: The tip of the probe should not be placed near bone or fat. This will result in inaccurate temperature readings. Turn the meat probe switch on and set the desired core temperature by using the up or down arrows. Press the set button to store the set point temperature. Set the timer to the STAY ON position. When the selected core temperature is reached the buzzer will sound and the oven automatically turns off.
7. **CLEANING AND MAINTENANCE:** Refer to the manufacturer's operating manual for cleaning and maintenance instructions. NOTE: Wipe out all spills as soon as they occur for ease of cleaning.

**COMBI-OVEN COOKING GUIDELINES**

<b>Food</b>	<b>Cook Mode</b>	<b>Recommended Temperature</b>	<b>Time</b>
<b>MEATS</b>			
Steak	Hot Air	400	See Recipe No. L 007 00
Bacon, oven fried	Hot Air	325	25-30 minutes
Roasts, boneless			
Beef	Combi	325	1 hr 45 minutes
Pork	Combi	325	2 to 2-1/2 hours
Spareribs	Combi	350	1 to 1-1/2 hours
Meatloaf	Combi	300	1 hour

**GUIDELINES FOR COMBI-OVENS (continued)****COMBI-OVEN COOKING GUIDELINES**

<b>Food</b>	<b>Cook Mode</b>	<b>Recommended Temperature</b>	<b>Time</b>
<b>POULTRY</b>			
Turkey, boneless	Combi	325	2 to 2-1/2 hours
Chicken, pieces (with bone)	Combi	350	20-30 minutes
<b>FISH</b>			
Fish, baked	Combi	325	10-20 minutes
Shrimp, raw, frozen	Steam	Preset	3-5 minutes
<b>MISCELLANEOUS</b>			
Casserole type dishes			
Macaroni & cheese	Combi	325	15-20 minutes
Lasagna	Combi	300	40-50 minutes
<b>BREADS</b>			
Breads, yeast	Hot Air	375	30 minutes
Coffee cakes	Hot Air	325	15 minutes
Muffins	Hot Air	350	30 minutes
Rolls Yeast	Hot Air	350	10-15 minutes
Sweet rolls	Hot Air	325	15 minutes

**GUIDELINES FOR COMBI-OVENS (continued)****COMBI-OVEN COOKING GUIDELINES**

<b>Food</b>	<b>Cook Mode</b>	<b>Recommended Temperature</b>	<b>Time</b>
<b>EGGS</b>			
Hard Cooked Eggs	Steam	Preset	12 minutes
<b>CAKES</b>			
Angel Food	Hot Air	300	30-35 minutes
Layer	Hot Air	300	25-35 minutes
Loaf	Hot Air	325	65-75 minutes
Sheet	Hot Air	300-325	25-35 minutes
<b>DESSERTS</b>			
Brownies	Hot Air	325	25-30 minutes
Cookies	Hot air	325	12-15 minutes
Pies, Fruit	Hot air	375	25 minutes
<b>VEGETABLES</b>			
Frozen	Steam	Preset	12-15 minutes
Canned	Steam	Preset	10-12 minutes
Fresh*	Steam	Preset	*See individual recipe cards

**GUIDELINES FOR COMBI-OVENS (continued)****COMBI-OVEN COOKING GUIDELINES**

<b>Food</b>	<b>Cook Mode</b>	<b>Recommended Temperature</b>	<b>Time</b>
<b>EGGS</b>			
Hard Cooked Eggs	Steam	Preset	12 minutes
<b>CAKES</b>			
Angel Food	Hot Air	300	30-35 minutes
Layer	Hot Air	300	25-35 minutes
Loaf	Hot Air	325	65-75 minutes
Sheet	Hot Air	300-325	25-35 minutes
<b>DESSERTS</b>			
Brownies	Hot Air	325	25-30 minutes
Cookies	Hot air	325	12-15 minutes
Pies, Fruit	Hot air	375	25 minutes
<b>VEGETABLES</b>			
Frozen	Steam	Preset	12-15 minutes
Canned	Steam	Preset	10-12 minutes
Fresh*	Steam	Preset	*See individual recipe cards

**GUIDELINES FOR COMBI-OVENS (continued)****COMBI-OVEN COOKING GUIDELINES**

<b>Food</b>	<b>Cook Mode</b>	<b>Recommended Temperature</b>	<b>Time</b>
<b>OVEN FRYING</b>			
French Fries	Combi	400	7-9 minutes
Fish Portions	Combi	400	10-12 minutes
Shrimp, Battered	Combi	400	7-8 minutes
Chicken Pieces	Combi	400	20 minutes
Chicken Nuggets	Combi	400	8-14 minutes
Onion Rings	Combi	400	6-8 minutes
Jalapeno Popper	Combi	400	9-12 minutes
Egg rolls	Combi	400	12-18 minutes



**GUIDELINES FOR COMBI-OVENS (continued)****COMBI-OVEN COOKING GUIDELINES**

<b>Food</b>	<b>Cook Mode</b>	<b>Recommended Temperature</b>	<b>Time</b>
<b>OVEN FRYING</b>			
French Fries	Combi	400	7-9 minutes
Fish Portions	Combi	400	10-12 minutes
Shrimp, Battered	Combi	400	7-8 minutes
Chicken Pieces	Combi	400	20 minutes
Chicken Nuggets	Combi	400	8-14 minutes
Onion Rings	Combi	400	6-8 minutes
Jalapeno Popper	Combi	400	9-12 minutes
Egg rolls	Combi	400	12-18 minutes

## GUIDELINES FOR SKITTLE

A skittle is a multipurpose piece of equipment that can be used as a pressureless steamer, braising pan or griddle. The griddle mode is ideal for cooking steaks, sandwiches, eggs, pancakes, breakfast meats and potatoes. The steam mode may be used to cook vegetables, seafood, rice and pasta. The braising mode is used for slow moist-heat cooking of meats, poultry and vegetables.

### TO OPERATE AS A STEAMER:

1. Add 5 gallons (2"- 3") of water to the skittle using the spray hose.
2. Position steaming racks for the number of pans and product to be cooked.
3. Close the lid and the steam vent.
4. Set the thermostat at 350° Fahrenheit and allow 6-8 minutes to preheat. The skittle is ready when the heater power light goes out.
5. When the skittle is preheated, raise the lid to the top of the steamer racks and place food pans in the racks and close the lid. **(NOTE: To retain maximum steam, do not raise the lid beyond steamer racks. The lid should be kept in a horizontal position)**
6. If steam escapes from the closed lid, open the rear vent until excess is released.

The skittle is ideal for steaming more than one type of vegetable at the same time without flavor transfer. Foods may be steamed in perforated or solid pans. Perforated pans are normally used, particularly for vegetables, unless the cooking liquid is retained or manufacturer's directions specify solid pans. Pans should not be filled more than 2/3 to the top to allow steam to circulate for even cooking.

Cooking times will vary depending on the type of food and the number of pans used. The cooking time should include the time it requires to heat food up to cook temperature, as well as steaming. Be sure to record the most successful steaming times on individual recipe cards for future reference.

**TO OPERATE AS A BRAISING PAN:**

1. Set the thermostat at 375° Fahrenheit and allow 6-8 minutes to preheat. The skittle is ready when the heater power light goes out. Brown food according to individual AFRS recipe card instructions.
2. Lower temperature to 325° Fahrenheit and add cooking liquid. Lower hood and cook according to individual recipe card instructions.
3. To remove liquid, tilt the pan 10° using the tilt handle and drain the liquid through the drain valve into a food pan.

The Skittle may be used for braising pot roast, Swiss steaks, spareribs, stews and for preparing gravy, soups and sauces. Cooking times will vary according to individual foods and amount prepared.

**TO OPERATE AS A GRIDDLE:**

1. Set the thermostat to 350° Fahrenheit and allow 6-8 minutes to preheat. The griddle is ready when the heater power light goes out.
2. Raise the lid and cook foods according to individual AFRS guideline cards.
3. To drain any accumulated grease, place a #10 can into the can holder attached to the drain valve. Tilt the pan 10° using the tilt handle and allow grease to drain into the can. The griddle can be used to cook hamburgers, steak, sandwiches, eggs, pancakes, breakfast meats and potatoes. Heat is distributed evenly over the entire pan surface ensuring food products cook uniformly.

## **GUIDELINES FOR SKITTLE (continued)**

### **GENERAL OPERATION NOTES:**

- 1. STEAMING MODE:** The recommended thermostat temperature for steaming is 350° Fahrenheit. Higher temperatures may be used but water will evaporate quickly and cooking time will not be decreased.
- 2. WATER SUPPLY:** The easiest way to fill the skittle with water is with the attached flexible spray hose.
- 3. SELECT COOKING TEMPERATURE:** SELECT desired cooking temperature according to cook mode or individual recipe cards. The thermostat light will come on indicating oven temperature is below set point.
- 4. PREHEAT:** Heat Skittle until thermostat light goes out indicating that the unit has reached the set temperature. The Skittle should preheat to 350° F. within 6 to 8 minutes. (Note: Lower the lid for faster preheating.)
- 5. CLEANING AND MAINTENANCE:** Remove food waste. Fill the pan with warm water using the spray hose. Add mild detergent and scrub with a nylon scrub pad if necessary. Tilt the pan 10° using the tilt handle and allow water to drain into container placed directly under the drain valve. Rinse with clean water and drain again. Refer to the manufacturer's operating manual for cleaning and maintenance instructions.

## **GUIDELINES FOR USE OF CONVENIENCE PREPARED FOODS**

Convenience prepared foods reduce labor since they only require heating. Specific cooking instructions should be located on each advanced foods package. Items to be considered when using convenience prepared foods are cooking times, nutrient content and serving size. Cooking times, nutrient content and serving size will vary among manufacturers for identical food items, therefore, in order to maintain the quality of these convenience prepared foods, instructions must be read and followed every time a convenience prepared food is utilized.

## INDEX

Card No.	
B 001 00	Cranberry and Orange Juice Cocktail
B 001 01	Cranberry and Apple Juice Cocktail
B 002 00	Chinese Egg Rolls (Baked)
B 002 01	Chinese Egg Rolls (Fried)
B 002 02	Philippine Style Egg Rolls (Baked)
B 002 03	Philippine Style Egg Rolls (Fried)
B 003 00	Tomato Juice Cocktail
B 003 01	Vegetable Juice Cocktail
B 003 02	Spicy Tomato Juice Cocktail
B 004 00	Shrimp Cocktail
B 004 01	Spiced Shrimp
B 005 00	Pizza Treats

**CRANBERRY AND ORANGE JUICE COCKTAIL**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
69 cal	17 g	0 g	0 g	0 mg	3 mg	9 mg

**Ingredient**

CRANBERRY JUICE COCKTAIL  
 JUICE,ORANGE,FROZEN,CONCENTRATE,3/1,THAWED  
 WATER,COLD

**Weight**

14-7/8 lbs  
 4-1/8 lbs  
 9-7/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine juices and water; stir until blended. Cover and refrigerate at 41 F. or lower.

**CRANBERRY AND APPLE JUICE COCKTAIL**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
70 cal	17 g	0 g	0 g	0 mg	7 mg	7 mg

**Ingredient**

CRANBERRY JUICE COCKTAIL  
 JUICE,APPLE,FROZEN,CONCENTRATE,3/1,THAWED  
 WATER,COLD

**Weight**

14-7/8 lbs  
 4-1/8 lbs  
 9-7/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine juices add water; stir until blended. Cover and refrigerate at 41 F. or lower.



**CHINESE EGG ROLLS (BAKED)**

**Yield** 100

**Portion** 1 Egg Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
140 cal	13 g	10 g	5 g	50 mg	247 mg	22 mg

**Ingredient**

EGG ROLLS,CHINESE,FROZEN

**Weight**

18-3/4 lbs

**Measure**

**Issue**

**Method**

- 1 Place 50 egg rolls on each sheet pan.
- 2 Using a convection oven, bake at 350 F. for 20 to 25 minutes or until brown 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.

**CHINESE EGG ROLLS (FRIED)**

**Yield** 100

**Portion** 1 Egg Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
180 cal	13 g	10 g	10 g	50 mg	247 mg	22 mg

**Ingredient**

EGG ROLLS,CHINESE,FROZEN

**Weight**

18-3/4 lbs

**Measure**

**Issue**

**Method**

- 1 Fry egg rolls in deep fat at 350 F. for 7 minutes or until golden brown and heated through. DO NOT OVERCOOK. Egg rolls will rise to the surface when cooked. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**PHILIPPINE STYLE EGG ROLLS (BAKED)**

**Yield** 100

**Portion** 1 Egg Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
93 cal	8 g	7 g	4 g	33 mg	165 mg	15 mg

**Ingredient**

EGG ROLLS,PHILIPPINE STYLE,FROZEN

**Weight**

12-1/2 lbs

**Measure**

**Issue**

**Method**

- 1 Place 50 egg rolls per sheet pan.
- 2 Using a convection oven, bake at 350 F. for 10 to 15 minutes or until heated through 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.

**PHILIPPINE STYLE EGG ROLLS (FRIED)**

**Yield** 100

**Portion** 1 Egg Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
133 cal	8 g	7 g	8 g	33 mg	165 mg	15 mg

**Ingredient**

EGG ROLLS,PHILIPPINE STYLE,FROZEN

**Weight**

12-1/2 lbs

**Measure**

**Issue**

**Method**

- 1 Fry Philippine egg rolls in deep fat at 350 F. for 4 to 5 minutes, or until golden brown and heated through. DO NOT OVERCOOK.
- 2 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**TOMATO JUICE COCKTAIL**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
22 cal	6 g	1 g	0 g	0 mg	457 mg	12 mg

**Ingredient**

JUICE,TOMATO,CANNED  
 JUICE,LEMON

**Weight**

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

**Measure**

3 gal 1 qts  
 3/4 cup

**Issue**

**Method**

- 1 Combine tomato juice and lemon juice; cover; refrigerate at 41 F. or lower for several hours or overnight.
- 2 Stir well before serving.

**VEGETABLE JUICE COCKTAIL**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
24 cal	6 g	1 g	0 g	0 mg	340 mg	14 mg

**Ingredient**

JUICE,VEGETABLE,CANNED  
 JUICE,LEMON

**Weight**

27-3/4 lbs  
 6-1/2 oz

**Measure**

3 gal 1 qts  
 3/4 cup

**Issue**

**Method**

- 1 Combine canned vegetable juice and lemon juice; cover; refrigerate at 41 F. or lower for several hours or overnight.
- 2 Stir well before serving.

**SPICY TOMATO JUICE COCKTAIL**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
22 cal	6 g	1 g	0 g	0 mg	467 mg	12 mg

**Ingredient**

JUICE,TOMATO,CANNED  
 SAUCE,TABASCO  
 JUICE,LEMON

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine tomato juice, hot sauce and lemon juice; cover; refrigerate at 41 F. or lower for several hours or overnight.
- 2 Stir well before serving.

## SHRIMP COCKTAIL

Yield 100

Portion 4 Shrimp

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
83 cal	12 g	10 g	1 g	84 mg	480 mg	43 mg

### Ingredient

SHRIMP,FROZEN,RAW,PEELED,DEVEINED  
 WATER,BOILING  
 SEAFOOD COCKTAIL SAUCE  
 LETTUCE,ICEBERG,FRESH  
 LEMONS,FRESH

### Weight

12 lbs  
 6-1/4 lbs  
 4 lbs  
 5-1/8 lbs

### Measure

3 qts  
 3 qts 1-3/8 cup  
 13 each

### Issue

4-1/3 lbs

### Method

- 1 Place shrimp in boiling water and cover. Return to a boil; uncover; reduce heat; simmer 2 to 3 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. DO NOT OVERCOOK. Drain immediately.
- 2 Place shrimp in single layer on pans. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 3 Prepare 1 recipe Seafood Cocktail Sauce, Recipe No. O 011 00. Cover; refrigerate for use in Step 6.
- 4 Line individual serving dishes with lettuce.
- 5 Arrange 4 shrimp on lettuce in each dish.
- 6 Place 2 tablespoons of sauce in each souffle cup. Serve shrimp with 1 lemon wedge. Cut 8 wedges per lemon. CCP: Hold for service at 41 F. or lower.

### Notes

- 1 In Step 3, prepared seafood cocktail sauce may be used.



**SPICED SHRIMP**

**Yield** 100

**Portion** 4 Shrimp

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
60 cal	5 g	10 g	1 g	84 mg	100 mg	56 mg

**Ingredient**

SHRIMP,FROZEN,RAW,PEELED,DEVEINED  
 WATER,BOILING  
 VINEGAR,DISTILLED  
 PEPPER,RED,GROUND  
 MUSTARD,DRY  
 CELERY SEED  
 PAPRIKA,GROUND  
 GINGER,GROUND  
 MACE,GROUND  
 CINNAMON,GROUND  
 CLOVES,GROUND  
 BAY LEAF,WHOLE,DRIED  
 LETTUCE,FRESH,LEAF,RED  
 LEMONS,FRESH

**Weight**

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

**Measure**

1 qts  
 2 qts  
 1/4 cup 2-1/3 tbsp  
 1/4 cup 2-1/3 tbsp  
 1/4 cup 1/3 tbsp  
 2 tbsp  
 1 tbsp  
 1 tbsp  
 1 tbsp  
 1/3 tsp  
 12 lf  
 2 gal 1/8 qts  
 13 each

**Issue**

6-1/4 lbs

**Method**

- 1 Place shrimp in boiling water, add vinegar and spices, cover; return to a boil. Uncover; reduce heat; simmer 2 to 3 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. DO NOT OVERCOOK. Drain immediately.
- 2 Place shrimp in single layer on pans. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 3 Line individual serving dishes with lettuce.
- 4 Arrange 4 shrimp on lettuce in each dish. CCP: Hold for service at 41 F. or lower.
- 5 Serve shrimp with 1 lemon wedge. Cut 8 wedges per lemon.

**Notes**

- 1 In Step 3, prepared seafood cocktail sauce may be used.

**PIZZA TREATS**

**Yield** 100

**Portion** 1 Slice

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
147 cal	17 g	8 g	5 g	10 mg	322 mg	158 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

CHEESE,PIZZA BLEND,SHREDDED	4 lbs	1 gal	
TOMATO PASTE,CANNED	1 lbs	1-3/4 cup	
OIL,SALAD	3-7/8 oz	1/2 cup	
OLIVES,RIPE,PITTED,SLICED,DRAINED	7-1/8 oz	1-1/2 cup	
ONIONS,FRESH,CHOPPED	1 lbs	2-5/8 cup	1 lbs
PEPPERS,GREEN,FRESH,CHOPPED	11-7/8 oz	2-1/4 cup	14-3/8 oz
BREAD,FRENCH,SLICED 1/2 INCH	6-1/4 lbs	100 sl	

**Method**

- 1 Combine cheese, tomato paste, salad oil, olives, onions and peppers. Blend well.
- 2 Spread 3 tablespoons of mixture on each slice of bread.
- 3 Place on ungreased pans. Using a convection oven, bake at 350 F. 5 minutes or until cheese is melted on low fan, open vent.

**GUIDELINES FOR BREWING COFFEE**

1. Measure or weigh quantities of water and coffee carefully. Prepare only in amounts necessary to maintain continuous service. Urn coffee held 1 hour or longer and automatic coffee maker coffee held 30 minutes or longer deteriorates in flavor and loses its aroma.
2. Use the proportion of 3/4 pound of coffee to 2-3/4 gallons of water for a standard strength brew. 1 lb 14 oz of coffee and 6-3/4 gallons of freshly drawn boiling water will yield approximately 100 (8 ounce) servings.
3. Ingredients for a good coffee brew are fresh coffee and fresh boiling water. Water that has been boiled a long time will have a flat taste which will affect the brew.
4. For an ideal brew, boiling water should pass through coffee within 4 to 6 minutes.
5. Keep equipment clean. Clean immediately after each use to prevent rancidity.
6. Urns and urn baskets should be washed with hot water and special urn cleaner or baking soda. (DO NOT use soap or detergent powder.) Rinse with clear water. When not in use, leave 1 or 2 gallons of clear water in urn. Drain before making coffee.
7. When using new urn bags: A new urn bag should be thoroughly rinsed in hot water before using. After using, urn bags should be thoroughly rinsed in clear, hot water; keep submerged in cold water until next use.
8. Faucets and glass gauges should be cleaned often with gauge brushes, not water, and urn cleaner or baking soda. Rinse with clear water. Caps on faucets and gauges are removable to permit cleaning.
9. NOTE: For a stronger brewed cup of coffee, use the proportion of 2 lb 8 oz coffee to 6-3/4 gal water.

**GUIDELINES FOR COFFEE URN CAPACITIES**

Urn Capacity (Gallons)	Coffee, roasted, ground		Number of Cups	
	Weights	Measures	5 oz	8 oz
1	4-3/4 oz	1-3/8 cups	25	16
1-1/2	7-1/4 oz	2-1/4 cups	38	24
2	9-3/4 oz	3 cups	51	32
3	13-1/2 oz	4-1/8 cups	76	48
4	1 lb 2 oz	5-1/2 cups	102	64
6	1 lb 11 oz	8-1/3 cups	153	96
8	2-1/4 lb	2-3/4 qt	204	128

**NOTE:** 1 lb 14 oz (2 1/4 qt) roasted and ground coffee and 6 3/4 water will yield 100-8 ounce portions or 6 1/4 gal coffee.

## INDEX

Card No.....		Card No.	
C 001 00	Hot Cocoa	C 010 00	Orangeade
C 001 01	Hot Whipped Cocoa		
C 002 00	Coffee (Instant)		
C 003 00	Coffee (Automatic Coffee Maker)		
C 004 00	Hot Tea		
C 005 00	Coffee (Automatic Urn)		
C 005 01	Coffee (Manual Urn)		
C 006 00	Fruit Punch		
C 006 01	Lime Lemon Punch		
C 006 02	Cherry-Ade		
C 006 03	Grape-Ade		
C 006 04	Lemon-Ade		
C 006 05	Orange-Ade		
C 006 06	Strawberry-Ade		
C 007 00	Orange and Pineapple Juice Cocktail		
C 007 01	Grapefruit and Pineapple Juice Cocktail		
C 008 00	Lemonade		
C 008 01	Limeade		
C 009 00	Iced Tea (Instant)		
C 009 01	Iced Tea (Instant For Dispenser)		
C 009 02	Iced Tea (Instant w/Lemon and Sugar for Dispenser)		

**HOT COCOA**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
112 cal	24 g	4 g	0 g	2 mg	112 mg	137 mg

**Ingredient**

COCOA  
 SALT  
 SUGAR,GRANULATED  
 WATER,COLD  
 MILK,NONFAT,DRY  
 WATER,WARM  
 EXTRACT,VANILLA

**Weight**

12-1/8 oz  
 1/3 oz  
 3-1/2 lbs  
 3-1/8 lbs  
 2-1/4 lbs  
 43-7/8 lbs  
 7/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Combine cocoa, salt, and sugar.
- 2 Add water; mix. Heat to boiling point; reduce heat and simmer 5 minutes.
- 3 Reconstitute milk; add to cocoa syrup, stirring constantly. Add vanilla (optional); mix until well blended.
- 4 Heat to just below boiling. DO NOT BOIL.
- 5 Serve hot.

**Notes**

- 1 Cocoa may be served with miniature marshmallows.

HOT WHIPPED COCOA

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
62 cal	15 g	5 g	4 g	0 mg	6 mg	35 mg

**Ingredient**

COCOA

**Weight**

6 lbs

**Measure**

1 gal 3-7/8 qts

**Issue**

**Method**

- 1 Place Cocoa Beverage Powder in dispenser container. Follow manufacturer's directions for preparation and dispensing of cocoa.
- 2 Serve hot.

**Notes**

- 1 Cocoa may be served with miniature marshmallows. 8 ounce marshmallows will yield 4 to 5 marshmallows per serving of cocoa.

COFFEE (INSTANT)

Yield 100

Portion 1 Cup

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

**Ingredient**

COFFEE,INSTANT,FREEZE DRIED  
WATER,BOILING

**Weight**

8 oz  
52-1/4 lbs

**Measure**

2-5/8 cup  
6 gal 1 qts

**Issue**

**Method**

- 1 Add coffee to water. Stir until dissolved.
- 2 Keep hot. DO NOT BOIL.

**Notes**

- 1 Omit Steps 1 and 2 if using an instant coffee dispenser. Place 8 ounces of freeze-dried instant coffee in dispenser jar. Follow dispenser manufacturer's directions for preparation and dispensing of coffee.



**COFFEE (AUTOMATIC COFFEE MAKER)**

**Yield** 100

**Portion** 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
11 cal	2 g	1 g	0 g	0 mg	2 mg	6 mg

**Ingredient**

COFFEE,ROASTED,GROUND

**Weight**

1 lbs

**Measure**

2 qts 2-1/2 cup

**Issue**

**Method**

- 1 Place filter paper in brewing funnel.
- 2 Spread coffee evenly in filter.
- 3 Slide funnel into brewer; place empty pot on heating element.
- 4 Press switch to start automatic brewing cycle.
- 5 Let water drip through completely; discard grounds.

**Notes**

- 1 Serve coffee within 30 minutes.
- 2 Check water temperature. The water filtered through the grounds must be 200 F. to ensure that the coffee from the brewing chamber will be at least 190 F.
- 3 For 1 pot: Use 2-1/2 ounces or 3/4 cup roasted, ground coffee. One pot makes 11 5-ounce portions or 7 8-ounce portions.
- 4 Coffee Maker Production Rates: 2 to 3 minutes to reach water temperature. 4 minutes average brewing time. 1 pot in average of 7 minutes. 8 pots per hour.
- 5 For 5-ounce portions: In Step 1, use 1-1/2 pound or 1-7/8 quarts roasted, ground coffee to make 10 pots.
- 6 For stronger brew, use 2-13/16 pounds or 3-1/2 quarts roasted, ground coffee for 8-ounce portion; for 5-ounce portion, use 2 pounds or 2-1/2 quarts roasted, ground coffee.

**HOT TEA**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
0 cal	0 g	0 g	0 g	0 mg	7 mg	5 mg

**Ingredient**

TEA,BLACK,LOOSE  
WATER,BOILING

**Weight**

8 oz  
54-1/3 lbs

**Measure**

1-1/4 cup  
6 gal 2 qts

**Issue**

**Method**

- 1 Place tea in a cloth bag large enough to hold three times the amount.
- 2 Tie top of bag with cord long enough to facilitate removal; tie cord to handle of urn or kettle.
- 3 Place tea bag in urn or kettle.
- 4 Boil water. Pour water over tea bag. Cover. Allow to steep 3 to 5 minutes. Do not agitate or stir.
- 5 Remove tea bag.
- 6 Cover; keep hot, but do not boil.

**Notes**

- 1 If loose tea, not enclosed in a cloth bag, is placed in the urn or kettle, strain tea after it has steeped 5 minutes.
- 2 Tea must never be boiled as this produces a bitter flavor.
- 3 Schedule preparation so not more than 15 minutes will elapse between preparation and service; hold tea at temperatures 175 F. to 185 F.
- 4 For 5-ounce portions, use 1-3/4 cups tea, loose and 4 gallons of water.
- 5 100 8-ounce individual tea bags may be used. Place on serving line for self-service.

**COFFEE (AUTOMATIC URN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
9 cal	2 g	0 g	0 g	0 mg	1 mg	5 mg

**Ingredient**

COFFEE,ROASTED,GROUND

**Weight**

13-3/4 oz

**Measure**

2 qts 1 cup

**Issue**

**Method**

- 1 Make sure water level in urn liner does not exceed 2 inches from top or is lower than the center of glass water gauge.
- 2 Push HEAT SELECTOR switch to BREW position.
- 3 Rinse urn liner by placing spray arm over top of urn. Push START button. Push STOP button after 30 seconds and drain liner.
- 4 Set timer for desired amount of water, 3 quarts of water for every minute; weigh coffee and spread evenly in filter paper. See Guidelines for Coffee Urn Capacities.
- 5 Place wire basket containing filter paper and coffee in top of urn. Cover and position spray arm through hole in cover.
- 6 When BREW TEMPERATURE light is on, press START button.
- 7 Five minutes after brewing is completed, turn heat selector to HOLD position. Discard grounds and filter paper; rinse wire basket.
- 8 When empty, rinse out urn.

**Notes**

- 1 Always thoroughly drain leftover coffee from urn; do not make fresh coffee on top of old.
- 2 Never operate the urn without water. Damage to the heating elements and/or the thermostat control may result.
- 3 For a 5-ounce portion, use 5-1/2 cups roasted, ground coffee per 100 portions in Step 4.
- 4 Cleaning after each batch of coffee should be a regular routine. Coffee urns should have a special cleaning twice a week. See the operating manual for cleaning instructions.

**COFFEE (MANUAL URN)**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
9 cal	2 g	0 g	0 g	0 mg	1 mg	5 mg

**Ingredient**

COFFEE,ROASTED,GROUND

**Weight**

13-3/4 oz

**Measure**

2 qts 1 cup

**Issue**

**Method**

- 1 Fill boiler with water to desired level. See Guidelines for Coffee Urn Capacities. Turn on heat.
- 2 Spread ground coffee evenly in urn bag or filter paper in wire basket; set in top of urn. Close urn cover.
- 3 When boiler water reaches a vigorous boil, open blow-over valve and spray water over coffee for 3 to 4 minutes. Close blow-over valve. Remove and discard grounds.
- 4 If urn has no agitation system, re-pour about 1/3 of the coffee directly back into boiler. Rinse urn bag and store in cold water.
- 5 Gradually replenish water no more than 1 gallon at a time whenever gauge shows less than half full.

**Notes**

- 1 1-7/8 pound or 2-1/4 quarts roasted and ground coffee and 6-3/4 gallon water will yield 100 8-ounce portions or 6-1/4 gallon coffee.

**FRUIT PUNCH**

**Yield** 100

**Portion** 1-1/4 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
117 cal	30 g	0 g	0 g	0 mg	10 mg	15 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

SUGAR,GRANULATED	4-1/4 lbs	2 qts 1-5/8 cup	
WATER	12-1/2 lbs	1 gal 2 qts	
JUICE,GRAPEFRUIT,CONCENTRATE,FROZEN	3-2/3 lbs	1 qts 2 cup	
JUICE,LEMON	1-1/8 lbs	2 cup	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	6-5/8 lbs	3 qts	
WATER,COLD	33-1/2 lbs	4 gal	
ICE CUBES	9-5/8 lbs	3 gal	

**Method**

- 1 Dissolve sugar in water. Cool.
- 2 Add juices and water to sugar solution. Mix thoroughly. Cover and refrigerate.
- 3 Add ice just before serving.

**Notes**

- 1 In Step 2, 1-1/2 gallons of canned grapefruit juice may be used. Reduce water to 2-3/4 gallons per 100 servings.
- 2 In Step 2, 2 quarts of fresh lemon juice may be used. Reduce water to 3-1/2 gallon per 100 servings.

LIME LEMON PUNCH

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	34 g	0 g	0 g	0 mg	14 mg	10 mg

**Ingredient**

SUGAR,GRANULATED  
 WATER  
 JUICE,LEMON  
 JUICE,LIME  
 WATER  
 FOOD COLOR,GREEN  
 ICE CUBES

**Weight**

7 lbs  
 12-1/2 lbs  
 1-1/8 lbs  
 5-7/8 lbs  
 39-3/4 lbs  
 1/2 oz  
 9-5/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Dissolve sugar in water. Cool.
- 2 Add juices, food coloring, and water to sugar solution. Mix thoroughly. Cover and refrigerate.
- 3 Add ice just before serving.

**Notes**

- 1 In Step 2, 2 quarts of fresh lemon juice may be used. Reduce water to 3-1/2 gallon per 100 servings.

**ORANGE AND PINEAPPLE JUICE COCKTAIL**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
66 cal	16 g	1 g	0 g	0 mg	3 mg	17 mg

**Ingredient**

JUICE,ORANGE  
 JUICE,PINEAPPLE,CANNED,UNSWEETENED  
 ICE CUBES

**Weight**

15-3/8 lbs  
 14-1/3 lbs  
 4 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine orange and pineapple juices; stir.
- 2 Add ice just before serving.

**GRAPEFRUIT AND PINEAPPLE JUICE COCKTAIL**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
63 cal	15 g	1 g	0 g	0 mg	3 mg	18 mg

**Ingredient**

JUICE, GRAPEFRUIT, CONCENTRATE, FROZEN  
 JUICE, PINEAPPLE, CANNED, UNSWEETENED  
 WATER  
 ICE CUBES

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine grapefruit and pineapple juices with water; stir.
- 2 Cover and refrigerate.
- 3 Add ice just before serving.



LEMONADE

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
126 cal	33 g	0 g	0 g	0 mg	11 mg	7 mg

**Ingredient**

SUGAR,GRANULATED  
 WATER  
 JUICE,LEMON  
 WATER,COLD  
 ICE CUBES

**Weight**

7 lbs  
 12-1/2 lbs  
 2-1/8 lbs  
 37-5/8 lbs  
 9-5/8 lbs

**Measure**

1 gal  
 1 gal 2 qts  
 1 qts  
 4 gal 2 qts  
 3 gal

**Issue**

**Method**

- 1 Dissolve sugar in water. Cool.
- 2 Add juice and water to sugar solution. Mix thoroughly. Cover and refrigerate.
- 3 Add ice just before serving.

LIMEADE

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
131 cal	34 g	0 g	0 g	0 mg	14 mg	10 mg

**Ingredient**

SUGAR,GRANULATED  
 WATER  
 JUICE,LIME  
 WATER,COLD  
 ICE CUBES

**Weight**

7 lbs  
 12-1/2 lbs  
 7-1/2 lbs  
 37-5/8 lbs  
 9-5/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Dissolve sugar in water. Cool.
- 2 Add juice and water to sugar solution. Mix thoroughly. Cover and refrigerate.
- 3 Add ice just before serving.

ICED TEA (INSTANT)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
6 cal	1 g	0 g	0 g	0 mg	14 mg	8 mg

**Ingredient**

TEA MIX,INSTANT,UNSWEETENED  
WATER,COLD  
ICE CUBES

**Weight**

8-3/4 oz  
66-7/8 lbs  
9-5/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Add tea to water; stir until dissolved.
- 2 Serve over crushed or cubed ice.

**Notes**

- 1 For each 8-ounce glass, use about 5 ounces of strong tea. Fill glass with crushed ice. Serve 2 8-ounce glasses per portion.

**ICED TEA (INSTANT FOR DISPENSER)**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
5 cal	1 g	0 g	0 g	0 mg	4 mg	2 mg

**Ingredient**

TEA MIX,INSTANT,UNSWEETENED  
ICE CUBES

**Weight**

6-3/4 oz  
9-5/8 lbs

**Measure**

1 qts 1-5/8 cup  
3 gal

**Issue**

**Method**

- 1 Place instant tea, on dispenser. Follow manufacturer's directions for preparation, dispensing of tea, and cleaning of dispenser.
- 2 Serve over crushed or cubed ice.

**Notes**

- 1 For each 8-ounce glass, use about 5 ounces of strong tea. Fill glass with crushed ice. Serve 2 8-ounce glasses per portion.

**ICED TEA (INSTANT W/LEMON AND SUGAR FOR DISPENSER)**

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
175 cal	44 g	0 g	0 g	0 mg	4 mg	2 mg

**Ingredient**

TEA MIX, INSTANT, W/LEMON AND SUGAR  
ICE CUBES

**Weight**

10 lbs  
9-5/8 lbs

**Measure**

3 gal

**Issue**

**Method**

- 1 Place instant tea mix with lemon and sugar on dispenser. Follow directions for preparation and dispensing of tea.
- 2 Serve over crushed or cubed ice.

**Notes**

- 1 For each 8-ounce glass, use about 5 ounces of strong tea. Fill glass with crushed ice. Serve 2 8-ounce glasses per portion.

ORANGEADE

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
137 cal	34 g	1 g	0 g	0 mg	6 mg	15 mg

**Ingredient**

SUGAR,GRANULATED  
 WATER  
 JUICE,ORANGE  
 ICE CUBES

**Weight**

4 lbs  
 12-1/2 lbs  
 35-1/8 lbs  
 9-5/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Dissolve sugar in water. Cool.
- 2 Add juice to sugar solution. Mix thoroughly. Cover and refrigerate.
- 3 Add ice just before serving.

**Notes**

- 1 In Step 1, use 5 pounds or 2-3/4 quarts of granulated sugar and 2 gallons of hot water for 100 servings.

**RECIPE CONVERSION**

Most bread and sweet dough recipes have an additional column on the left side of each recipe card for TRUE PERCENTAGES. These are based on the total weight of all the ingredients, the sum of which is 100 percent. True percentages are used in adjusting a recipe to yield a specific number of servings to produce a specific number of smaller or larger servings, or to use the amount of ingredients available. To adjust a recipe to yield a specific number of servings, use this method (using Sweet Dough (Recipe D-36) as an example):

**A. TRUE PERCENTAGE METHOD**

Step 1 - Obtain a working factor by dividing the number of servings needed by 100.

For example: 438 servings needed  $\div$  100 = 4.38 working factor. See Recipe Conversion No. A-1.

Step 2 - Multiply the working factor by the total weight of the recipe to obtain the pounds desired. (Note: the total weight of the recipe is listed at the bottom of the weight column on each recipe card.)

For example: 4.38 (working factor)  $\times$  12.958 (weight of recipe) = 56.76 (lbs desired).

Step 3 - Multiply 56.76 (lbs desired) by the percent of each ingredient in the recipe.

Yeast	2.37%	X	56.76 =	1.34 lb	= 1 lb 5 1/2 oz
Water	18.92%	X	56.76 =	10.74 lb	= 10 lb 12 oz
Sugar	8.99%	X	56.76 =	5.10 lb	= 5 lb 1 1/2 oz
Salt	.95%	X	56.76 =	.54 lb	= 8 3/4 oz
Shortening	7.57%	X	56.76 =	4.30 lb	= 4 lb 5 oz
Eggs	9.46%	X	56.76 =	5.37 lb	= 5 lb 6 oz
Flour	50.16%	X	56.76 =	28.47 lb	= 28 lb 7 1/2 oz
Milk	1.58%	X	56.76 =	.90 lb	= 14 1/2 oz
TOTAL	100.00%			56.76 lb	

## **GUIDELINES FOR PREPARATION OF YEAST DOUGHS**

1. The water temperature in which the yeast is dissolved is important. If temperatures above 110° F. are used, the yeast will be killed. If under 105° F., the yeast's growth or development will be retarded.
2. The amount of water required may vary from that specified in the recipe due to variable amounts of moisture in the flour.
3. Full mixing or dough development produces better volume and lighter yeast products.
4. Lightly grease the bowl in which the dough is allowed to rise. Heavy greasing may cause streaks in the bread.
5. Yeast dough is ready to be punched when it is light and doubled in size. To test, press the dough lightly with a finger tip. If the impression remains and the dough recedes slightly, it is ready to be punched.
6. Punching should be just enough to expel gases.
7. The dough for rolls is usually softer than that for bread.



**RETARDED SWEET DOUGH METHODS**

Retarded sweet dough is yeast dough that is refrigerated for a period of time prior to baking. Refrigeration temperatures retard fermentation of the dough. The quality of the end product not changed. Retarded sweet dough may be held in refrigeration below 40° F. as long as 24 hours. Retarded sweet dough may be prepared using Sweet Dough (Recipe No. D 036 00). Two methods of preparation are:

**Method 1**

1. Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110° F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
2. Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
3. Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
4. Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78° F. to 82° F.
5. FERMENT: Set in warm place (80°F.) about 50 to 55 minutes.
6. PUNCH: Divide dough into desired working-size pieces. Shape each piece into a smooth rectangular piece. Let rest 15 minutes.
7. MAKE UP: As desired.
8. Cover; refrigerate immediately.
9. When ready to use, remove from refrigeration; PROOF until pieces are double in bulk.
10. BAKE: Using a convection oven, bake 15 minutes at 325 F. on high fan, open vent.
11. FINISH: As desired.

NOTE: Made up pieces prepared by this method can be stored safely for about 60 hours at 32° F.

**Method 2**

1. Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110° F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
2. Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
3. Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
4. FERMENT: Set in warm place (80° F.) about 50 to 55 minutes.
5. PUNCH: Divide dough into 3 pieces, about 4 lb 5 oz each; shape ea piece into a smooth rectangle. Let rest 15 minutes.
6. Flatten each piece; brush lightly with melted shortening or salad oil. Place on greased sheet pans; cover and refrigerate.
7. When ready to use, remove dough from refrigeration; make up as desired. IT IS NOT NECESSARY TO BRING DOUGH TO ROOM TEMPERATE BEFORE MAKE UP.
8. PROOF: Until pieces are double in bulk.
9. BAKE: Using a convection oven, bake 15 minutes at 325 F. on high fan, open vent.
10. FINISH: As desired.

**CHARACTERISTICS OF GOOD QUALITY BREAD PRODUCTS AND ROLLS**

CHARACTERISTIC	BISCUITS	MUFFINS	YEAST BREADS AND ROLLS
Color	Uniform golden brown top and bottom. Inside creamy white. Free from yellow or brown spots.	Uniform golden brown outside. Inside creamy white or slightly yellow but free from streaks.	Even rich brown color, creamy white inside and free from streaks.
Shape and size	Uniform in shape and size, with straight sides and a smooth level top. The volume is at least twice the size of the unbaked product.	Uniform shape and size. Well-rounded pebbled top, free from peaks or cracks.	Well proportioned, symmetrical with a well-rounded top.
Crust	Tender and moderately smooth. Free from excess flour.	Tender, with a thin, slightly rough or pebbled shiny appearance.	Crisp-tender with an even thickness over entire surface. Free from cracks and bulges.
Texture	Slightly moist, tender and flaky crumb, with a medium fine grain.	Moist, tender and light crumb, with medium fine, evenly distributed air spaces.	Soft, springy texture, tender and slightly moist with fine grain, thin walled cells.
Flavor	Pleasing, well-blended flavor with no bitterness.	Pleasing, well-blended flavor with no bitterness or other off-flavors.	Wheaty, sweet nut-like flavor. No off-flavors.

## D-G. BREADS AND SWEET DOUGHS No. 5(1)

CHARACTERISTIC		BISCUITS	MUFFINS	YEAST BREADS AND ROLLS
Tough		Not enough shortening or leavening. Too much liquid. Dough too cold or oven not hot enough. Overmixing.	Not enough shortening or sugar. Overmixing.	Not enough shortening. Insufficient proofing time. Overbaking.
Heavy		Wrong proportion of ingredients. Improper mixing. Oven not hot enough or dough too stiff.	Not enough baking powder or shortening. Overmixing.	Underproofing or overmixing.
Flavor	Poor	Wrong proportion of ingredients or improper mixing.	Wrong proportion of ingredients or improper mixing.	Wrong proportion of ingredients. Fermentation time too long.
Grain	Coarse or uneven	Too much leavening, not enough liquid, or improper mixing. "Not flaky" due to not enough shortening or improper mixing of shortening and flour.	Insufficient beating of eggs. Too much or not enough leavening. Overmixing. Tunnels due to not enough liquid or shortening or overmixing.	Improper make-up, excessive water or under-or overmixing.
Texture	Too dry	Dough too stiff. Overbaking. Oven not hot enough. Not enough sugar or shortening.	Batter too stiff. Overbaking. Too much leavening. Not enough sugar and/or shortening.	Overproofing. Not enough water or improper mixing time
	Too crumbly	Too much leavening, sugar or shortening. Not enough liquid.	Not enough liquid. Too much baking powder. Oven not hot enough.	Not enough water, improper mixing time

**CHARACTERISTICS OF POOR QUALITY BREAD PRODUCTS AND ROLLS**

CHARACTERISTIC		BISCUITS	MUFFINS	YEAST BREADS AND ROLLS
Crusts	Tough or hard	Too much flour. Overmixing. Oven too hot. Overbaking.	Too much flour or not enough sugar or shortening. Overmixing.	Not enough shortening. Overbaking. Insufficient fermentation. Too much rolling in flour.
	Irregular	Rough or blisters due to too much liquid, incorrect kneading or rolling.	Peaks due to mixture being too stiff, overmixing or oven too hot.	Blisters due to improper make-up. Too much rolling in flour.
	Too smooth		Too much liquid or overmixing.	
Inside Appearance	Color streaks or spots	Too much leavening. Ingredients not well mixed.	Eggs and milk not well blended.	“Crusting” during fermentation of dough. Undermixing. Too much dusting flour during make-up.
Outside Appearance	Shape irregular	Too much liquid. Dough not rolled to uniform thickness. Improper cutting of dough. Uneven oven heat.	Too much flour. Not enough liquid. Overmixing. Too much batter in pan. Oven too hot.	Improper shaping. Too much dough for bread pan. Insufficient proofing time.
Color	Too dark	Oven too hot. Overbaking. Dough too stiff. Oven not hot enough, insufficient sugar.	Too much sugar. Oven too hot. Overbaking.	Too much sugar or milk. Insufficient fermentation time. Oven too hot.
	Too pale	Dough too stiff. Oven not hot enough, insufficient sugar.	Overmixing. Oven not hot enough. Underbaking.	Not enough sugar or milk. Dough too warm during mixing and excessive fermentation. Oven not hot enough.

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D 005 00	Raisin Bread	D 017 00	Egg Wash
D 007 00	Toasted Garlic Bread	D 017 01	Egg White Wash
D 007 01	Toasted Parmesan Bread	D 018 00	Cake Doughnuts (Homemade)
D 007 02	Texas Toast	D 018 01	Sugar Coated Doughnuts
D 008 00	White Bread	D 018 02	Cake Doughnuts (Doughnut Mix)
D 009 00	White Bread (Short-Time Formula)	D 018 03	Chocolate Doughnuts
D 011 00	Pumpkin Bread	D 018 04	Cinnamon Sugar Doughnuts
D 012 00	Crumb Cake Snickerdoodle	D 018 05	Glazed Nut Doughnuts
D 012 01	Crumb Cake Snickerdoodle (Cake Mix, Yellow)	D 018 06	Glazed Coconut Doughnuts
		D 018 07	Glazed Doughnuts
D 013 00	Bagels	D 019 00	Raised Doughnuts
D 014 00	Corn Bread	D 019 01	Beignets (New Orleans Doughnuts)
D 014 01	Corn Muffins	D 019 02	Raised Doughnuts (Sweet Dough Mix)
D 014 02	Hush Puppies	D 019 03	Longjohns

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D. BREADS AND SWEET DOUGHS No. 0

D 019 04	Crullers		D 028 00	Bran Muffins
D 020 00	Dumplings		D 028 01	Raisin Bran Muffins
D 021 00	English Muffins		D 028 02	Blueberry Bran Muffins
D 021 01	Cinnamon Raisin English Muffins		D 028 03	Banana Bran Muffins
D 022 00	French Toast		D 028 04	Apricot Bran Muffins
D 022 01	French Toast (Thick Slice)		D 028 05	Cranberry Bran Muffins
D 022 02	English Muffin French Toast		D 029 00	Muffins
D 022 03	French Toast (Frozen Eggs and Egg Whites)		D 029 01	Blueberry Muffins
D 023 00	French Toast Puff		D 029 02	Raisin Muffins
D 024 00	Apple Fritters		D 029 03	Banana Muffins
D 025 00	Pancakes		D 029 04	Apple Muffins
D 025 01	Buttermilk Pancakes (Dry Buttermilk)		D 029 05	Cinnamon Crumb Top Muffins
D 025 02	Blueberry Pancakes		D 029 06	Cranberry Muffins
D 025 04	Buttermilk Pancakes (Pancake Mix)		D 029 07	Date Muffins
D 025 05	Pancakes (Pancake Mix)		D 029 08	Nut Muffins
D 025 06	Waffles, Frozen (Brown And Serve)		D 029 09	Oatmeal Raisin Muffins
D 025 07	Waffles (Pancake Mix)		D 030 00	Banana Bread
D 025 08	Waffles		D 032 00	Hard Rolls
D 025 09	Whole Wheat Pancakes		D 033 00	Hot Rolls
D 025 10	Pancakes (Frozen Eggs and Egg Whites)		D 033 01	Hot Rolls (Brown and Serve)
D 025 11	Pancakes (Egg Substitute)	(1)	D 033 02	Hot Rolls (Roll Mix)
D 026 00	Hot Cross Buns		D 033 03	Oatmeal Rolls
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## BAKING POWDER BISCUITS

Yield 100

Portion 1 Biscuit

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
148 cal	24 g	4 g	4 g	0 mg	345 mg	115 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
BAKING POWDER  
SALT  
SHORTENING  
WATER  
COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening at low speed into dry ingredients until mixture resembles coarse cornmeal.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 Place dough on lightly floured board. Knead lightly 1 minute or until dough is smooth.
- 5 Roll or pat out to a uniform thickness of 1/2-inch.
- 6 Lightly spray each pan with non-stick cooking spray. Cut with 2-1/2 inch floured biscuit cutter. Place 50 biscuits on each pan.
- 7 Using a convection oven, bake at 350 F. for 15 minutes or until lightly browned on low fan, open vent.

**Notes**

- 1 For browner tops: In Step 1, add 1/2 cup granulated sugar per 100 portions to dry ingredients.

**BAKING POWDER BISCUITS (BISCUIT MIX)**

**Yield** 100

**Portion** 1 Biscuit

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
153 cal	23 g	3 g	6 g	1 mg	456 mg	64 mg

**Ingredient**

BISCUIT MIX

**Weight**

7-7/8 lbs

**Measure**

1 gal 3-1/2 qts

**Issue**

**Method**

- 1 Prepare biscuit mix according to instructions on container. Using a convection oven, bake at 350 F. 15 minutes or until lightly browned on low fan, open vent.

## CHEESE BISCUITS

Yield 100

Portion 1 Biscuit

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	24 g	5 g	6 g	5 mg	373 mg	147 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
BAKING POWDER  
SALT  
CHEESE,CHEDDAR,GRATED  
SHORTENING  
WATER  
COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl. Add grated cheddar cheese to sifted dry ingredients.
- 2 Blend shortening at low speed into dry ingredients until mixture resembles coarse cornmeal.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 Place dough on lightly floured board. Knead lightly, 1 minute or until dough is smooth.
- 5 Roll or pat out to a uniform thickness of 1/2 inch.
- 6 Lightly spray each pan with non-stick cooking spray. Cut with 2-1/2 inch floured biscuit cutter. Place 50 biscuits on each pan.
- 7 Using a convection oven, bake at 350 F. for 15 minutes or until lightly browned on low fan, open vent.

**Notes**

- 1 For browner tops: In Step 1, add 1/2 cup of granulated sugar per 100 portions to dry ingredients.

**DROP BISCUITS**

**Yield** 100

**Portion** 1 Biscuit

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
148 cal	24 g	4 g	4 g	0 mg	345 mg	115 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 SHORTENING  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening at low speed into dry ingredients until mixture resembles coarse cornmeal.
- 3 Add water; mix at low speed only enough to form a soft dough.
- 4 Lightly spray each pan with non-stick cooking spray. Drop biscuit dough by heaping tablespoon, 1 inch apart, on sprayed sheet pans in rows 6 by 9.
- 5 Using a convection oven, bake at 350 F. for 15 minutes or until lightly browned on low fan, open vent.

**Notes**

- 1 For browner tops: In Step 1, add 1/2 cup granulated sugar per 100 portions to dry ingredients.

**IRISH SODA BREAD**

**Yield** 100

**Portion** 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
335 cal	59 g	6 g	9 g	44 mg	456 mg	70 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER  
 VINEGAR,DISTILLED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING SODA  
 BAKING POWDER  
 SALT  
 RAISINS  
 CARAWAY SEED  
 BUTTER  
 EGGS,WHOLE,FROZEN,BEATEN,ROOM TEMPERATURE  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk; add vinegar. Let stand 15 minutes. Set aside for use in Step 4.
- 2 Place flour, sugar, baking soda, baking powder, salt, raisins, and caraway seeds in mixer bowl. Mix at low speed just enough to blend.
- 3 Using pastry knife attachment, cut butter or margarine into dry ingredients until it resembles coarse meal.
- 4 Stir eggs into milk. Add egg-milk mixture to dry ingredients; blend until just mixed, about 45 seconds. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick cooking spray. Place 3 pounds or 1-1/2 quarts batter in each sprayed loaf pan.
- 6 Bake 55 to 60 minutes at 375 F. or until done.
- 7 Cool thoroughly before slicing.
- 8 Cut 25, 1/2 inch thick slices per loaf.

**SUBMARINE ROLLS (HOAGIE, TORPEDO)**

**Yield** 100

**Portion** 1 Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
389 cal	73 g	12 g	5 g	0 mg	423 mg	17 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 COOKING SPRAY,NONSTICK

**Weight**

6-3/4 oz  
 2-1/8 lbs  
 8-7/8 lbs  
 8-7/8 oz  
 3-3/4 oz  
 21-1/8 lbs  
 9 oz  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, sugar, salt, and flour in mixer bowl.
- 3 Mix at low speed 1 minute or until all flour is incorporated into liquid, using dough hook. Add yeast solution; mix at low speed 1 minute.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. and 82 F.
- 5 FERMENT: Cover. Set in warm place, 80 F. for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Fold sides into center. Turn dough over. Divide dough into approximately 3-pound pieces. Let rest about 10 minutes.
- 7 MAKEUP: Divide each ball into 10 4-1/2-ounce pieces; flatten. Roll up like jelly roll into 1-1/4x8-inch rolls. Lightly spray pans with non-stick cooking spray. Place 15 rolls about 2 inches apart on each sprayed pan.
- 8 Prepare 1/2 Recipe Cornstarch Wash, Recipe No. D 040 00. Brush on top and sides of each roll.
- 9 PROOF: At 90 F. until double in size, about 40 minutes.  
 Using a convection oven, bake at 350 F. for 12 to 15 minutes or until lightly browned on high fan, open vent. Immediately brush with Cornstarch Wash. Cool on wire racks.

**Notes**

- 1 Rolls may be prepared using semi-automatic bakery equipment (roll divider and rounding machine, bread molder-dough sheeter machine and bun slicer). Follow Step 1. In Step 2, combine 1 1/3 oz (3 tbsp) bakery emulsifier with flour and milk. Follow Steps 3 through 6. In Step 7, divide dough into 5 lb 6 oz pieces. Place in roll divider and rounding machine. Divide into 36 balls. Press 2 balls together to form 4-1/2 oz balls. Let rest 5 to 10 minutes. Feed balls, one at a time into bread molder-dough sheeter machine, with a 9-inch pressure plate. Follow Steps 8 through 10. Slice rolls partially through using bun slicer.



**SUBMARINE ROLLS (ROLL MIX)**

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
340 cal	61 g	10 g	7 g	0 mg	532 mg	56 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 ROLL,MIX  
 WATER,COLD  
 COOKING SPRAY,NONSTICK

**Weight**

8-1/2 oz  
 2-1/3 lbs  
 19-1/8 lbs  
 8-1/3 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir. Prepare roll mix according to directions on package.
- 2 PUNCH: Fold sides into center. Turn dough over. Divide dough into approximately 3 pound pieces. Let rest about 10 minutes.
- 3 Lightly spray each pan with non-stick cooking spray. MAKEUP: Divide each ball into 10 4-1/2 ounce pieces; flatten. Roll up like jelly roll into 1-1/4x8 inch rolls. Place 15 rolls about 2 inches apart on each sprayed pan.
- 4 Prepare 1/2 recipe Cornstarch Wash, Recipe No. D 040 00. Brush on top and sides of each roll.
- 5 PROOF: At 90 F. until double in bulk, about 40 minutes.
- 6 Using a convection oven, bake 12 to 15 minutes at 350 F. or until lightly browned on high fan, open vent. Immediately brush with Cornstarch Wash. Cool on wire racks.

**Notes**

- 1 Rolls may be prepared using semi-automatic bakery equipment. Follow Step 1. In Step 1, add bakery emulsifier to roll mix. Follow Step 2. In Step 3 divide dough into 5lb 6 oz pieces. Place in roll divider and rounding machine. Divide into 36 balls. Press 2 balls together to form 4-1/2 oz balls. Let rest 5 to 10 minutes. Feed balls one at a time into bread molder-dough sheeter machine, with a 9-inch pressure plate. Follow Steps 4 through 5. Slice rolls partially through using bun slicer.

## FRENCH BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	37 g	6 g	2 g	0 mg	328 mg	8 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING

**Weight**

2 oz  
 12-1/2 oz  
 4-5/8 lbs  
 2-2/3 oz  
 3 oz  
 10-7/8 lbs  
 2-3/4 oz

**Measure**

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

**Issue****Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, sugar, salt, and flour in mixer bowl.
- 3 Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid; add yeast solution; mix at medium speed 5 minutes.
- 4 Add shortening; continue mixing at medium speed 3 minutes. Dough temperature should be between 78 F. and 82 F.
- 5 FERMENT: Cover and set in warm place, 80 F. for 2-1/4 hours or until double in bulk.
- 6 PUNCH: Fold sides into center and turn completely over. Let rest 15 minutes.
- 7 MAKE-UP: Scale into 12-19 ounce pieces; shape each piece into a smooth ball; let rest 10 minutes. Form each piece into a rope, 1-1/4 inches in diameter and 18 inches long. Place 3 loaves on each cornmeal dusted pan. Use 1/8 cup cornmeal per pan.
- 8 PROOF: At 90 F. to 100 F. for 50 to 60 minutes or until double in bulk.
- 9 Brush top of each loaf with Cornstarch Wash, Recipe No. D 040 00 or Egg White Wash, Recipe No. D 017 01. Cut 6 diagonal slashes, 1/4-inch deep, on top of each loaf.  
 BAKE: 30 minutes at 425 F. or until done.  
 When cool, cut 17 one-inch thick slices per loaf.

## RAISIN BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	40 g	6 g	2 g	0 mg	264 mg	26 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 MILK,NONFAT,DRY  
 CINNAMON,GROUND  
 FLAVORING,LEMON  
 FLOUR,WHEAT,BREAD  
 SHORTENING  
 RAISINS

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand five minutes; stir. Set aside for use in Step 4.
- 2 Place water, sugar, salt, milk, cinnamon, and lemon flavoring in mixer bowl. Using dough hook, mix at low speed just enough to blend.
- 3 Add flour. Mix at low speed 1 minute or until all flour is incorporated into liquid.
- 4 Add yeast solution; mix at low speed 1 minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. and 82 F.
- 6 Soak raisins in 3 quarts lukewarm water 15 minutes. Drain. Mix at low speed 1 minute.
- 7 FERMENT: Cover and set in a warm place, 80 F. for 2 hours or until double in bulk.
- 8 PUNCH: Fold sides into center and turn dough completely over. Let rest 20 minutes.
- 9 MAKE UP: Scale into approximately 8-2 pound pieces; shape each piece into a smooth ball; let rest 10 minutes. Mold each piece into a loaf; place each loaf into lightly greased bread pan.  
 PROOF: At 90 F. to 100 F. for 50 to 60 minutes or until double in bulk.  
 BAKE: If convection oven is used, bake at 325 F. for 30 minutes or until done on high fan, closed vent.  
 Prepare 1/4 recipe Syrup Glaze, Recipe No. D 045 00 (optional). Brush top of each loaf with hot Syrup Glaze.  
 When cool, slice 25 slices (about 1/2 inch thick) per loaf.

**Notes**

- 1 In Step 9, when using 9x4-1/2x2-3/4 bread pans, scale into 10-25-ounce pieces.

## TOASTED GARLIC BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
259 cal	31 g	5 g	13 g	0 mg	487 mg	48 mg

**Ingredient**

MARGARINE,SOFTENED  
GARLIC POWDER  
BREAD,FRENCH

**Weight**

3 lbs  
1/2 oz  
13 lbs

**Measure**

1 qts 2 cup  
1 tbsp

**Issue****Method**

- 1 Place butter or margarine in mixer bowl. Whip at medium speed until creamy. Add garlic powder; blend thoroughly.
- 2 Slice each loaf in half lengthwise. Spread each half loaf with about 2 ounces or 1/4 cup of garlic-butter mixture. Cut each half loaf into 8 slices. Place 5 half loaves on each sheet pan.
- 3 Using a convection oven, bake at 350 F. for 10 to 12 minutes or until lightly browned on high fan, open vent.
- 4 Serve hot.

**Notes**

- 1 In Step 2, 100 hard rolls may be split and used for 100 portions.

## TOASTED PARMESAN BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
277 cal	31 g	7 g	14 g	3 mg	561 mg	103 mg

**Ingredient**

MARGARINE,SOFTENED  
 CHEESE,PARMESAN,GRATED  
 BREAD,FRENCH

**Weight**

3 lbs  
 14-1/8 oz  
 13 lbs

**Measure**

1 qts 2 cup  
 1 qts

**Issue****Method**

- 1 Place butter or margarine in mixer bowl. Whip at medium speed until creamy. Add grated Parmesan cheese; mix thoroughly.
- 2 Slice each loaf in half lengthwise. Spread each half loaf with about 2 ounces or 1/4 cup cheese-butter mixture. Cut each half loaf into 8 slices. Place 5 half loaves on each sheet pan.
- 3 Using a convection oven, bake at 350 F. for 10 to 12 minutes or until lightly browned on high fan, open vent.
- 4 Serve hot.

**Notes**

- 1 In Step 2, 100 hard rolls may be split and used.

**BREADS AND SWEET DOUGHS No.D 007 02**  
**TEXAS TOAST**

**Yield** 100

**Portion** 2 Slices

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
202 cal	31 g	5 g	6 g	0 mg	359 mg	44 mg

**Ingredient**

BREAD,FRENCH

**Weight**

13 lbs

**Measure**

**Issue**

**Method**

- 1 Use unsliced French Bread. Diagonally cut each loaf into 8 even slices.
- 2 Using a convection oven, bake at 350 F. for 10 to 12 minutes or until lightly browned on high fan, open vent.
- 3 Serve hot.

**Notes**

- 1 Toast may be grilled. Place on lightly greased 400 F. griddle Grill 2 to 3 minutes until lightly browned.

**WHITE BREAD**

**Yield** 100

**Portion** 2 Slices

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
181 cal	33 g	6 g	2 g	0 mg	334 mg	22 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 MILK,NONFAT,DRY  
 FLOUR,WHEAT,BREAD  
 SHORTENING

**Weight**

1-2/3 oz  
 12-1/2 oz  
 4-1/8 lbs  
 5-1/4 oz  
 3 oz  
 4-1/4 oz  
 9-1/3 lbs  
 6-1/3 oz

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 4.
- 2 Place water, sugar, salt, and milk in mixer bowl. Mix at low speed just enough to blend.
- 3 Add flour. Using dough hook, mix at low speed 1 minute or until all flour is incorporated into liquid.
- 4 Add yeast solution; mix at low speed 1 minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 6 FERMENT: Cover and set in warm place, 80 F. for 2 hours or until double in bulk.
- 7 PUNCH: Fold sides into center and turn dough completely over. Let rest 30 minutes.
- 8 MAKE UP: Scale into approximately 8 1-3/4 pound pieces; shape each piece into a smooth ball; let rest 12 to 15 minutes. Mold each piece into an oblong loaf; place each loaf seam-side down into lightly greased pan.
- 9 PROOF: At 90 F. to 100 F. about 1 hour or until double in bulk.  
 BAKE: Using a convection oven, bake at 375 F. until done, on low fan with open vent.  
 When cool, slice 25 slices, about 1/2 inch thick, per loaf.

**Notes**

- 1 In Step 8, when using 9 x 4-1/4 x 2-3/4 bread pans, scale into 12-18 ounce pieces.
- 2 For Semi-Automated Equipment: Follow Steps 1 through 7. In Step 8, scale into 8-27-ounce pieces; shape each piece into a smooth ball; let rest 12 to 15 minutes. Using a 10-inch pressure plate, feed balls one at a time into bread molding machine. Pan seam-side down into lightly greased bread pans. Follow Steps 9 through 11.

**WHITE BREAD (SHORT-TIME FORMULA)**

**Yield** 100

**Portion** 2 Slices

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
184 cal	34 g	6 g	2 g	0 mg	217 mg	20 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 FLOUR,WHEAT,BREAD  
 SALT

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using a dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated; add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift together flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 25 to 30 minutes or until double in bulk.
- 8 MAKE UP: Scale into 8-28 ounce pieces. Roll scaled dough to pan size; place 1 loaf into each lightly greased bread pan.
- 9 PROOF: At 90 F. for 25 to 30 minutes or until double in bulk.  
 BAKE: Using a convection oven, bake at 400 F. for 3 to 5 minutes on high fan, open vent. Reduce oven temperature to 325 F. and bake 15 to 18 minutes or until done.  
 When cool, slice 25 slices, about 1/2-inch thick, per loaf.

**Notes**

- 1 In Step 8, when using 9 x 4-1/2 x 2-3/4 bread pans, scale into 10-22 ounce pieces.



**PUMPKIN BREAD**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
272 cal	40 g	4 g	12 g	30 mg	302 mg	23 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

EGGS,WHOLE,FROZEN	1-1/2 lbs	2-7/8 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-1/3 lbs	3 qts	
SALT	1-1/4 oz	2 tbsp	
BAKING POWDER	1/3 oz	1/3 tsp	
BAKING SODA	1-1/3 oz	2-2/3 tbsp	
CINNAMON,GROUND	1/3 oz	1 tbsp	
ALLSPICE,GROUND	1/4 oz	1 tbsp	
NUTMEG,GROUND	1/3 oz	1 tbsp	
CLOVES,GROUND	1/4 oz	1 tbsp	
SUGAR,GRANULATED	5-1/4 lbs	3 qts	
OIL,SALAD	1-7/8 lbs	1 qts	
PUMPKIN,CANNED,SOLID PACK	3-3/4 lbs	1 qts 3 cup	
WATER	1 lbs	2 cup	
NUTS,UNSALTED,CHOPPED,COARSELY	10-1/3 oz	2 cup	
RAISINS	10-1/4 oz	2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Beat eggs in mixer bowl at medium speed 3 minutes or until lemon colored.
- 2 Blend flour, salt, baking powder, baking soda, cinnamon, allspice, nutmeg, and cloves together in separate bowl.
- 3 Add flour mixture, sugar, salad oil, pumpkin, water, nuts, and raisins to beaten eggs.
- 4 Beat at low speed about 1/2 minute. Beat 1 minute or until well blended. DO NOT OVER BEAT.
- 5 Lightly spray each pan with non-stick cooking spray. Pour about 7-1/2 cups of batter into each sprayed pan.
- 6 Using a convection oven, bake at 325 F. about 70 minutes or until done on low fan, open vent. Let cool in pans 5 to 10 minutes before removing from pans.
- 7 Cool thoroughly; wrap in waxed paper; store overnight before slicing.
- 8 Cut 25 slices per loaf.

**CRUMB CAKE SNICKERDOODLE**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
303 cal	46 g	5 g	12 g	36 mg	212 mg	81 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

SHORTENING	1-1/8 lbs	2-1/2 cup	
SUGAR,GRANULATED	3 lbs	1 qts 2-3/4 cup	
EGGS,WHOLE,FROZEN	1-3/4 lbs	3-1/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	5 lbs	1 gal 1/2 qts	
BAKING POWDER	2-3/4 oz	1/4 cup 2 tbsp	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
NUTMEG,GROUND	1/4 oz	1 tbsp	
SALT	3/4 oz	1 tbsp	
WATER	2 lbs	3-3/4 cup	
EXTRACT,VANILLA	3/4 oz	1 tbsp	
RAISINS	1-3/4 lbs	1 qts 1-1/2 cup	
NUTS,UNSALTED,CHOPPED,COARSELY	1-1/4 lbs	1 qts	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SUGAR,BROWN,PACKED	1-1/3 lbs	1 qts 1/4 cup	
MARGARINE	8 oz	1 cup	
CINNAMON,GROUND	1 oz	1/4 cup 1/3 tbsp	
YELLOW CAKE (CRUMBS)		3 cup	

**Method**

- 1 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 2 Add eggs; beat at medium speed 2 minutes or until light and fluffy.
- 3 Sift together flour, baking powder, milk, nutmeg, and salt.
- 4 Add vanilla to water; add alternately with dry ingredients to mixture. Mix 1-1/2 minutes at low speed.
- 5 Fold raisins and nuts into batter.
- 6 Lightly spray each pan with non-stick cooking spray. Pour about 3-1/2 quarts of batter into each lightly sprayed pan.
- 7 Mix brown sugar, butter or margarine, cinnamon, and cake crumbs until mixture resembles cornmeal. Sprinkle about 1 quart of mixture over batter in each pan.
- 8 Using a convection oven, bake at 300 F. for 20 to 25 minutes or until done on low fan, open vent.
- 9 Cool; cut 6 by 9. If desired, top with Vanilla Glaze, Recipe No. D 046 00.

**CRUMB CAKE SNICKERDOODLE (CK MIX, YELLOW)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
257 cal	36 g	3 g	12 g	11 mg	290 mg	25 mg

**Ingredient**

CAKE MIX, YELLOW  
NUTMEG, GROUND

**Weight**

10 lbs  
1/4 oz

**Measure**

1 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Add nutmeg.
- 3 Using a convection oven, bake at 300 F. for 25 minutes or until done on low fan, open vent.

**BREADS AND SWEET DOUGHS No.D 013 00**  
**BAGELS**

**Yield** 100

**Portion** 1 Bagel

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
242 cal	48 g	8 g	2 g	0 mg	375 mg	11 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water in mixer bowl. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Using a wire whip, add sugar and salt to yeast solution; stir until ingredients are dissolved.
- 3 Using a dough hook, add flour; mix at low speed 1 minute or until all flour is incorporated into liquid. Continue mixing at medium speed 13 to 15 minutes until dough is smooth and elastic. (Dough will be very stiff). Dough temperature should be 78 F. to 82 F.
- 4 Cover; let rest 15 minutes.
- 5 Place dough on unfloured work surface; divide dough into 3 ounce pieces; knead briefly; shape into balls by rolling in circular motion on work surface.
- 6 Place balls, in rows 4 by 6, on 4 ungreased sheet pans.
- 7 FERMENT: Cover. Set in warm place (80 F.) about 15 to 20 minutes or until dough increases slightly in bulk.
- 8 MAKE UP: Shape bagels like a doughnut; flatten to 2-1/2-inch circles, 3/4-inch thick. Pinch center of each bagel with thumb and forefinger and pull gently to make a 1-inch diameter hole and a total 3-1/2-inch diameter, keeping uniform shape. Place on 4 ungreased sheet pans in rows 4 by 6 per pan.
- 9 PROOF: At 90 F. until bagels begin to rise, about 20 to 30 minutes.  
 Lightly spray 5 sheet pans with non-stick cooking spray. Sprinkle each pan with 1/2 cup cornmeal.  
 Add water to steam-jacketed kettle or stock pot; bring to a boil; reduce heat to a simmer. Add 1/2 cup granulated sugar to water. Stir until dissolved. Gently drop bagels, one at a time, into water. Cook 30 seconds; turn; cook 30 seconds. Remove bagels with slotted spoon; drain. Place on sheet pans in rows 4 by 5.  
 BAKE: 30 to 35 minutes or until golden brown and crisp in 400 F. oven. Remove from pans; cool on wire racks.

**Notes**

- 1 In Step 1, a 60-quart mixer should be used for 100 portions as dough is very stiff. If using 20 to 30 quart mixers, prepare no more than 50 portions at a time.
- 2 In Steps 7 and 9, bagels should not double in bulk.
- 3 In Step 12, if convection oven is used, bake at 350 F. for 15 to 20 minutes on high fan, open vent.

**CORN BREAD**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	30 g	5 g	8 g	30 mg	359 mg	127 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 CORN MEAL  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add oil; mix at medium speed until blended.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 1 gallon of batter into each pan.
- 5 Using a convection oven, bake at 375 F. for 20 minutes or until done on low fan, open vent.
- 6 Cool; cut into 6 by 9.

**Notes**

- 1 In step 1, omit sugar if southern-style cornbread is desired.

**CORN MUFFINS**

**Yield** 100

**Portion** 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
160 cal	22 g	4 g	6 g	24 mg	252 mg	95 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 CORN MEAL  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add oil; mix at medium speed until blended.
- 4 Lightly spray 9-12 cup muffin pans with non-stick cooking spray. Fill each cup 2/3 full.
- 5 Bake for 15 to 20 minutes at 425 F. or at 375 F. in a convection oven for 15 minutes or until done on low fan, open vent.

HUSH PUPPIES

Yield 100

Portion 3 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
200 cal	28 g	5 g	7 g	30 mg	359 mg	129 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 CORN MEAL  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 WATER  
 ONIONS,FRESH,CHOPPED  
 PEPPER,BLACK,GROUND  
 SHORTENING,VEGETABLE,MELTED

**Weight**

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

**Measure**

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

**Issue**

2-1/3 lbs

**Method**

- 1 Blend flour, cornmeal, milk, baking powder, and salt in mixer bowl.
- 2 Combine eggs, water, onions, and pepper; add to ingredients in mixer bowl. Blend at low speed for minute. Scrape down bowl.
- 3 Add shortening; mix at medium speed until blended.
- 4 Drop batter by rounded tablespoon into deep fat at around 360 F.; fry about 3 minutes. Drain on absorbent paper.

## JALAPENO CORN BREAD

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
224 cal	30 g	5 g	9 g	33 mg	391 mg	143 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FLOUR,WHEAT,GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
CORN MEAL	3-2/3 lbs	3 qts	
MILK,NONFAT,DRY	6 oz	2-1/2 cup	
SUGAR,GRANULATED	7 oz	1 cup	
BAKING POWDER	5-7/8 oz	3/4 cup	
SALT	1-1/2 oz	2-1/3 tbsp	
EGGS,WHOLE,FROZEN	1-1/2 lbs	2-7/8 cup	
WATER	7-7/8 lbs	3 qts 3 cup	
OIL,SALAD	1-1/2 lbs	3 cup	
CORN,CANNED,WHOLE KERNEL,DRAINED	11-5/8 oz	2 cup	
CHEESE,CHEDDAR,GRATED	8 oz	2 cup	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	2-3/8 oz	1/2 cup	
ONIONS,FRESH,GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Blend flour, cornmeal, milk, sugar, baking powder, and salt in mixer bowl.
- 2 Combine eggs and water; add to ingredients in mixer bowl. Blend at low speed about 1 minute. Scrape down bowl.
- 3 Add shortening, drained corn, cheese, drained jalapeno peppers, and onions to mixture. Blend only until ingredients are distributed throughout mixture.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 4-3/4 quarts batter into each pan.
- 5 Bake for 30 minutes at 425 F. or at 375 F. in a convection oven 20 minutes or until done on low fan, open vent.
- 6 Cool, cut 6 by 9.



**CORN BREAD (CORN BREAD MIX)**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
218 cal	36 g	4 g	7 g	1 mg	567 mg	29 mg

**Ingredient**

CORN BREAD MIX  
COOKING SPRAY, NONSTICK

**Weight**

11-1/4 lbs  
2 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Lightly spray each pan with non-stick cooking spray. Pour 1 gallon of batter into each pan.
- 3 Bake 20 to 25 minutes at 425 F. or if a convection oven is used, bake at 375 F. for 20 minutes or until done on low fan, open vent or until done.
- 4 Cool; cut 6 by 9.

**Notes**

- 1 Cornbread Mix is a slightly sweetened product. In Step 1, 2-1/8 cup of granulated sugar may be added to mix if a sweeter product is desired.

**CORN MUFFINS (CORN BREAD MIX)**

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	32 g	3 g	5 g	1 mg	454 mg	23 mg

**Ingredient**

CORN BREAD MIX  
 SUGAR, GRANULATED  
 COOKING SPRAY, NONSTICK

**Weight**

9 lbs  
 12-1/3 oz  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare Cornbread Mix and combine with granulated sugar.
- 2 Lightly spray 9-12 cup muffin pans with non-stick cooking spray. Fill each cup 2/3 full.
- 3 Bake 15 to 20 minutes at 425 F. or in a 375 F. convection oven for 15 minutes or until done on low fan, open vent.

**HUSH PUPPIES (CORN BREAD MIX)**

**Yield** 100

**Portion** 3 Pieces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
257 cal	36 g	4 g	11 g	1 mg	567 mg	31 mg

**Ingredient**

CORN BREAD MIX  
ONIONS,FRESH,CHOPPED  
PEPPER,BLACK,GROUND

**Weight**

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

**Measure**

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

**Issue**

2-1/3 lbs

**Method**

- 1 Prepare mix according to instructions on container. Add finely chopped onions and black or white pepper.
- 2 Drop batter by rounded tablespoon into deep fat, at around 360 F.; fry about 3 minutes. Drain on absorbent paper.

**JALAPENO CORN BREAD (CORN BREAD MIX)**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
230 cal	36 g	4 g	8 g	3 mg	599 mg	46 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CORN BREAD MIX	11-1/4 lbs	2 gal 1/3 qts	
CORN,CANNED,WHOLE KERNEL,DRAINED	11-5/8 oz	2 cup	
CHEESE,CHEDDAR,GRATED	8 oz	2 cup	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	2-3/8 oz	1/2 cup	
ONIONS,FRESH,GRATED	2-7/8 oz	1/2 cup	3-1/8 oz
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Prepare mix according to instructions on container. Add drained whole kernel corn, grated Cheddar or American cheese, jalapeno peppers, and onions. Blend only until ingredients are distributed.
- 2 Lightly spray each pan with non-stick cooking spray. Pour 4-3/4 quarts of batter into each pan.
- 3 Bake 30 minutes at 425 F. or in a 375 F. convection oven for 20 minutes or until done on low fan, open vent.
- 4 Cool; cut 6 by 9.

**BREADS AND SWEET DOUGHS No.D 016 00**  
**CROUTONS**

**Yield** 100

**Portion** 8 Croutons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
24 cal	4 g	1 g	0 g	0 mg	49 mg	10 mg

**Ingredient**

BREAD,WHITE,STALE,SLICED

**Weight**

2 lbs

**Measure**

1 gal 2-1/2 qts

**Issue**

**Method**

- 1 Trim crusts from bread; cut bread into 1/2-inch cubes.
- 2 Place bread cubes on sheet pans. Brown lightly in 325 F. oven, about 20 to 25 minutes or in 375 F. convection oven, about 6 minutes on high fan, open vent.

**Notes**

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

**GARLIC CROUTONS**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
49 cal	4 g	1 g	3 g	8 mg	77 mg	11 mg

**Ingredient**

BREAD,WHITE,STALE,SLICED  
 BUTTER,MELTED  
 GARLIC CLOVES,FRESH,MINCED

**Weight**

2 lbs  
 12 oz  
 1/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Trim crusts from bread; cut bread into 1/2-inch cubes.
- 2 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.
- 3 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.

## PARMESAN CROUTONS

Yield 100

Portion 8 Croutons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
55 cal	4 g	1 g	4 g	9 mg	105 mg	31 mg

**Ingredient**

BREAD,WHITE,STALE,SLICED  
 BUTTER,MELTED  
 CHEESE,PARMESAN,GRATED

**Weight**

2 lbs  
 12 oz  
 5-1/4 oz

**Measure**

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

**Issue****Method**

- 1 Trim crusts from bread; cut bread into 1/2-inch cubes.
- 2 Place bread cubes on sheet pans. Brown lightly in 325 F. oven, 20 to 25 minutes or in 375 F. convection oven, 6 minutes on high fan, open vent.
- 3 Melt butter or margarine; blend in grated Parmesan cheese. Pour mixture 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.

**BREADS AND SWEET DOUGHS No.D 017 00**  
**EGG WASH**

**Yield** 100

**Portion** 3 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
428 cal	16 g	36 g	23 g	989 mg	457 mg	458 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
MILK,NONFAT,DRY  
WATER

**Weight**

8 oz  
7/8 oz  
1 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine eggs, milk, and water; mix well. CCP: Refrigerate at 41 F. or lower until ready to use.
- 2 Brush over shaped dough before or after proofing.

**Notes**

- 1 In Step 1, 2-1/2 ounces canned dehydrated egg mix combined with 3/4 cup warm water may be used for whole eggs.



**EGG WHITE WASH**

**Yield** 100

**Portion** 3 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
81 cal	2 g	17 g	0 g	0 mg	280 mg	20 mg

**Ingredient**

EGG WHITES  
WATER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Beat egg whites and water together. CCP: Refrigerate at 41 F. or lower until ready for use.
- 2 Brush over shaped dough before or after proofing.

**CAKE DOUGHNUTS (HOMEMADE)**

**Yield** 100

**Portion** 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	26 g	3 g	7 g	24 mg	197 mg	78 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 NUTMEG,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.

**Notes**

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

SUGAR COATED DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
203 cal	31 g	3 g	7 g	24 mg	197 mg	78 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 NUTMEG,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 SUGAR,GRANULATED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8 inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper. While doughnuts are warm, roll in granulated sugar or in sifted powdered sugar.

**Notes**

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

**BREADS AND SWEET DOUGHS No.D 018 02**  
**CAKE DOUGHNUTS (DOUGHNUT MIX)**

**Yield** 100

**Portion** 1 Doughnut

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
199 cal	31 g	4 g	7 g	0 mg	323 mg	36 mg

**Ingredient**

DOUGHNUT MIX,CANNED

**Weight**

9 lbs

**Measure**

1 gal 4 qts

**Issue**

**Method**

- 1 Use canned Doughnut Mix. Prepare according to instructions on container.

## CHOCOLATE DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
190 cal	27 g	4 g	8 g	24 mg	198 mg	80 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 COCOA  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 NUTMEG,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, cocoa, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper towels. Glaze or coat if desired.

**Notes**

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

## CINNAMON SUGAR DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
154 cal	28 g	3 g	3 g	24 mg	198 mg	81 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 NUTMEG,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 CINNAMON SUGAR FILLING

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8 inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper towels. While doughnuts are still warm, roll in Cinnamon Sugar Filling, Recipe No. D 042 00.

**Notes**

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

## GLAZED NUT DOUGHNUTS

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
298 cal	47 g	5 g	11 g	26 mg	208 mg	82 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 NUTMEG,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 VANILLA GLAZE  
 NUTS,UNSALTED,CHOPPED,COARSELY

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.
- 8 Prepare Vanilla Glaze, Recipe No. D 046 00. Keep glaze warm; dip 1 side of doughnut into glaze, then into chopped, unsalted nuts. Place on racks to drain.

**Notes**

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

**GLAZED COCONUT DOUGHNUTS**

**Yield** 100

**Portion** 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
300 cal	49 g	4 g	10 g	26 mg	222 mg	79 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 NUTMEG,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 VANILLA GLAZE  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.
- 8 Prepare Vanilla Glaze, Recipe No D 046 00. Keep glaze warm; dip 1 side of doughnut into glaze, then into prepared, sweetened flaked coconut. Place on racks to drain.

**Notes**

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.



**GLAZED DOUGHNUTS**

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
217 cal	34 g	3 g	8 g	25 mg	201 mg	78 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 NUTMEG,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 VANILLA GLAZE

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, baking powder, milk, salt, and nutmeg. Set aside for use in Step 5.
- 2 Place shortening and sugar in mixer bowl; cream at medium speed until light and fluffy.
- 3 Add eggs; beat at medium speed until light and fluffy.
- 4 Combine water and vanilla. Add to creamed mixture.
- 5 Add dry ingredients to creamed mixture alternately with liquids; add about 1/3 flour mixture each time. Blend at low speed after each addition. DO NOT OVERMIX. Let dough rest 10 minutes.
- 6 Roll dough 3/8-inch thick on well-floured board; cut with doughnut cutter.
- 7 Fry 1 minute on each side or until golden brown. Drain on absorbent paper.
- 8 Prepare Vanilla Glaze, Recipe No. D 046 00. Keep glaze warm; dip doughnuts to cover. Place on racks to drain.

**Notes**

- 1 In Step 5, dough may be chilled 1 hour for ease in handling.
- 2 Omit Steps 6 and 7 if dough machine is used.

**RAISED DOUGHNUTS**

Yield 100

Portion 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	26 g	4 g	8 g	11 mg	170 mg	13 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SALT  
 SHORTENING  
 EGGS,WHOLE,FROZEN  
 WATER,COLD  
 EXTRACT,VANILLA  
 FLOUR,WHEAT,BREAD  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 NUTMEG,GROUND

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours, milk, and nutmeg; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into 3 pieces (3 lb 8 oz); shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece to 1/2-inch thickness. Cut with floured 3 inch doughnut cutter.
- 8 PROOF: Place on floured sheet pan; let rise 30 minutes or until light.
- 9 FRY: Until golden brown on underside. Turn; fry on other side. Drain on absorbent paper.
- 10 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00, or dip in Vanilla Glaze, Almond Glaze, or Rum Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.

## BEIGNETS (NEW ORLEANS DOUGHNUTS)

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
289 cal	38 g	5 g	13 g	13 mg	219 mg	17 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SALT  
 SHORTENING  
 EGGS,WHOLE,FROZEN  
 WATER,COLD  
 EXTRACT,VANILLA  
 FLOUR,WHEAT,BREAD  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 SUGAR,POWDERED,SIFTED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours and milk; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover and set in warm place, about 80 F., 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into even pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece onto a rectangular sheet, about 18 inches wide, 29 inches long, and 1/8-inch thick. Cut 6 by 9.
- 8 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.
- 9 Sprinkle with sifted powdered sugar.

**RAISED DOUGHNUTS (SWEET DOUGH MIX)**

**Yield** 100

**Portion** 1 Doughnut

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
194 cal	29 g	6 g	8 g	0 mg	323 mg	13 mg

**Ingredient**

SWEET DOUGH MIX  
 YEAST,ACTIVE,DRY  
 EXTRACT,VANILLA  
 NUTMEG,GROUND  
 WATER  
 SUGAR,POWDERED,SIFTED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Prepare doughnuts according to directions on the container of Sweet Dough Mix.
- 2 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00, or dip in Vanilla Glaze, Almond Glaze, or Rum Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.

LONGJOHNS

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	26 g	4 g	8 g	11 mg	170 mg	13 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SALT  
 SHORTENING  
 EGGS,WHOLE,FROZEN  
 WATER,COLD  
 EXTRACT,VANILLA  
 FLOUR,WHEAT,BREAD  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 NUTMEG,GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours, milk, and nutmeg; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover and set in warm place (80 F.), 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into 3 (3 lb 8 oz) pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece into rectangular strips, 5 inches wide, 50 inches long, and 1/2-inch thick; cut into strips 1 inch wide.
- 8 PROOF: Place on floured sheet pan; let rise 30 minutes or until light.
- 9 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.  
 When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00 or dip in Vanilla Glaze, Rum Glaze, Almond Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.

**BREADS AND SWEET DOUGHS No.D 019 04**  
**CRULLERS**

**Yield** 100

**Portion** 1 Doughnut

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	26 g	4 g	8 g	11 mg	170 mg	13 mg

**Ingredient**

YEAST,ACTIVE,DRY  
WATER,WARM  
SUGAR,GRANULATED  
SALT  
SHORTENING  
EGGS,WHOLE,FROZEN  
WATER,COLD  
EXTRACT,VANILLA  
FLOUR,WHEAT,BREAD  
FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
NUTMEG,GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand for 5 minutes; stir. Set aside for use in Step 3.
- 2 Cream sugar, salt, and shortening in mixer bowl at medium speed.
- 3 Add eggs, yeast solution, water, and vanilla; mix at low speed until blended.
- 4 Sift together flours, milk, and nutmeg; add to mixture. Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide into 3 (3 lb 8 oz) pieces; shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each piece into rectangular strips, 8 inches wide, 28 to 30 inches long, and 1/2-inch thick. Cut into strips 1/2-inch wide; fold in half, seal end, and twist into spiral shape.
- 8 PROOF: Place on floured sheet pan; let rise 30 minutes or until light.
- 9 FRY: Until golden brown on underside. Turn and fry on other side. Drain on absorbent paper.  
When cool, roll in granulated sugar or sifted powdered sugar or in Cinnamon Sugar Filling, Recipe No. D 042 00 or dip in Vanilla Glaze, Almond Glaze, Rum Glaze, Recipe Nos. D 046 00, D 046 01, D 046 02. Place glazed doughnuts on racks to drain.

**BREADS AND SWEET DOUGHS No.D 020 00**  
**DUMPLINGS**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
175 cal	26 g	3 g	6 g	1 mg	521 mg	73 mg

**Ingredient**

BISCUIT MIX

**Weight**

9 lbs

**Measure**

2 gal 1/2 qts

**Issue**

**Method**

- 1 Mix according to instructions on container.
- 2 Drop a scant 1/8-cup batter on top of simmering stew or into shallow simmering stock. Cover; cook 15 minutes. DO NOT remove cover during cooking time.

**Notes**

- 1 Shallow simmering stock should not be more than 1 inch in depth.

ENGLISH MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
281 cal	43 g	8 g	8 g	20 mg	130 mg	25 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SUGAR,GRANULATED  
 SALT  
 SHORTENING,SOFTENED  
 WATER,WARM  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 FLOUR,WHEAT,BREAD  
 EGGS,WHOLE,FROZEN

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes, then stir again. Set aside for use in Step 3.
- 2 Place sugar, salt, and shortening in mixer bowl. Add water; stir until shortening is melted.
- 3 Sift together flour and milk; add to sugar and shortening mixture. Beat at medium speed until smooth. Add yeast solution.
- 4 Add 1/2 of the flour mixture; mix well. Add eggs, two at a time, beating well after each addition. Add 2 remaining flour; beat to form a smooth dough.
- 5 FERMENT: Cover; set in a warm place (80 F.), 1-1/2 to 2 hours or until double in bulk.
- 6 PUNCH: Let stand 1 hour.
- 7 MAKE UP: Divide dough into 5 balls. Let rest 10 minutes. Roll dough to 1/2-inch thickness. Cut each dough piece into 20-4 inch circles.
- 8 Place cut circles in rows 4 by 6 about 1 inch apart on pans, which have been sprinkled lightly with cornmeal, about 1/2 cup per pan.
- 9 PROOF: At 80 F. for 45 minutes or until double in size.  
 BAKE: Brown muffins on lightly greased griddle 5 minutes per side. Place browned muffins on sheet pans; bake 15 to 20



CINNAMON RAISIN ENGLISH MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
321 cal	53 g	8 g	8 g	20 mg	132 mg	34 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SUGAR,GRANULATED  
 SALT  
 SHORTENING,SOFTENED  
 WATER,WARM  
 CINNAMON,GROUND  
 RAISINS  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 FLOUR,WHEAT,BREAD  
 EGGS,WHOLE,FROZEN

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes, then stir again. Set aside for use in Step 3.
- 2 Place sugar, salt, and shortening in mixer bowl. Add water; stir until shortening is melted.
- 3 Sift together flour, cinnamon, raisins, and milk; add to sugar and shortening mixture. Beat at medium speed until smooth. Add yeast solution.
- 4 Add 1/2 of the flour mixture; mix well. Add eggs, two at a time, beating well after each addition. Add remaining flour; beat to form a smooth dough.
- 5 FERMENT: Cover and set in a warm place, about 80 F., 1-1/2 to 2 hours or until double in bulk.
- 6 PUNCH: Let stand 1 hour.
- 7 MAKE UP: Divide dough into 5 balls. Let rest 10 minutes. Roll dough to 1/2-inch thickness. Cut each dough piece into 20-4 inch circles.
- 8 Place cut circles in rows 4 by 6 about 1 inch apart on pans, which have been sprinkled lightly with cornmeal, using about 1/2 cup per pan.
- 9 PROOF: At 80 F. for 45 minutes or until double in size.  
 BAKE: Brown muffins on lightly greased griddle 5 minutes per side. Place browned muffins on sheet pans; bake 15 to 20 minutes.

**FRENCH TOAST**

**Yield** 100

**Portion** 2 Slices

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
206 cal	29 g	9 g	6 g	148 mg	324 mg	94 mg

**Ingredient**

WATER  
 SUGAR, GRANULATED  
 MILK, NONFAT, DRY  
 EGGS, WHOLE, FROZEN  
 BREAD, WHITE, SLICED  
 COOKING SPRAY, NONSTICK

**Weight**

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

**Measure**

2 qts 3 cup  
 1-1/2 cup  
 2-3/8 cup  
 3 qts 2 cup  
 200 sl  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place water in a mixer bowl.
- 2 Combine water, milk and sugar; blend well. Whip on low speed until dissolved, about 1 minute.
- 3 Add eggs to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Dip bread in egg mixture to coat both sides. DO NOT SOAK.
- 5 Lightly spray grill with non-stick spray. Place bread on griddle; cook on each side about 1-1/2 minutes or until golden brown.  
 CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**FRENCH TOAST (THICK SLICE)**

**Yield** 100

**Portion** 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
305 cal	48 g	12 g	6 g	147 mg	573 mg	104 mg

**Ingredient**

WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 BREAD,FRENCH,THICK SLICE  
 COOKING SPRAY,NONSTICK

**Weight**

5-3/4 lbs  
 5-5/8 oz  
 10-5/8 oz  
 7-1/2 lbs  
 18-3/4 lbs  
 2 oz

**Measure**

2 qts 3 cup  
 2-3/8 cup  
 1-1/2 cup  
 3 qts 2 cup  
 200 sl  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place water in mixer bowl.
- 2 Combine milk and sugar; blend well. Add to water; whip on low speed until dissolved, about 1 minute.
- 3 Add eggs to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Cut each loaf diagonally into 16 slices, 3/4 inch thick (ends removed). Dip bread in egg mixture to coat both sides. DO NOT SOAK.
- 5 Lightly spray griddle with non-stick spray. Place bread on griddle; cook on each side about 1-1/2 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

ENGLISH MUFFIN FRENCH TOAST

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
206 cal	30 g	9 g	5 g	147 mg	319 mg	139 mg

**Ingredient**

WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 ENGLISH MUFFINS,SPLIT OR CUT  
 COOKING SPRAY,NONSTICK

**Weight**

5-3/4 lbs  
 5-5/8 oz  
 10-5/8 oz  
 7-1/2 lbs  
 12-5/8 lbs  
 2 oz

**Measure**

2 qts 3 cup  
 2-3/8 cup  
 1-1/2 cup  
 3 qts 2 cup  
 100 each  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place water in mixer bowl.
- 2 Combine milk and sugar; blend well. Add to water; whip on low speed until dissolved, about 1 minute.
- 3 Add eggs to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Cut muffins in half; dip split muffins in batter 30 seconds. DO NOT SOAK.
- 5 Lightly spray griddle with non-stick spray. Place muffins on griddle, cut side down. Grill about 3 minutes; turn, grill on crust side about 1-1/2 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**FRENCH TOAST (FROZEN EGGS AND EGG WHITES)**

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	29 g	8 g	4 g	69 mg	324 mg	85 mg

**Ingredient**

WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 EGG WHITES,FROZEN,THAWED  
 EGGS,WHOLE,FROZEN  
 BREAD,WHITE,SLICED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

2 qts 3 cup  
 2-3/8 cup  
 1-1/2 cup  
 1 qts 2-1/2 cup  
 1 qts 2-1/2 cup  
 200 sl  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place water in mixing bowl.
- 2 Combine milk and sugar; blend well. Add to water; whip on low speed until dissolved, about 1 minute.
- 3 Add whole eggs and egg whites to ingredients in mixer bowl; whip on medium speed until well blended, about 2 minutes.
- 4 Dip bread in egg mixture to coat both sides. DO NOT SOAK.
- 5 Lightly spray griddle with non-stick spray. Place bread on griddle; cook on each side about 1-1/2 minutes or until golden brown.  
 CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

FRENCH TOAST PUFF

Yield 100

Portion 2 Halves

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	48 g	7 g	6 g	30 mg	570 mg	175 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 SUGAR,GRANULATED  
 SALT  
 EXTRACT,VANILLA  
 MILK,NONFAT,DRY  
 WATER,WARM  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 BREAD,WHITE,SLICE

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine eggs, sugar, salt, vanilla, milk, and water in mixer bowl. Beat at medium speed until well blended.
- 2 Add slowly flour and baking powder; mix at medium speed until smooth.
- 3 Cut bread in half diagonally. Dip half slices of bread in batter. Drain.
- 4 Fry until golden brown. Drain on absorbent paper.

**Notes**

- 1 In Step 5, serve with maple, blueberry or strawberry syrup, marmalade, jam, or jelly.
- 2 In Step 5, serve with well-drained canned sliced peaches, fruit cocktail or thawed, well-drained strawberries.
- 3 Puffs, while warm, may be rolled in Cinnamon Sugar Filling, Recipe No. D 042 00 or dusted with powdered sugar.

APPLE FRITTERS

Yield 100

Portion 2 Fritters

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
248 cal	34 g	3 g	12 g	20 mg	273 mg	73 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 NUTMEG,GROUND  
 CINNAMON,GROUND  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD  
 APPLES,CANNED,SLICED,DRAINED  
 SUGAR,POWDERED,SIFTED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, sugar, nutmeg, and cinnamon into mixer bowl.
- 2 Combine eggs, water, shortening or salad oil, and add to dry ingredients. Mix at low speed until well blended.
- 3 Drain apples and chop apples coarsely; add to batter; mix lightly.
- 4 Using a well rounded tablespoon, drop batter into deep fat. Fry 4 to 6 minutes. Drain on absorbent paper. Sprinkle with sifted powdered sugar.

**Notes**

- 1 In Step 3, 6 lb (7 lb 11 oz A.P.) pared, cored and diced fresh apples may be used per 100 portions.

**BREADS AND SWEET DOUGHS No.D 025 00**  
**PANCAKES**

**Yield** 100

**Portion** 2 Cakes

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
253 cal	41 g	7 g	6 g	53 mg	512 mg	207 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

9-7/8 lbs  
 8-3/4 oz  
 13-1/4 oz  
 1-7/8 oz  
 12-1/3 oz  
 2-2/3 lbs  
 13 lbs  
 1 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Lightly spray griddle with non-stick spray. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.



**BUTTERMILK PANCAKES (DRY BUTTERMILK)**

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
281 cal	44 g	10 g	7 g	60 mg	478 mg	211 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,BUTTERMILK,DRY  
 BAKING SODA  
 SALT  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

9-7/8 lbs  
 3-7/8 oz  
 2-3/8 lbs  
 1 oz  
 1-7/8 oz  
 12-1/3 oz  
 2-2/3 lbs  
 13 lbs  
 1 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, dry buttermilk, salt, sugar, and baking soda.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Lightly spray griddle with non-stick cooking spray. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.

**BLUEBERRY PANCAKES**

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
265 cal	43 g	8 g	7 g	53 mg	512 mg	209 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD  
 BLUEBERRIES,FROZEN,UNSWEETENED  
 COOKING SPRAY,NONSTICK

**Weight**

9-7/8 lbs  
 8-3/4 oz  
 13-1/4 oz  
 1-7/8 oz  
 12-1/3 oz  
 2-2/3 lbs  
 13 lbs  
 1 lbs  
 5-1/8 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute. Use partially thawed frozen blueberries, or drain and rinse canned blueberries in cold water. Drain thoroughly and fold into batter.
- 4 Lightly spray non-stick cooking spray on griddle. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes. Stir between batches to redistribute berries.

**BUTTERMILK PANCAKES (PANCAKE MIX)**

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	48 g	7 g	8 g	14 mg	827 mg	164 mg

**Ingredient**

PANCAKE MIX,BUTTERMILK

**Weight**

12-1/2 lbs

**Measure**

3 gal 1-1/8 qts

**Issue**

**Method**

- 1 Prepare pancakes according to instructions on container.

PANCAKES (PANCAKE MIX)

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
226 cal	42 g	6 g	3 g	12 mg	716 mg	142 mg

**Ingredient**

PANCAKE MIX

**Weight**

13 lbs

**Measure**

2 gal 3-1/3 qts

**Issue**

**Method**

- 1 Prepare pancakes according to instructions on container.

**WAFFLES, FROZEN (BROWN AND SERVE)**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
176 cal	27 g	4 g	6 g	22 mg	524 mg	155 mg

**Ingredient**

WAFFLES,BROWN & SERVE,FROZEN

**Weight**

15-3/8 lbs

**Measure**

200 each

**Issue**

**Method**

- 1 Prepare according to instructions on container.

WAFFLES (PANCAKE MIX)

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
226 cal	42 g	6 g	3 g	12 mg	716 mg	142 mg

**Ingredient**

PANCAKE MIX

**Weight**

13 lbs

**Measure**

2 gal 3-1/3 qts

**Issue**

**Method**

- 1 Prepare waffles according to instructions on container.

**BREADS AND SWEET DOUGHS No.D 025 08**  
**WAFFLES**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
253 cal	41 g	7 g	6 g	53 mg	512 mg	207 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD

**Weight**

9-7/8 lbs  
 8-3/4 oz  
 13-1/4 oz  
 1-7/8 oz  
 12-1/3 oz  
 2-2/3 lbs  
 13 lbs  
 1 lbs

**Measure**

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

**Issue**

**Method**

- 1 Sift together both flours, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/2 cup batter on preheated waffle iron. Bake until steaming stops, about 3 to 4 minutes.

**WHOLE WHEAT PANCAKES**

**Yield** 100

**Portion** 2 Cakes

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
236 cal	37 g	8 g	7 g	53 mg	513 mg	210 mg

**Ingredient**

FLOUR,WHOLE WHEAT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER  
 OIL,SALAD

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together both flours, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/4 cup batter onto lightly greased hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.



PANCAKES (FROZEN EGGS AND EGG WHITES)

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
247 cal	41 g	7 g	6 g	27 mg	513 mg	204 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 WATER  
 OIL,SALAD

**Weight**

9-7/8 lbs  
 8-3/4 oz  
 13-1/4 oz  
 1-7/8 oz  
 12-1/3 oz  
 1-1/3 lbs  
 1-1/3 lbs  
 13 lbs  
 1 lbs

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/4 cup batter onto lightly greased hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.

**PANCAKES (EGG SUBSTITUTE)**

**Yield** 100

**Portion** 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
246 cal	41 g	8 g	6 g	1 mg	518 mg	207 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 EGG SUBSTITUTE,PASTEURIZED  
 WATER  
 OIL,SALAD

**Weight**

9-7/8 lbs  
 8-3/4 oz  
 13-1/4 oz  
 1-7/8 oz  
 12-1/3 oz  
 2-3/4 lbs  
 13 lbs  
 1 lbs

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add egg substitute and water. Mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Pour 1/4 cup batter onto lightly greased hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn over and cook on other side 1-1/2 to 2 minutes.

**BREADS AND SWEET DOUGHS No.D 026 00**  
**HOT CROSS BUNS**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
147 cal	28 g	5 g	3 g	0 mg	270 mg	17 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SWEET DOUGH MIX  
 RAISINS  
 CINNAMON,GROUND  
 CLOVES,GROUND  
 NUTMEG,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

1/4 cup 1-2/3 tbsp  
 1 qts 2 cup  
 1 gal 2-7/8 qts  
 1 qts 3 cup  
 2 tbsp  
 <1/16th tsp  
 <1/16th tsp  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Add Sweet Dough Mix, raisins, cinnamon, cloves, and nutmeg.
- 3 Using dough hook, mix at low speed until water is absorbed. Mix at medium speed until dough is developed and cleans the bowl. Dough temperature should be 78 F. to 82 F.
- 4 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 to 2 hours or until double in bulk.
- 5 PUNCH: Divide dough into 8-2 pound pieces on lightly floured work surface; shape each piece into a smooth ball. Let rest 10 to 20 minutes.
- 6 MAKE-UP: Roll each piece into a long rope of uniform diameter. Cut rope into pieces about 1 inch thick, weighing 1-1/2 ounces each. Shape into balls by rolling with circular motion on work surface.
- 7 Lightly spray pans with non-stick cooking spray. Place on pans in rows 6 by 9. Prepare 1/8 recipe Egg Wash, Recipe No. D 017 00. Brush buns in each pan with wash.
- 8 PROOF: At 90 F. to 100 F. about 45 minutes or until almost double in bulk.
- 9 BAKE: 30 minutes at 400 F. or until lightly browned. If convection oven is used, bake at 350 F. for 10 minutes on high fan, closed vent.
- 10 Prepare 1/8 recipe Syrup Glaze, Recipe No. D 045 00 per 100 servings. Brush buns in each pan with 1/4 cup hot glaze immediately after removal from oven.
- 11 When cool, prepare 1/8 recipe Decorator's Frosting, Recipe No. G 007 00 per 100 servings. Frost each bun with frosting in a cross design using a pastry bag with a small plain tip.

**Notes**

- 1 In Step 2, 1 tbsp lemon flavoring may be added per 100 servings.

**BREADS AND SWEET DOUGHS No.D 027 00**  
**KOLACHES**

**Yield** 100

**Portion** 1 Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
240 cal	39 g	5 g	7 g	20 mg	177 mg	21 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SUGAR,GRANULATED  
 SALT  
 SHORTENING  
 EGGS,WHOLE,FROZEN  
 WATER  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 CHERRY FILLING (PIE FILLING, PREPARED)

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand 10 minutes; stir again. Set aside for use in Step 3.
- 2 Mix sugar, salt, and shortening in mixer bowl at medium speed 1 minute.
- 3 Blend in eggs, water, and yeast solution at low speed.
- 4 Sift flour and milk together, add to egg mixture. Mix at low speed 7 to 10 minutes or until dough is formed.
- 5 FERMENT: Set in warm place (80 F.) for about 1 hour.
- 6 PUNCH: Let rest 10 minutes. Divide dough into 2 pieces. Shape each piece into a smooth ball; let rest 10 minutes.
- 7 MAKE UP: Form into a rope 1-1/2 inches in diameter. Cut into 1-1/2 inch pieces. Shape into 2-ounce balls. Place 2 inches apart on greased pans. Flatten out slightly with palm of hand.
- 8 PROOF: About 30 minutes or until pieces are double in bulk.
- 9 Press down center of each piece with back of spoon. Leave a rim about 1/4-inch wide.
- 10 Fill center of each Kolache with about 1 ounce (2 tbsp) of Cherry Filling, Recipe No. D 041 01.
- 11 Brush rim with Egg Wash, Recipe No. D 017 00.
- 12 PROOF: 20 minutes at 350 F. or until double in bulk.
- 13 BAKE: At 350 F. for 25 minutes or until done. For convection oven, bake 15 minutes at 300 F.
- 14 If desired, cool; sprinkle with 1 lb (3 1/2 cups) sifted powder sugar or brush out edges with 1 recipe Vanilla Glaze (Recipe No. D 046 00) per 100 servings.

**Notes**

- 1 In Step 10, 7 lb (1-No. 10 cn) prepared pie filling, apple, blueberry, cherry or peach, or bakery filling, raspberry, may be used, per 100 servings.

**KOLACHES (SWEET DOUGH MIX)**

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	32 g	6 g	3 g	0 mg	325 mg	15 mg

**Ingredient**

SWEET DOUGH MIX  
 YEAST,ACTIVE,DRY  
 CHERRY FILLING (PIE FILLING, PREPARED)

**Weight**

9 lbs  
 3-3/4 oz  
 2-3/4 kg

**Measure**

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

**Issue**

**Method**

- 1 Use sweet dough mix and active dry yeast. Prepare dough according to instructions on container.
- 2 PUNCH: Let rest 10 minutes. Divide dough into 2 pieces. Shape each piece into a smooth ball; let rest 10 minutes.
- 3 MAKE UP: Form into a rope 1-1/2 inches in diameter. Cut into 1-1/2 inch pieces. Shape into 2-ounce balls. Place 2 inches apart on greased pans. Flatten out slightly with palm of hand.
- 4 PROOF: About 30 minutes or until pieces are double in size.
- 5 Press down center of each piece with back of spoon. Leave a rim about 1/4-inch wide.
- 6 Fill center of each Kolache with about 1 ounce (2 tbsp) filling. Use 1 recipe Cherry Filling (Recipe No. D 041 01).
- 7 Brush rim with Egg Wash, Recipe No. D 017 00.
- 8 PROOF: 20 minutes or until double in size.
- 9 BAKE: 25 minutes at 350 F. or until done. For convection oven, bake 15 minutes at 300 F.  
 If desired, cool; sprinkle with 1 lb (3 1/2 cups) sifted powder sugar or brush out edges with 1 recipe Vanilla Glaze (Recipe No. D 046 00) per 100 servings.

**Notes**

- 1 In Step 10, 7 lb (1-No. 10 cn) prepared pie filling, apple, blueberry, cherry or peach, or 7 lb 4 oz (7/8-No. 10 cn) bakery filling, raspberry, may be used, per 100 servings.

**BRAN MUFFINS**

**Yield** 100

**Portion** 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
173 cal	34 g	3 g	4 g	12 mg	240 mg	110 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

APPLESAUCE,CANNED,SWEETENED	5-1/4 lbs	2 qts 1-3/8 cup	
WATER	2-1/8 lbs	1 qts	
CEREAL,ALL BRAN,BULK	1-7/8 lbs	2 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-5/8 lbs	3 qts 1 cup	
SUGAR,GRANULATED	2-1/4 lbs	1 qts 1 cup	
BAKING POWDER	4-3/8 oz	1/2 cup 1 tbsp	
SALT	3/4 oz	1 tbsp	
CINNAMON,GROUND	1/2 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
EGGS,WHOLE,FROZEN	9-1/2 oz	1-1/8 cup	
EGG WHITES,FROZEN,THAWED	9-1/2 oz	1-1/8 cup	
OIL,SALAD	9-5/8 oz	1-1/4 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs, and salad oil or shortening; mix at low speed about 15 seconds; scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX.
- 4 Lightly spray muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly brown.

**RAISIN BRAN MUFFINS**

**Yield** 100

**Portion** 1 Muffin

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
199 cal	41 g	4 g	4 g	10 mg	240 mg	114 mg

**Ingredient**

APPLESAUCE,CANNED,SWEETENED  
 WATER  
 CEREAL,ALL BRAN,BULK  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD  
 RAISINS  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs, and salad oil or shortening; mix at low speed for 15 seconds; scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold in raisins.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly brown.

**BLUEBERRY BRAN MUFFINS**

**Yield** 100

**Portion** 1 Muffin

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
174 cal	34 g	3 g	4 g	10 mg	239 mg	110 mg

**Ingredient**

APPLESAUCE,CANNED,SWEETENED  
 WATER  
 CEREAL,ALL BRAN,BULK  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD  
 BLUEBERRIES,FROZEN,UNSWEETENED  
 COOKING SPRAY,NONSTICK

**Weight**

5-1/4 lbs  
 2-1/8 lbs  
 1-7/8 lbs  
 3-5/8 lbs  
 2-1/4 lbs  
 4-3/8 oz  
 3/4 oz  
 1/2 oz  
 1/8 oz  
 8-5/8 oz  
 8-1/2 oz  
 9-5/8 oz  
 10-7/8 oz  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds. DO NOT OVER MIX. Fold in blueberries.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly brown.



**BANANA BRAN MUFFINS**

**Yield** 100

**Portion** 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	36 g	3 g	4 g	10 mg	239 mg	111 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

APPLESAUCE,CANNED,SWEETENED	5-1/4 lbs	2 qts 1-3/8 cup	
WATER	2-1/8 lbs	1 qts	
CEREAL,ALL BRAN,BULK	1-7/8 lbs	2 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	3-5/8 lbs	3 qts 1 cup	
SUGAR,GRANULATED	2-1/4 lbs	1 qts 1 cup	
BAKING POWDER	4-3/8 oz	1/2 cup 1 tbsp	
SALT	3/4 oz	1 tbsp	
CINNAMON,GROUND	1/2 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
EGGS,WHOLE,FROZEN	8-5/8 oz	1 cup	
EGG WHITES,FROZEN,THAWED	8-1/2 oz	1 cup	
OIL,SALAD	9-5/8 oz	1-1/4 cup	
BANANA,FRESH	2 lbs		3-1/8 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold bananas into batter.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.

APRICOT BRAN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	40 g	4 g	4 g	10 mg	240 mg	114 mg

**Ingredient**

APPLESAUCE,CANNED,SWEETENED  
 WATER  
 CEREAL,ALL BRAN,BULK  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD  
 APRICOTS,DRIED,HALVES,PITTED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX. Fold in dried, chopped apricots.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.

**CRANBERRY BRAN MUFFINS**

**Yield** 100

**Portion** 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
177 cal	35 g	3 g	4 g	10 mg	239 mg	111 mg

**Ingredient**

APPLESAUCE,CANNED,SWEETENED  
 WATER  
 CEREAL,ALL BRAN,BULK  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD  
 CRANBERRIES,FRESH  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

1-7/8 lbs

**Method**

- 1 Mix applesauce with water; add to bran. Let stand for 5 minutes.
- 2 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl. Batter will be lumpy.
- 3 Add bran applesauce mixture, eggs and salad oil or shortening; mix at low speed about 15 seconds. DO NOT OVER MIX. Fold cranberries into batter.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Bake 25 to 30 minutes at 400 F. or until lightly browned.

**BREADS AND SWEET DOUGHS No.D 029 00**  
**MUFFINS**

**Yield** 100

**Portion** 1 Muffin

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
178 cal	30 g	4 g	5 g	34 mg	204 mg	86 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce, and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

**BLUEBERRY MUFFINS**

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
187 cal	33 g	4 g	5 g	34 mg	204 mg	87 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 OIL,SALAD  
 BLUEBERRIES,CANNED,DRAINED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Rinse blueberries, drain well. Fold into batter.
- 4 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool. NOTES: 1. In Step 3, 2 lb A.P. (1-1/2 quarts) blueberries, frozen, IQF, thawed, may be substituted.

**RAISIN MUFFINS**

**Yield** 100

**Portion** 1 Muffin

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
204 cal	37 g	4 g	5 g	34 mg	205 mg	90 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 RAISINS  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce, salad oil and raisins; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

**BANANA MUFFINS**

**Yield** 100

**Portion** 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	32 g	4 g	5 g	34 mg	204 mg	87 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

FLOUR,WHEAT,GENERAL PURPOSE	5 lbs	1 gal 1/2 qts	
SUGAR,GRANULATED	2-1/2 lbs	1 qts 1-5/8 cup	
MILK,NONFAT,DRY	3-5/8 oz	1-1/2 cup	
BAKING POWDER	3-7/8 oz	1/2 cup	
SALT	5/8 oz	1 tbsp	
WATER,WARM	3-2/3 lbs	1 qts 3 cup	
EGGS,WHOLE,FROZEN	1-3/4 lbs	3-1/4 cup	
APPLESAUCE,CANNED,UNSWEETENED	1-5/8 lbs	3 cup	
OIL,SALAD	11-1/2 oz	1-1/2 cup	
BANANA,FRESH,MASHED	2 lbs	1 qts	3-1/8 lbs
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	

**Method**

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Add mashed bananas to batter; mix at low speed another 15 seconds until blended.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

APPLE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	34 g	4 g	5 g	34 mg	204 mg	87 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 OIL,SALAD  
 APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED  
 SUGAR,GRANULATED  
 CINNAMON,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

2-1/2 lbs

**Method**

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVERMIX. Batter will be lumpy.
- 3 Fold apples into batter.
- 4 Mix sugar and cinnamon; sprinkle 1/2 teaspoon of cinnamon sugar mixture over each muffin.
- 5 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 6 Using a convection oven, bake 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

**Notes**

- 1 In Step 3, 2 lb 4 oz A.P. (1 qt-1/3 No. 10 cn) drained, chopped apple slices may be substituted.



CINNAMON CRUMB TOP MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
195 cal	33 g	4 g	5 g	36 mg	212 mg	90 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK  
 SUGAR,BROWN,PACKED  
 BUTTER  
 FLOUR,WHEAT,GENERAL PURPOSE  
 CINNAMON,GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVERMIX. Batter will be lumpy.
- 3 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Mix brown sugar, butter or margarine, flour and cinnamon until mixture is crumbly. Sprinkle 1 teaspoon mixture on top of each muffin.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned on for the first 10 minutes, and then on low fan. Remove muffins from oven and cool.

**CRANBERRY MUFFINS**

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
182 cal	32 g	4 g	5 g	34 mg	204 mg	87 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 OIL,SALAD  
 CRANBERRIES,FRESH  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

2-1/8 lbs

**Method**

- 1 In mixer bowl sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce and salad oil; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVERMIX. Batter will be lumpy.
- 3 Fold cranberries into batter.
- 4 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 5 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then on low fan. Remove muffins from oven and let cool.

**Notes**

- 1 In Step 3, 2 lb 1 oz A.P. (8-1/3 cup) cranberries, brozen, IQF, thawed, may be substituted.

**DATE MUFFINS**

**Yield** 100

**Portion** 1 Muffin

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
196 cal	35 g	4 g	5 g	34 mg	204 mg	88 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 DATES,DRIED,PITTED,CHOPPED  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce, salad oil and dates; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

NUT MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
272 cal	34 g	5 g	14 g	39 mg	169 mg	67 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 WATER,WARM  
 OIL,SALAD  
 PECANS,CHOPPED  
 COOKING SPRAY,NONSTICK

**Weight**

5-1/2 lbs  
 2-1/4 lbs  
 1-3/4 oz  
 2-3/4 oz  
 5/8 oz  
 2 lbs  
 1-5/8 lbs  
 2-1/8 lbs  
 11-1/2 oz  
 3 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder and salt.
- 2 Add warm water, eggs, applesauce, salad oil and pecans; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

OATMEAL RAISIN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
216 cal	38 g	5 g	5 g	34 mg	205 mg	95 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 CEREAL,OATMEAL,ROLLED  
 RAISINS  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 APPLESAUCE,CANNED,UNSWEETENED  
 OIL,SALAD  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 In mixer bowl, sift together flour, sugar, milk, baking powder, salt, and cinnamon. Add rolled oats and raisins. Mix at low speed for 1 minute or until blended.
- 2 Add warm water, eggs, applesauce, salad oil, and vanilla; mix at low speed until dry ingredients are moistened about 15 seconds; scrape down sides and bottom of mixer bowl; continue to mix at low speed another 15 seconds. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray muffin cups with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Using a convection oven, bake at 350 F. 23 to 26 minutes with open vent, fan turned off the first 10 minutes, and then low fan. Remove muffins from oven and let cool.

**BANANA BREAD**

**Yield** 100

**Portion** 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
258 cal	33 g	6 g	12 g	37 mg	140 mg	64 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SHORTENING	1 lbs	1-1/8 cup	
SUGAR, GRANULATED	2-2/3 lbs	1 qts 2 cup	
EGGS, WHOLE, FROZEN	1-7/8 lbs	3-1/2 cup	
APPLESAUCE, CANNED, SWEETENED		1 cup	
BANANA, FRESH, MASHED	5-1/4 lbs	2 qts 2-5/8 cup	8-1/8 lbs
NUTS, UNSALTED, CHOPPED, COARSELY	2-5/8 lbs	2 qts	
FLOUR, WHEAT, GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
BAKING POWDER	2-2/3 oz	1/4 cup 2 tbsp	
SALT	3/8 oz	1/3 tsp	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Cream shortening and sugar in mixer bowl at medium speed 2 minutes until light and fluffy.
- 2 Add eggs and applesauce to mixture. Mix at medium speed 1 minute.
- 3 Add bananas and nuts to egg mixture. Mix at medium speed until blended.
- 4 Sift together flour, baking powder and salt.
- 5 Add dry ingredients to banana mixture; beat at low speed about 1/2 minute. Continue beating 1/2 minute longer or until blended.  
DO NOT OVER MIX.
- 6 Lightly spray each pan with non-stick cooking spray. Pour about 2 quarts of batter into each sprayed and floured loaf pan. Spread batter evenly.
- 7 Using a convection oven, bake at 325 F. for 70 to 75 minutes or until done on low fan, open vent.
- 8 Let bread cool in pans 5 minutes; then remove from pan and place on wire rack to cool completely. To enhance flavor and moistness, product may be prepared in advance. CCP: Refrigerate at 41 F. or lower overnight.

**HARD ROLLS**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
259 cal	49 g	8 g	3 g	0 mg	425 mg	11 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 EGG WHITES  
 SUGAR,GRANULATED  
 SALT  
 SHORTENING,SOFTENED  
 FLOUR,WHEAT,BREAD  
 COOKING SPRAY,NONSTICK

**Weight**

2-1/2 oz  
 1-2/3 lbs  
 6-1/4 lbs  
 8-1/2 oz  
 3-1/2 oz  
 3-3/4 oz  
 4-1/8 oz  
 14-1/2 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water, egg whites, sugar, salt, shortening, and flour in mixer bowl. Add yeast solution.
- 3 Using dough hook, mix at low speed 1 minute or until all flour mixture is incorporated into liquid. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 4 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 5 PUNCH: Divide dough into 8 2-1/2 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 6 Roll each piece into a long rope, about 25 inches, of uniform diameter. Cut rope into pieces about 1-inch thick, weighing 1-1/2 ounces each.
- 7 MAKE-UP: Lightly spray sheet pans with non-stick cooking spray. Place rolls on sheet pans in rows 5 by 7 so rolls do not touch each other during proofing or baking.
- 8 PROOF: At 90 F. to 100 F. until double in bulk. Brush with 1 recipe hot Cornstarch Wash, Recipe No. D 040 00.
- 9 BAKE: 25 to 30 minutes at 400 F. or in 350 F. convection oven 15 minutes or until golden brown, on high fan, open vent. Brush with hot Cornstarch Wash, Recipe No. D 040 00 immediately after removal from oven.

**BREADS AND SWEET DOUGHS No.D 033 00**  
**HOT ROLLS**

**Yield** 100

**Portion** 2 Rolls

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
325 cal	56 g	9 g	7 g	0 mg	358 mg	26 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place cold water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., 1-1/2 hours or until double in size.
- 6 PUNCH: Divide dough into 8 2 lb 14 oz pieces. MAKEUP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long. Place rolls on a lightly sprayed sheet pan.
- 8 PROOF: At 90 F. about 1 hour or until double in bulk.
- 9 BAKE: Using a 350 F. convection oven, bake for 10 to 15 minutes or until golden brown, on high fan, open vent.



**HOT ROLLS (BROWN AND SERVE)**

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
325 cal	56 g	9 g	7 g	0 mg	358 mg	26 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place cold water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in size.
- 6 PUNCH: Divide dough into 8-2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 8 MAKEUP: Shape dough pieces into balls by rolling with a circular motion. Lightly spray sheet pans with non-stick cooking
- 9 PROOF: At 90 F. about 30 minutes or until double in size.
- 10 PREBAKE: 25 minutes at 325 F. or in 300 F. convection oven for 12 to 15 minutes or until rolls begin to brown on low fan, open vent.
- 11 Cool on pans; wrap in aluminum foil. Refrigerate at 40 F. for up to 2 days.
- 12 BAKE: Bring covered rolls to room temperature about 1 hour before baking. Finish baking in 350 F. convection oven about 10 to 12 minutes or until golden brown on high fan, open vent.

**HOT ROLLS (ROLL MIX)**

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
264 cal	48 g	8 g	5 g	0 mg	416 mg	44 mg

**Ingredient**

ROLL,MIX

YEAST,ACTIVE,DRY

WATER

**Weight**

15 lbs

6-3/4 oz

1-3/4 lbs

**Measure**

1 cup

3-3/8 cup

**Issue****Method**

- 1 Prepare dough according to instructions on container.
- 2 PUNCH: Divide dough into 8-2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 3 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 4 MAKE-UP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 5 PROOF: At 90 F. about 1 hour or until double in bulk.
- 6 BAKE: 15 to 20 minutes at 400 F. or in 350 F. convection oven for 10 to 15 minutes or until golden brown, on high fan, open vent.

OATMEAL ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
300 cal	46 g	8 g	9 g	0 mg	358 mg	28 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 CEREAL,OATMEAL,ROLLED  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place cold water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour, rolled oats and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in size.
- 6 PUNCH: Divide dough into 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inches long.
- 8 MAKE-UP: Shape dough pieces into balls rolling with a circular motion on a worktable. Place rolls on lightly sprayed sheet pans.
- 9 PROOF: At 90 F. about 1 hour or until double in bulk.  
 BAKE: Using a 350 F. convection oven, bake 10 to 12 minutes on high fan, open vent.

CLOVERLEAF OR TWIN ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	56 g	9 g	11 g	5 mg	377 mg	27 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED  
 BUTTER,MELTED  
 BUTTER,MELTED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 8 Divide each dough piece into thirds for cloverleaf rolls or in halves for twin rolls.
- 9 Shape into balls by rolling with a circular motion on work table.
- 10 Place in greased muffin pans. In each cup: 3 balls for cloverleaf or 2 for twin; brush with 4 ounces or 1/2 cup of melted butter or 1/3 recipe Milk Wash, Recipe No. I 004 02.
- 11 PROOF: At 90 F. until double in bulk.
- 12 BAKE: At 400 F. for 15 to 20 minutes or in a 350 F. convection oven for 10 to 15 minutes or until golden brown on high fan, open vent.
- 13 If desired, brush with 4 ounces or 1/2 cup of melted butter immediately after baking.

FRANKFURTER ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
227 cal	37 g	6 g	6 g	0 mg	239 mg	18 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED  
 MILK AND WATER WASH

**Weight**

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

**Measure**

1/2 cup  
 2-3/8 cup  
 1-7/8 cup  
 2-3/8 cup  
 3-1/3 tbs  
 2 gal  
 1-1/8 cup  
 2-1/2 cup  
 1/2 cup

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 180 F., 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll 2-1/2-ounce pieces of dough into oblong rolls, 5 to 6 inches long.
- 8 Place on greased sheet pans in rows 4 by 9. Brush with 1/3 recipe Milk Wash, Recipe No. I 004 02 per 100 servings.
- 9 Proof at 90 F. until double in bulk.
- 10 Bake at 400 F. for 15 to 20 minutes or in a 350 F. convection oven for 10 to 15 minutes or until golden brown on high fan, open vent. Cool.

**HAMBURGER ROLLS**

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
227 cal	37 g	6 g	6 g	0 mg	239 mg	18 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED  
 MILK AND WATER WASH

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in water place, about 80 F., 1-1/2 hours or until double in bulk.
- 6 Punch: Divide dough into 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Shape 2-1/2 ounce pieces of dough into balls by rolling with a circular motion on work table.
- 8 Place on greased sheet pans in rows 4 by 6.
- 9 When half-proofed, flatten with hand or small can to about 1/2 inch thickness and 3-1/2 inch diameter; brush with 1/3 recipe Milk Wash, Recipe No. I 004 02 per 100 servings.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F. for 15 to 20 minutes or in 350 F. convection oven for 10 to 15 minutes or until golden brown on high fan, open vent. Cool.

PAN, CLUSTER, OR PULL APART ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	56 g	9 g	11 g	0 mg	380 mg	27 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED  
 MARGARINE,MELTED  
 MARGARINE,MELTED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 3 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 8 Shape 1-1/2 to 2-ounce dough pieces into balls by rolling with a circular motion on work table.
- 9 Place on greased sheet pans in rows 6 by 9. Brush with 4 ounces of melted butter or 1/4 recipe Egg Wash, Recipe No. D 017 00.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F., 15 to 20 minutes or in 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.
- 12 Brush with 4 oz melted butter, optional, immediately after baking.

**PARKER HOUSE ROLLS**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	56 g	9 g	11 g	5 mg	377 mg	27 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED  
 BUTTER,MELTED  
 BUTTER,MELTED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 3 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter. Cut rope into pieces about 1-1/4 inch thick.
- 8 Shape 1-1/2 to 2-ounce dough pieces into balls by rolling with a circular motion on work table.
- 9 Cover with clean damp cloth; let rest 5 to 10 minutes.
- 10 Press center of each ball with a small rolling pin.
- 11 Brush with 4 ounces of melted butter; fold in half. Press edges together with thumb or palm of hand.
- 12 Place on greased sheet pans in rows 5 by 10; brush with 4 ounces of melted butter.
- 13 Proof at 90 F. until double in bulk.
- 14 Bake at 400 F., 15 to 20 minutes or in 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.



**POPPY SEED ROLLS**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
346 cal	56 g	9 g	9 g	0 mg	359 mg	42 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	4-1/2 oz	1/2 cup 2-2/3 tbsp	
WATER,WARM	1-7/8 lbs	3-1/2 cup	
WATER,COLD	5-3/4 lbs	2 qts 3 cup	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
SALT	3-1/8 oz	1/4 cup 1-1/3 tbsp	
FLOUR,WHEAT,BREAD	14-1/2 lbs	3 gal	
MILK,NONFAT,DRY	4-1/4 oz	1-3/4 cup	
SHORTENING,SOFTENED	1-2/3 lbs	3-3/4 cup	
EGG WHITE WASH		1/2 cup	
POPPY SEEDS	3-3/4 oz	3/4 cup	

**Method**

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 8 2 lb 14 oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inch long.
- 8 Shape rolls as desired.
- 9 Place on greased sheet pans. Brush top of rolls lightly with water or 1/6 recipe Egg White Wash, Recipe No. D 017 01. Sprinkle top of rolls with poppy seeds.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F. for 15 to 20 minutes or in a 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.

## SESAME SEED ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
347 cal	56 g	9 g	9 g	0 mg	359 mg	28 mg

**Ingredient**

YEAST,ACTIVE,DRY

WATER,WARM

WATER,COLD

SUGAR,GRANULATED

SALT

FLOUR,WHEAT,BREAD

MILK,NONFAT,DRY

SHORTENING,SOFTENED

EGG WHITE WASH

SESAME SEEDS

**Weight**

4-1/2 oz

1-7/8 lbs

5-3/4 lbs

1-1/2 lbs

3-1/8 oz

14-1/2 lbs

4-1/4 oz

1-2/3 lbs

3-3/4 oz

**Measure**

1/2 cup 2-2/3 tbsp

3-1/2 cup

2 qts 3 cup

3-1/2 cup

1/4 cup 1-1/3 tbsp

3 gal

1-3/4 cup

3-3/4 cup

1/2 cup

3/4 cup

**Issue****Method**

- 1 Sprinkle yeast over water. Do not use temperatures above 110 F. Mix well. Let stand 5 minutes; stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine flour and milk; add to liquid solution. Using dough hook, mix at low speed 1 minute until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place, about 80 F., for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into about 3 pound pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches. Cut rope into 25 1-3/4 oz pieces about 1-1/4-inch long.
- 8 Shape rolls as desired.
- 9 Place on greased sheet pans. Brush top of rolls lightly with water or 1/6 recipe Egg White Wash, Recipe No. D 017 01. Sprinkle top of rolls with sesame seeds.
- 10 Proof at 90 F. until double in bulk.
- 11 Bake at 400 F. for 15 to 20 minutes or in a 350 F. convection oven 10 to 15 minutes or until golden brown on high fan, open vent.

**HOT ROLLS (SHORT-TIME FORMULA)**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
276 cal	51 g	9 g	4 g	0 mg	325 mg	30 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 FLOUR,WHEAT,BREAD  
 SALT

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar and stir until dissolved. Let stand for 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated. Add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 8 MAKE-UP: Line pans with parchment paper. Divide dough into 2 2 lb-10 oz pieces. Shape each piece into a smooth ball; let rest 15 minutes.
- 9 Roll each piece into a long rope, about 38 inches, of uniform diameter, about 1-1/2-inch thick. Cut rope into 25 1-2/3 inch pieces, about 1-1/3 inches long.
- 10 MAKE-UP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 11 PROOF: At 90 F. until double in bulk, about 45 minutes.
- 12 BAKE: 15 to 20 minutes at 400 F. or in 350 F. convection oven 10 to 12 minutes or until golden brown on high fan, open vent.

**BROWN AND SERVE ROLLS (SHORT-TIME FORMULA)**

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	51 g	9 g	5 g	3 mg	335 mg	31 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 FLOUR,WHEAT,BREAD  
 SALT  
 BUTTER,MELTED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar; stir until dissolved. Let stand for 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated. Add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift together flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 8 MAKE-UP: Line pans with parchment paper. Divide dough into 8 2 lb 10 oz pieces. Shape each piece into a smooth ball; let rest 15 minutes.
- 9 Roll each piece into a long rope, about 38 inches, of uniform diameter, about 1-1/2-inch thick. Cut rope into 25 1-2/3 oz pieces about 1-1/3 inches long.
- 10 Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 11 PROOF: At 90 F. until double in bulk, about 45 minutes.
- 12 Bake at 325 F. for 25 to 30 minutes or in 300 F. convection oven 12 to 15 minutes or until rolls begin to brown on low fan, open vent. Brush with melted margarine or butter. Cool on pans; wrap in aluminum foil. Bring covered rolls to room temperature about 1 hour before baking. Finish baking at 400 F. about 14 to 17 minutes or in 350 F. convection oven about 10 to 12 minutes or until golden brown on high fan, open vent.

**WHOLE WHEAT ROLLS (SHORT-TIME FORMULA)**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
263 cal	48 g	8 g	4 g	0 mg	325 mg	30 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,BREAD  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 FLOUR,WHEAT,BREAD  
 SALT

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar and stir until dissolved. Let stand for 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk and sugar. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Add flour; mix at low speed about 2 minutes or until flour is incorporated. Add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift flour and salt; add to mixture in mixer bowl. Mix at low speed 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.) 1-1/2 hours or until double in bulk.
- 8 MAKE-UP: Line pans with parchment paper. Divide dough into 8 2 lb-10 oz pieces. Shape each piece into a smooth ball; let rest 15 minutes.
- 9 Roll each piece into a long rope, about 38 inches, of uniform diameter, about 1-1/2 inches thick. Cut rope into 25 1-2/3 oz pieces about 1-1/3 inches long.
- 10 Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 11 PROOF: At 90 F. until double in bulk, about 45 minutes.
- 12 BAKE: 20 to 25 minutes at 400 F. or in 350 F. convection oven 12 to 15 minutes or until golden brown on high fan, open vent.

**BREADS AND SWEET DOUGHS No.D 035 00**  
**ONION ROLLS**

**Yield** 100

**Portion** 2 Rolls

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
312 cal	58 g	8 g	5 g	0 mg	428 mg	41 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 SALT  
 ONIONS,DEHYDRATED,CHOPPED  
 WATER  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SHORTENING,SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well; let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add sugar, milk, and salt. Mix at low speed until smooth.
- 3 Soak and drain the dehydrated onions.
- 4 Add flour; mix at low speed. Add shortening, yeast solution, and onions; mix until well blended.
- 5 Mix at medium speed 15 minutes or until dough is smooth and elastic.
- 6 FERMENT: Cover. Set in warm place (80 F.) 2 hours or until double in bulk.
- 7 PUNCH: Let rest 20 minutes.
- 8 MAKE-UP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 9 PROOF: Until rolls are double in bulk.
- 10 BAKE: At 425 F. 12 to 15 minutes or until done.

**ONION ROLLS (ROLL MIX)**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
262 cal	49 g	7 g	4 g	0 mg	376 mg	58 mg

**Ingredient**

ONIONS,DEHYDRATED,CHOPPED  
 WATER  
 ROLL,MIX  
 YEAST,ACTIVE,DRY

**Weight**

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

**Measure**

3 qts 1 cup  
 2 qts  
 3/4 cup

**Issue**

**Method**

- 1 Soak and drain dehydrated onions. Add onions to Roll Mix and active dry yeast.
- 2 Prepare mix according to instructions on container.
- 3 PUNCH: Let rest 20 minutes.
- 4 MAKE-UP: Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 5 PROOF: Until rolls are double in bulk.
- 6 BAKE: At 425 F. 12 to 15 minutes or until done.

SWEET DOUGH

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	32 g	6 g	5 g	24 mg	221 mg	16 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER  
 EGGS,WHOLE,FROZEN  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED

**Weight**

6-3/4 oz  
 1 lbs  
 1-5/8 lbs  
 1-1/4 lbs  
 1-1/8 lbs  
 1-3/4 oz  
 1-7/8 oz  
 7-7/8 lbs  
 14-1/2 oz

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, shape into a rectangular piece. Let rest 10 to 20 minutes.



**SWEET DOUGH (SWEET DOUGH MIX)**

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
135 cal	24 g	6 g	3 g	0 mg	323 mg	13 mg

**Ingredient**

SWEET DOUGH MIX  
 YEAST,ACTIVE,DRY  
 WATER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Use Sweet Dough Mix and active dry yeast. Prepare dough according to instructions on container.
- 2 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 3 PUNCH: Divide dough into 3 pieces, let rest 10 to 20 minutes.

GLAZED ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
244 cal	38 g	6 g	8 g	29 mg	243 mg	17 mg

**Ingredient**

YEAST,ACTIVE,DRY

WATER,WARM

WATER

EGGS,WHOLE,FROZEN

SUGAR,GRANULATED

MILK,NONFAT,DRY

SALT

FLOUR,WHEAT,BREAD

SHORTENING,SOFTENED

BUTTER

VANILLA GLAZE

**Weight**

6-3/4 oz

1 lbs

1-5/8 lbs

1-1/4 lbs

1-1/8 lbs

1-3/4 oz

1-7/8 oz

7-7/8 lbs

14-1/2 oz

8 oz

**Measure**

1 cup

2 cup

3 cup

2-1/4 cup

2-5/8 cup

3/4 cup

3 tbsp

1 gal 2-1/2 qts

2 cup

1 cup

2-3/8 cup

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each 4 lb 5 oz piece of dough into a long rope of uniform diameter. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Slice into 34 pieces, weighing 1-3/4 to 2 oz each.
- 9 Shape into balls by rolling with a circular motion.
- 10 Place on lightly greased sheet pans in rows 6 by 9.
- 11 Melt butter or margarine. Brush 1/2 cup on rolls in each pan.
- 12 PROOF: At 90 F. to 100 F. until double in bulk.
- 13 BAKE: At 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 14 Prepare 1 recipe Vanilla Glaze, Recipe No. D 046 00; brush about 1-1/3 cups on baked rolls in each pan for each 100 servings.

**BREADS AND SWEET DOUGHS No.D 036 03**  
**PECAN ROLLS**

**Yield** 100

**Portion** 1 Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
302 cal	40 g	6 g	13 g	34 mg	261 mg	25 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
PECAN TOPPING		2 qts 2 cup	
BUTTER	8 oz	1 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a long rope of uniform diameter. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Slice into 34 pieces weighing 1-3/4 to 2 ounces each.
- 9 Shape into balls by rolling with a circular motion.
- 10 Prepare 1 recipe Pecan Topping, Recipe No. D 049 01 per 100 portions. Spread 1-1/4 quart in each pan.
- 11 Flatten balls. Place on topping mixture in rows 6 by 9.
- 12 Melt butter or margarine and brush 1/2 cup on rolls in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven for 15 minutes on high fan, open vent.
- 15 Invert pans as soon as removed from oven; bottom of roll becomes top.

## CINNAMON ROLLS

Yiel 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
289 cal	47 g	6 g	9 g	34 mg	265 mg	40 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER  
 EGGS,WHOLE,FROZEN  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 BUTTER  
 CINNAMON SUGAR FILLING

**Weight**

6-3/4 oz  
 1 lbs  
 1-5/8 lbs  
 1-1/4 lbs  
 1-1/8 lbs  
 1-3/4 oz  
 1-7/8 oz  
 7-7/8 lbs  
 14-1/2 oz  
 1 lbs

**Measure**

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

**Issue****Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each 4 lb 5 oz piece of dough into a rectangular sheet, about 18 inches wide, 36 inches long, and 1/4 inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Set aside remainder for use in Step 4.
- 9 Prepare 1 recipe Cinnamon Sugar Filling, Recipe No. D 042 00 for 100 servings. Sprinkle 1-1/2 cups cinnamon sugar mixture over each sheet of dough.
- 10 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 35 inches by rolling back and forth on work table. Brush 2 tablespoons of butter or margarine on each roll.
- 11 Slice each roll into 34 pieces about 1 inch wide, using dough cutter.
- 12 Place cut side down on lightly greased sheet pans in rows 5 by 8.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.

CINNAMON NUT ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
306 cal	38 g	7 g	15 g	34 mg	260 mg	26 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	1 lbs	2 cup	
CINNAMON SUGAR FILLING		3 cup	
PECANS,CHOPPED	2 lbs		

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 MAKE-UP: Roll each 4 lb 5 oz piece of dough into a rectangular sheet, about 18 inches wide, 36 inches long, and 1/4 inch thick. (For D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces).
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Set aside remainder for use in Step 10.
- 9 Prepare 1 Recipe Cinnamon Sugar Nut Filling, Recipe No. D 042 01 per 100 servings. Sprinkle 1-1/2 cups cinnamon sugar mixture and 2 cups of pecans over each sheet of dough.
- 10 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 35 inches by rolling back and forth on work table. Brush 2 tablespoons of butter or margarine on each roll.
- 11 Slice each roll into 34 pieces about 1 inch wide, using dough cutter.
- 12 Place cut side down on lightly greased sheet pans in rows 5 by 8.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with Vanilla Glaze, Recipe No. D 046 00 per 100 servings. Brush about 1 cup on rolls in each pan.

## CINNAMON RAISIN ROLLS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
298 cal	49 g	6 g	9 g	34 mg	265 mg	41 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	1 lbs	2 cup	
CINNAMON SUGAR FILLING		3 cup	
RAISINS	10-1/4 oz	2 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 4 pound 5 ounce pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 pound 5 ounce piece of dough into a rectangular sheet, about 18 inches wide, 36 inches long, and 1/4 inch thick.
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Set aside remainder for use in Step 4.
- 9 Prepare 1 recipe Cinnamon Sugar Raisin Filling, Recipe No. D 042 02 per 100 portions. Sprinkle 1-1/2 cups cinnamon sugar mixture and 2 cups of raisins over each sheet of dough.
- 10 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 35 inches by rolling back and forth on work table. Brush 2 tablespoons of butter or margarine on each roll.
- 11 Slice each roll into 34 pieces about 1 inch wide, using dough cutter.
- 12 Place cut side down on lightly greased sheet pans in rows 5 by 8.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.

**BUTTERFLY ROLLS**

**Yield** 100

**Portion** 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
312 cal	52 g	6 g	9 g	36 mg	261 mg	19 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsps	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	12 oz	1-1/2 cup	
EGG WASH		3/4 cup	
VANILLA GLAZE		2-3/4 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 6-2 lb 2 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet, about 10 inches wide, 30 inches long and 1/4 inch thick.
- 8 Melt butter or margarine. Brush 1/4 cup on each sheet of dough.
- 9 MAKE-UP: Roll each piece tightly to make long slender roll. Seal edges by pressing firmly. Elongate roll to 30 inches by rolling back and forth on work table.
- 10 Slice each roll into 17 pieces about 1-3/4 inches wide.
- 11 Press each piece firmly in center parallel to cut side of roll with back of knife or small rolling pin.
- 12 Place on lightly greased sheet pans in rows 4 by 8. Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions and brush 1/4 cup on rolls in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.

**BREADS AND SWEET DOUGHS No.D 036 08**  
**SUGAR ROLLS**

**Yield** 100

**Portion** 1 Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
335 cal	56 g	6 g	10 g	36 mg	269 mg	18 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	1 lbs	2 cup	
SUGAR,GRANULATED	14-1/8 oz	2 cup	
VANILLA GLAZE		2-3/4 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll out each 4 lb 5 oz piece of dough into a rectangular sheet, about 18 inches wide, 36 inches long, and 1/4 inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces).
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough.
- 9 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 35 inches by rolling back and forth on the work table. Brush 2 tbsp butter or margarine on each roll.
- 10 Slice each roll into 34 pieces, about 1 inch wide, using dough cutter.
- 11 Press cut side of each slice in 14 ounces or 2 cups granulated sugar so that surface is well coated.
- 12 Place sugar side up on lightly greased sheet pans in rows 5 by 8.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Brush about 1 cup on rolls in each pan.



**STREUSEL COFFEE CAKE**

**Yield** 100

**Portion** 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
319 cal	50 g	7 g	10 g	39 mg	274 mg	26 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
EGG WASH		3/4 cup	
STREUSEL TOPPING		3 qts	
VANILLA GLAZE		2 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 2-6 lb 8 oz pieces. (If using D 036 01, Sweet Dough Mix, divide into 6 lb 4 oz pieces). Shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet, about 18 inches wide, 25 inches long and 1/2-inch thick; fit into greased sheet pans, pressing against sides; edges should be thicker than center.
- 8 Dock dough with fork or docker, if available.
- 9 Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions. Brush about 1/3 cup on dough in each pan. Prepare 1 recipe Streusel Topping, Recipe No. D 049 00; sprinkle 1-1/2 quart topping over dough in each pan.
- 10 Proof dough 20 to 35 minutes.
- 11 Bake at 375 F., 30 to 35 minutes or until golden brown or in 325 F. convection oven 15 minutes on high fan, open vent.
- 12 Prepare 2/3 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions; drizzle about 1 cup over each cake while hot.
- 13 Cut 6 by 9.

## SMALL COFFEE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
423 cal	81 g	6 g	9 g	36 mg	270 mg	57 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	12 oz	1-1/2 cup	
CINNAMON SUGAR FILLING		1 qts 1/2 cup	
RAISINS	2 lbs	1 qts 2-1/4 cup	
EGG WASH		3/4 cup	
VANILLA GLAZE		2-3/4 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE IN TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 6-2 lb 2 oz pieces; (if using D 036 01, Sweet Dough Mix, divide into 2 lb 1 oz pieces). Shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet about 9 inches wide, 36 inches long, and 1/4 inch thick.
- 8 Melt butter or margarine; brush 1/4 cup on each sheet of dough. Prepare Cinnamon Sugar Filling, Recipe No. D 042 02; use 2 pounds or 6-1/4 cups of raisins; sprinkle 3/4 cup filling and 1 cup raisins over each sheet of dough.
- 9 Roll each piece tightly to make a long slender roll. Seal edges by pressing firmly. Elongate roll to 36 inches by rolling back and forth on work table.
- 10 Cut rolls into 12-inch pieces weighting about 10 ounces each.
- 11 Place 4 coffee cakes on each lightly greased sheet pan.
- 12 Make a deep 9-inch slit down the center of each piece, about 1/2 through folds of dough. Do not cut completely through all layers.
- 13 Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions. Brush about 2 teaspoons on each cake.
- 14 Proof at 90 F. to 100 F. until double in bulk.
- 15 Bake at 375 F. for 25 to 30 minutes or until golden brown or in 325 F. convection oven for 15 minutes on high fan, open vent.
- 16 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00. Drizzle about 2 tablespoons on cakes in each pan.
- 17 Cut each cake into 6, 2-inch pieces.

**TWIST COFFEE CAKE**

**Yield** 100

**Portion** 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
303 cal	51 g	6 g	9 g	35 mg	257 mg	29 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
BUTTER	12 oz	1-1/2 cup	
CINNAMON SUGAR RAISIN FILLING		2-3/4 cup	
RAISINS	10-1/4 oz	2 cup	
RAISINS	10-1/4 oz	2 cup	
EGG WASH		3/4 cup	
VANILLA GLAZE		2-3/4 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be between 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a rectangular sheet, about 13 inches wide, 45 inches long, and 1/4-inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces).
- 8 Melt butter or margarine. Brush 1/2 cup over dough in each pan. Prepare Cinnamon Sugar Raisin Filling, Recipe No. D 042 02. Sprinkle 1-1/2 cups over each sheet of dough. Sprinkle about 1 cup of raisins over center third of dough.
- 9 Fold 1/3 dough over center. Sprinkle 1 cup raisins on top of folded dough. Fold remaining 1/3 dough over raisins to form a strip 13 by 15 inches.
- 10 Cut each strip into 6-15 inch long, 2 inch wide pieces weighing about 1 pound each.
- 11 Slit roll down center to within 1 inch of end.
- 12 Twist pieces in one direction and then in opposite direction, stretching to about 19 inches.
- 13 Place each piece in a circle on lightly greased sheet pans; seal ends securely by fitting one end into other. Rings should not touch each other.
- 14 Prepare 1/4 recipe Egg Wash, Recipe No. D 017 00 per 100 portions. Brush about 2 teaspoons on each cake.
- 15 Proof at 90 F. to 100 F. until double in bulk.
- 16 Bake at 375 F. for 25 to 30 minutes or until golden brown or in 325 F .convection oven 15 minutes on high fan, open vent. Cool.
- 17 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00 per 100 portions. Drizzle about 2/3 cup on each cake. Cut each cake into 6 pieces.

**BREADS AND SWEET DOUGHS No.D 036 12**  
**BEAR CLAWS**

**Yield** 100

**Portion** 1 Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
308 cal	53 g	8 g	7 g	87 mg	254 mg	48 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
CHERRY FILLING (CORNSTARCH)		2 qts 1 cup	
EGG WASH		1 gal 3/4 qts	
VANILLA GLAZE		2-3/8 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 2 pound 2 ounce pieces; shape into a rectangular piece. Let rest 10 to 20 minutes. (If using D 036 01, Sweet Dough Mix, use 2 lb 1 oz pieces.)
- 7 Roll each piece of dough into a rectangular sheet about 5 inches wide, 44 inches long, and 1/3-inch thick.
- 8 Prepare Cherry Filling, Recipe No. D 041 00, Pineapple Filling, Recipe No. D 047 00, or Nut Filling, Recipe D 043 00. Spread 1-1/2 cups cherry or pineapple or 1-1/4 cups nut filling over center of each sheet of dough.
- 9 Fold dough over once, lengthwise; seal along edge by pressing firmly.
- 10 Cut dough into 17 2-1/2-inch pieces. Make 3 cuts, 3/4-inch in depth, on sealed side of each piece to form a claw.
- 11 Place on lightly greased sheet pans in rows 3 by 8. Spread claws slightly. Claws should not touch each other.
- 12 Prepare 1/4 Recipe Egg Wash, Recipe No. D 017 00. Brush 3 tablespoons on claws in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 2/3 cup over rolls in each pan.

**BREADS AND SWEET DOUGHS No.D 036 13**  
**SNAILS**

**Yield** 100

**Portion** 1 Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
321 cal	54 g	6 g	9 g	29 mg	266 mg	20 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YEAST,ACTIVE,DRY	6-3/4 oz	1 cup	
WATER,WARM	1 lbs	2 cup	
WATER	1-5/8 lbs	3 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsps	
FLOUR,WHEAT,BREAD	7-7/8 lbs	1 gal 2-1/2 qts	
SHORTENING,SOFTENED	14-1/2 oz	2 cup	
MARGARINE	12 oz	1-1/2 cup	
EGG WASH		3/4 cup	
JELLY	1-1/3 lbs	2 cup	
VANILLA GLAZE		2-1/2 cup	

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a rectangular sheet about 18 inches wide, 36 inches long, and 1/4-inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Prepare 1 recipe Cinnamon Sugar Filling, Recipe No. D 042 00; sprinkle 1-1/2 cups over each sheet of dough.
- 9 Fold each sheet of dough in thirds lengthwise to make a strip, about 6 inches wide, 35 inches long, and 3/4 inches thick.
- 10 Cut strips crosswise into 34 pieces about 1-inch wide.
- 11 Twist pieces in one direction and then in the opposite direction. Form snails by holding one end on greased pan and winding other end around and around loosely keeping roll flat.
- 12 Place on lightly greased sheet pans in rows 4 by 8.
- 13 Prepare 1/4 Recipe Egg Wash, Recipe D 017 00; brush about 1/4 cup on snails in each pan; let rise slightly.
- 14 Make slight depression with back of spoon in center of each snail. Use 2 cups of jelly or jam; place about 1 teaspoon in each depression.
- 15 Proof at 90 F. to 100 F. until double in bulk.
- 16 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 17 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

**BOWKNOTS, FIGURE 8's, AND S SHAPES**

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
288 cal	52 g	6 g	6 g	29 mg	233 mg	18 mg

**Ingredient**

YEAST,ACTIVE,DRY

WATER,WARM

WATER

EGGS,WHOLE,FROZEN

SUGAR,GRANULATED

MILK,NONFAT,DRY

SALT

FLOUR,WHEAT,BREAD

SHORTENING,SOFTENED

EGG WASH

VANILLA GLAZE

**Weight**

6-3/4 oz

1 lbs

1-5/8 lbs

1-1/4 lbs

1-1/8 lbs

1-3/4 oz

1-7/8 oz

7-7/8 lbs

14-1/2 oz

**Measure**

1 cup

2 cup

3 cup

2-1/4 cup

2-5/8 cup

3/4 cup

3 tbsp

1 gal 2-1/2 qts

2 cup

3/4 cup

2-3/4 cup

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 lb 5 oz piece of dough into a rectangular sheet about 18 inches wide, 36 inches long, and 1/4-inch thick. (If using D 036 01, Sweet Dough Mix, use 4 lb 2 oz pieces.)
- 8 Fold each sheet of dough in thirds lengthwise to make a strip about 6 inches wide, 35 inches long, and 3/4-inch thick.
- 9 Cut strips crosswise into 34 pieces about 1 inch wide.
- 10 Twist pieces in one direction, then in the opposite direction, stretching to about 11 inches.
- 11 Form into various shapes. Place on lightly greased sheet pans in rows 4 by 8.
- 12 Prepare 1/4 Recipe Egg Wash, Recipe No. D 017 00; brush about 1/4 cup on rolls in each pan.
- 13 Proof at 90 F. to 100 F. until double in bulk.
- 14 Bake at 375 F. for 20 to 25 minutes or until golden brown or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 15 Glaze, if desired, with 1 recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

## CINNAMON TWISTS

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
368 cal	66 g	6 g	9 g	36 mg	266 mg	41 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER  
 EGGS,WHOLE,FROZEN  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 BUTTER  
 CINNAMON SUGAR FILLING  
 EGG WASH  
 VANILLA GLAZE

**Weight**

6-3/4 oz  
 1 lbs  
 1-5/8 lbs  
 1-1/4 lbs  
 1-1/8 lbs  
 1-3/4 oz  
 1-7/8 oz  
 7-7/8 lbs  
 14-1/2 oz  
 12 oz

**Measure**

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

**Issue****Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 3 pieces, 4 lb 5 oz each; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each 4 pounds 5 ounce pieces of dough into a rectangular sheet about 18 inches wide, 36 inches long, and 1/4-inch thick. If using D 036 01, use 4 lb 2 oz pieces.
- 8 Melt butter or margarine. Brush 1/2 cup on each sheet of dough. Prepare Cinnamon Sugar Filling, Recipe No. D 042 00; sprinkle 1-1/2 cups on each sheet of dough.
- 9 Fold each sheet of dough in thirds lengthwise to make a strip about 6 inches wide, 35 inches long, and 3/4-inch thick.
- 10 Cut strips crosswise into 34 pieces about 1 inch wide.
- 11 Twist pieces in one direction and then in opposite direction.
- 12 Place on lightly greased sheet pans in rows 4 by 8.
- 13 Prepare 1/4 Recipe Egg Wash, Recipe No. D 017 00; brush 1/4 cup on rolls in each pan.
- 14 Proof at 90 F. to 100 F. until double in bulk.
- 15 Bake at 375 F. for 20 to 25 minutes or in 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 16 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

**BUTTERHORNS**

Yield 100

Portion 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
311 cal	52 g	6 g	9 g	34 mg	260 mg	18 mg

**Ingredient**

YEAST,ACTIVE,DRY

WATER,WARM

WATER

EGGS,WHOLE,FROZEN

SUGAR,GRANULATED

MILK,NONFAT,DRY

SALT

FLOUR,WHEAT,BREAD

SHORTENING,SOFTENED

BUTTER

VANILLA GLAZE

**Weight**

6-3/4 oz

1 lbs

1-5/8 lbs

1-1/4 lbs

1-1/8 lbs

1-3/4 oz

1-7/8 oz

7-7/8 lbs

14-1/2 oz

12 oz

**Measure**

1 cup

2 cup

3 cup

2-1/4 cup

2-5/8 cup

3/4 cup

3 tbsp

1 gal 2-1/2 qts

2 cup

1-1/2 cup

2-3/4 cup

**Issue****Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 1 pound 7 ounce pieces; shape into a rectangular piece. Let rest 10 to 20 minutes.
- 7 Roll each piece of dough into a rectangular sheet about 9 inches wide, 24 inches long, and about 1/4-inch thick. (For D 036 01, divide into 9-1 lb 6 oz pieces.)
- 8 Melt butter or margarine. Brush about 3 tablespoons on each sheet of dough.
- 9 Cut each strip into 12 wedges about 4 inches wide at the widest end.
- 10 Roll up each wedge from wide edge to point.
- 11 Place on lightly greased sheet pans in rows 4 by 8 with point end under roll; press firmly in place.
- 12 Proof at 90 F. to 100 F. until double in bulk.
- 13 Bake at 375 F. for 20 to 25 minutes or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 14 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.



**BREADS AND SWEET DOUGHS No.D 036 17**  
**CRESCENTS**

**Yield** 100

**Portion** 1 Roll

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
311 cal	52 g	6 g	9 g	34 mg	260 mg	18 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER  
 EGGS,WHOLE,FROZEN  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING,SOFTENED  
 BUTTER  
 VANILLA GLAZE

**Weight**

6-3/4 oz  
 1 lbs  
 1-5/8 lbs  
 1-1/4 lbs  
 1-1/8 lbs  
 1-3/4 oz  
 1-7/8 oz  
 7-7/8 lbs  
 14-1/2 oz  
 12 oz

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 3.
- 2 Place water, eggs, sugar, milk, and salt in mixer bowl. Using dough hook, mix at low speed just until blended.
- 3 Add flour and yeast solution. Mix at low speed 1 minute or until all flour mixture is incorporated into liquid.
- 4 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in a warm place (80 F.) about 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 9 pieces, 1 lb 7 oz pieces; shape into a rectangular piece. Let rest 10 to 20 minutes. If using D 036 01, divide into 9 1 lb 6 oz pieces.
- 7 Roll each piece of dough into a rectangular sheet about 9 inches wide, 24 inches long, and about 1/4-inch thick.
- 8 Melt butter or margarine. Brush about 3 tablespoons on each sheet of dough.
- 9 Cut each strip into 12 wedges about 4 inches wide at the widest end.
- 10 Roll up each wedge from wide edge to point.
- 11 Place on lightly greased sheet pans in rows 4 by 8 with point end under roll; press firmly in place.
- 12 Proof at 90 F. to 100 F. until double in bulk.
- 13 Bake at 375 F. for 20 to 25 minutes or in a 325 F. convection oven for 15 minutes on high fan, open vent. Cool.
- 14 Glaze, if desired, with 1 Recipe Vanilla Glaze, Recipe No. D 046 00. Brush about 3/4 cup on rolls in each pan.

**QUICK COFFEE CAKE (BISCUIT MIX)**

**Yield** 100

**Portion** 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
276 cal	44 g	4 g	9 g	24 mg	443 mg	76 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 MARGARINE,SOFTENED  
 CINNAMON,GROUND  
 SUGAR,BROWN,PACKED  
 BISCUIT MIX  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 WATER  
 EGGS,WHOLE,FROZEN  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK  
 SUGAR,POWDERED  
 WATER,BOILING  
 MARGARINE,SOFTENED  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 TOPPING: In mixer bowl, combine flour, butter or margarine, brown sugar, cinnamon; mix at low speed 3 minutes until mixture resembles coarse cornmeal. Remove topping from mixer bowl and set aside for use in Step 6.
- 2 CAKE: In mixer bowl, combine Biscuit Mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs, vanilla; add egg mixture gradually to dry mixture while mixing at low speed for 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix at low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Lightly spray pan with non-stick cooking spray. Pour 3-1/2 quarts of batter into each floured pan. Spread batter evenly.
- 6 Sprinkle 1 quart topping over batter in each pan.
- 7 Using a convection oven, bake at 325 F. for about 30 minutes on low fan, open vent. Remove cakes from oven and let cool slightly.
- 8 GLAZE: Combine powdered sugar, hot water, butter or margarine and vanilla; mix until smooth.
- 9 Drizzle about 2 cups glaze over each baked cake while cakes are still warm. Cut 6 by 9.

**QUICK APPLE COFFEE CAKE (BISCUIT MIX)**

**Yield** 100

**Portion** 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
214 cal	37 g	4 g	6 g	24 mg	405 mg	76 mg

**Ingredient**

SUGAR,GRANULATED  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 BISCUIT MIX  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 WATER  
 EXTRACT,VANILLA  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 APPLES,CANNED,SLICED,DRAINED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 TOPPING: Combine sugar, cinnamon and nutmeg. Set aside for use in Steps 6 and 8.
- 2 Cake: In mixer bowl, combine biscuit mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed for 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix at low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick cooking spray. Pour 3-1/2 quarts of batter into each floured pan. Spread batter evenly.
- 6 Sprinkle 1/2 cup of topping over batter in each pan.
- 7 Arrange 3 pounds of apple slices evenly over batter and topping in each pan.
- 8 Sprinkle 3/4 cup of sugar mixture over apple slices in each pan.
- 9 Using a convection oven, bake 30 minutes at 325 F. on low fan, open vent.
- 10 Remove cakes from oven and let cool. Cut 6 by 9.

**QUICK FRENCH COFFEE CAKE (BISCUIT MIX)**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
343 cal	53 g	6 g	12 g	24 mg	444 mg	87 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 MARGARINE,SOFTENED  
 SUGAR,BROWN,PACKED  
 CINNAMON,GROUND  
 BISCUIT MIX  
 RAISINS  
 SUGAR,GRANULATED  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 MILK,NONFAT,DRY  
 NUTMEG,GROUND  
 WATER  
 EXTRACT,VANILLA  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 SUGAR,POWDERED  
 WATER,BOILING  
 MARGARINE,SOFTENED  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 TOPPING: In mixer bowl, combine flour, butter or margarine, brown sugar, cinnamon; mix at low speed 3 minutes until mixture resembles coarse cornmeal. Remove topping from mixer bowl and set aside for use in Step 6.
- 2 CAKE: In mixer bowl, combine Biscuit Mix, raisins, sugar, walnuts, nonfat dry milk and nutmeg; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl. Continue to mix at low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Pour 1 gallon batter into each lightly sprayed and floured pan. Spread batter evenly.
- 6 Sprinkle 1 quart of topping over batter in each pan.
- 7 Using a convection oven, bake 30 minutes on low fan, open vent. Remove cakes from oven and let cool slightly.
- 8 GLAZE: Combine powdered sugar, hot water, butter or margarine and vanilla; mix until smooth.
- 9 Drizzle 2 cups glaze over each baked cake while cakes are still warm. Cut 6 by 9.

## QUICK CHERRY COFFEE CAKE (BISCUIT MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
290 cal	48 g	4 g	9 g	24 mg	443 mg	79 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FLOUR,WHEAT,GENERAL PURPOSE	1-2/3 lbs	1 qts 2 cup	
MARGARINE,SOFTENED	12 oz	1-1/2 cup	
SUGAR,BROWN,PACKED	7-2/3 oz	1-1/2 cup	
CINNAMON,GROUND	1/4 oz	1 tbsp	
BISCUIT MIX	6-3/4 lbs	1 gal 2-3/8 qts	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
MILK,NONFAT,DRY	3-5/8 oz	1-1/2 cup	
WATER	3-1/8 lbs	1 qts 2 cup	
EGGS,WHOLE,FROZEN	1-1/4 lbs	2-1/4 cup	
EXTRACT,VANILLA	7/8 oz	2 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
CHERRIES,CANNED,RED,TART,WATER PACK,INCL LIQUIDS	6-1/2 lbs	2 qts 3-7/8 cup	
SUGAR,POWDERED	2-1/8 lbs	2 qts	
WATER,BOILING	8-1/3 oz	1 cup	
MARGARINE,SOFTENED	2 oz	1/4 cup 1/3 tbsp	
EXTRACT,VANILLA	1/8 oz	1/8 tsp	

**Method**

- 1 TOPPING: In mixer bowl, combine flour, butter or margarine, brown sugar, cinnamon; mix at low speed 3 minutes until mixture resembles coarse cornmeal. Remove topping from mixer bowl and set aside for use in Step 7.
- 2 CAKE: In mixer bowl, combine Biscuit Mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed for 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Pour 3-1/2 quart batter into each lightly sprayed and floured pan. Spread batter evenly.
- 6 Arrange 2-1/2 pounds cherries evenly over batter in each pan.
- 7 Sprinkle 1 quart of topping over batter and cherries in each pan.
- 8 Using a convection oven, bake about 30 minutes on low fan, open vent at 325 F. Remove cakes from oven and let cool slightly.
- 9 GLAZE: Combine powdered sugar, hot water, butter or margarine, vanilla; mix until smooth.  
Drizzle 2 cups glaze over each baked cake while cakes are still warm. Cut 6 by 9.

**QUICK ORANGE-COCONUT COFFEE CAKE (BISCUIT MIX)**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
405 cal	53 g	4 g	20 g	37 mg	519 mg	66 mg

**Ingredient**

SUGAR,GRANULATED  
 MARGARINE,SOFTENED  
 BISCUIT MIX  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 WATER  
 EGGS,WHOLE,FROZEN  
 EXTRACT,VANILLA  
 ORANGE-COCONUT TOPPING  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 TOPPING: In mixer bowl, cream sugar and butter or margarine at medium speed 2 minutes. Add coconut, orange juice, flour and orange rind; mix at low speed 2 minutes. Remove topping from mixer bowl and set aside for use in Step 6.
- 2 CAKE: In mixer bowl, combine bisquick mix, sugar and nonfat dry milk; mix at low speed 1 minute or until well blended.
- 3 Combine water, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick spray. Pour 3-1/2 quarts of batter into each sprayed and floured pan. Spread batter evenly.
- 6 Sprinkle 1 quart topping over batter in each pan.
- 7 Using a convection oven, bake about 30 minutes on low fan, open vent at 325 F. Remove cakes from oven and let cool slightly. Cut 6 by 9.

## QUICK COFFEE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
288 cal	45 g	4 g	11 g	32 mg	246 mg	68 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BUTTER,SOFTENED  
 SUGAR,BROWN,PACKED  
 CINNAMON,GROUND  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER  
 OIL,SALAD  
 EGGS,WHOLE,FROZEN  
 EXTRACT,VANILLA  
 SUGAR,POWDERED  
 WATER,BOILING  
 BUTTER,SOFTENED  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 TOPPING: In mixer bowl, combine flour, butter or margarine, brown sugar, cinnamon; mix at low speed 3 minutes until mixture resembles coarse cornmeal. Remove topping from mixer bowl and set aside for use in Step 6.
- 2 CAKE: In mixer bowl, sift together flour, sugar and nonfat dry milk, baking powder and salt; mix at low speed 1 minute or until well blended.
- 3 Combine water, salad oil, eggs and vanilla. Add egg mixture gradually to dry mixture while mixing at low speed 2 minutes.
- 4 Scrape down sides and bottom of mixer bowl; continue to mix low speed an additional 1 minute. DO NOT OVERMIX.
- 5 Pour 3-1/2 quart into each lightly sprayed and floured pan. Spread batter evenly.
- 6 Sprinkle 1 quart of topping over batter in each pan.
- 7 Using a convection oven, bake on low fan, open vent at 325 F. for about 30 minutes. Remove cakes from oven and let cool slightly.
- 8 GLAZE: Combine powdered sugar, hot water, butter or margarine and vanilla; mix until smooth.
- 9 Drizzle 2 cups glaze over each baked cake while cakes are still warm. Cut 6 by 9.

**TEMPURA BATTER**

Yield 100

Portion 1 Gallon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
5796 cal	1069 g	204 g	66 g	2231 mg	27078 mg	3545 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 WATER,COLD

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, and salt into mixer bowl.
- 2 Add water to beaten eggs.
- 3 Add egg mixture to dry ingredients; whip at high speed until smooth.
- 4 Fry in small batches. Tempura-fried foods lose crispness if allowed to stand on steam-table. DO NOT SAVE.

**Notes**

- 1 Batter may be used for Tempura Fried Shrimp, Recipe No. L 137 01 and Tempura Fried Onion Rings, Recipe No. Q 035 02.



**DANISH DIAMONDS (DANISH PASTRY DOUGH)**

Yield 100

Portion 1 Danish

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
228 cal	23 g	3 g	14 g	5 mg	168 mg	15 mg

**Ingredient**

DANISH DOUGH,FROZEN  
 EGG WASH  
 PIE FILLING,APPLE,PREPARED  
 EGG WASH

**Weight**

11 lbs  
 181-7/8 gm  
 6 lbs  
 181-7/8 gm

**Measure**

100 each  
 3/4 unit  
 3 qts  
 3/4 unit

**Issue**

**Method**

- 1 Prepare 50 Danish squares in a batch. Thaw at room temperature 5 minutes on a lightly floured working surface. Rolling out is not necessary.
- 2 Prepare 1/2 Recipe (1-1/2 cups) Egg Wash, Recipe No. D 017 00. Use 3/4 cup of egg wash. Lightly brush entire surface of each square. Set aside remaining 3/4 cup egg wash for use in Step 6.
- 3 Place pie filling in mixer bowl. Using whip, mix on medium speed 15 seconds to break up large pieces. Place about 2 tbsp filling in center of each square. Fold lower left corner to center; fold upper right corner over top of first corner. Press firmly to seal; repeat by folding lower right corner to center; press firmly to seal. Fold upper left corner to center; press tip to seal.
- 4 Place squares on lightly greased pans in rows 4 by 6.
- 5 Brush lightly with remaining egg wash.
- 6 Proof at 90 F. for 30 to 45 minutes or until double in bulk.
- 7 Using a convection oven, bake at 325 F. for 10 minutes or until golden brown on low fan, open vent.
- 8 Cool. Glaze if desired, with Vanilla Glaze or Variations, Recipe Nos. D 046 00, D 046 01, D 046 02.

**Notes**

- 1 In Step 3, any type of fruit pie filling may be used.
- 2 In Step 3, 7 lb 11 oz of cherry, pineapple or strawberry jam may be used, per 100 portions.
- 3 Prepare in batches as dough becomes difficult to work with in 15 minutes.

**BEAR CLAWS (DANISH PASTRY DOUGH)**

Yield 100

Portion 1 Danish

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
219 cal	20 g	3 g	15 g	5 mg	162 mg	14 mg

**Ingredient**

DANISH DOUGH,FROZEN  
 EGG WASH  
 PIE FILLING,APPLE,PREPARED  
 COOKING SPRAY,NONSTICK  
 EGG WASH

**Weight**

11 lbs  
 181-7/8 gm  
 3-1/8 lbs  
 2 oz  
 181-7/8 gm

**Measure**

100 each  
 3/4 unit  
 1 qts 2-1/4 cup  
 1/4 cup 1/3 tbsp  
 3/4 unit

**Issue**

**Method**

- 1 Prepare 50 Danish squares in a batch. Thaw at room temperature 5 minutes on a lightly floured working surface. Rolling out is not necessary.
- 2 Prepare 1/2 Recipe Egg Wash, Recipe No. D 017 00. Use 3/4 cup of egg wash. Lightly brush entire surface of each square. Set aside remaining 3/4 cup egg wash for use in Step 6.
- 3 Place about 1 tablespoon of filling over half of each square. Fold in half; seal edge by pressing firmly.
- 4 Make 3 cuts, 3/4-inch in depth, on 4-inch sealed side of each piece to form a claw.
- 5 Lightly spray pans with non-stick cooking spray. Place dough on pans. Bend into slight horseshoe shape and spread claws slightly.
- 6 Brush lightly with remaining egg wash.
- 7 Proof at 90 F. to 100 F. for 30 to 45 minutes or until double in size.
- 8 Using a convection oven, bake at 325 F. for 10 minutes or until golden brown on low fan, open vent.
- 9 Cool. Glaze if desired, with Vanilla Glaze or Variations, Recipe Nos. D 046 00, D 046 01, D 046 02.

**Notes**

- 1 Prepare in batches as dough becomes difficult to work with in 15 minutes.

**FRUIT TURNOVERS (FROZEN PUFF PASTRY DOUGH)**

Yield 100

Portion 1 Danish

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
346 cal	33 g	4 g	22 g	5 mg	155 mg	9 mg

**Ingredient**

PUFF PASTRY DOUGH,SQUARES,FROZEN  
 EGG WASH  
 PIE FILLING,APPLE,PREPARED  
 COOKING SPRAY,NONSTICK  
 EGG WASH

**Weight**

12-1/2 lbs  
 181-7/8 gm  
 6 lbs  
 2 oz  
 181-7/8 gm

**Measure**

100 each  
 3/4 unit  
 3 qts  
 1/4 cup 1/3 tbsp  
 3/4 unit

**Issue**

**Method**

- 1 Prepare 50 Danish squares in a batch. Thaw at room temperature 5 minutes on a lightly floured working surface. Rolling out is not necessary.
- 2 Prepare 1/2 recipe Egg Wash (Recipe No. D 017 00). Use 3/4 cup egg wash. Lightly brush entire surface of each square. Set aside remaining 3/4 cup egg wash for use in Step 5.
- 3 Place about 2 tbsp filling in center of each square. Fold upper right corner over lower left corner to form a triangle. Seal by crimping edges together.
- 4 Make two 1-inch slits in the center.
- 5 Lightly spray each pan with non-stick cooking spray. Place 24 turnovers on each pan.
- 6 Brush lightly with remaining egg wash.
- 7 Using a convection oven, bake 15 minutes in a 350 F. with low fan, open vent or until golden brown.
- 8 Cool. Glaze if desired, with Vanilla Glaze or Variations, Recipe Nos. D 046 00, D 046 01, D 046 02.

**Notes**

- 1 In Step 3, pie filling, prepared, fruit (apple, blueberry, cherry, or peach) may be used as filling. Place in mixer bowl. Using whip, mix on medium speed 15 seconds to break up large pieces.
- 2 In Step 3, 7 pounds 11 ounces of cherry, pineapple, or strawberry jam may be used, per 100 portions.
- 3 Prepare in batches as dough becomes difficult to work with in 15 minutes.

**FRUIT PUFFS (FROZEN PUFF PASTRY DOUGH)**

**Yield** 100

**Portion** 1 Danish

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	37 g	4 g	22 g	0 mg	153 mg	7 mg

**Ingredient**

PUFF PASTRY DOUGH,SQUARES,FROZEN  
 WATER  
 SUGAR,GRANULATED  
 PIE FILLING,APPLE,PREPARED

**Weight**

12-1/2 lbs  
 12-1/2 oz  
 1 lbs  
 6 lbs

**Measure**

100 each  
 1-1/2 cup  
 2-1/4 cup  
 3 qts

**Issue**

**Method**

- 1 Prepare 50 Danish squares in a batch. Thaw at room temperature 5 minutes on a lightly floured working surface. Rolling out is not necessary.
- 2 Place squares in rows 3 by 5 on pans. Brush water over each square. Sprinkle sugar over each square.
- 3 Place about 2 tbsp filling in center of each square. Fold lower left corner to center; fold upper right corner over top of first corner. Press firmly to seal; repeat by folding lower right corner to center; press firmly to seal. Fold upper left corner to center; press tip to seal.
- 4 Using a convection oven, bake in 350 F. for 15 minutes with low fan and open vent or until golden brown.
- 5 Cool.

**Notes**

- 1 In Step 3, pie filling, prepared, fruit (apple, blueberry, cherry, or peach) may be used as filling. Place in mixer bowl. Using whip, mix on medium speed 15 seconds to break up large pieces.
- 2 In Step 3, 7 lbs 11 oz cherry, pineapple or strawberry jam may be used, per 100 portions.
- 3 Prepare in batches as dough becomes difficult to work with in 15 minutes.

**BREADS AND SWEET DOUGHS No.D 040 00**  
**CORNSTARCH WASH**

**Yield** 100

**Portion** 1 Quart

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
122 cal	29 g	0 g	0 g	0 mg	31 mg	20 mg

**Ingredient**

CORNSTARCH  
WATER

**Weight**

1-1/8 oz  
2-1/8 lbs

**Measure**

1/4 cup 1/3 tbsp  
1 qts

**Issue**

**Method**

- 1 Combine cornstarch and water. Bring to a boil; cook until clear.
- 2 Brush on bread and rolls before and immediately after baking.

**Notes**

- 1 Keep wash warm. Reheat if necessary.

**CHERRY FILLING (CORNSTARCH)**

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
7081 cal	1816 g	23 g	4 g	0 mg	76 mg	358 mg

**Ingredient**

CHERRIES,CANNED,RED,TART,WATER PACK,DRAINED  
 RESERVED LIQUID  
 CORNSTARCH  
 SUGAR,GRANULATED  
 FOOD COLOR,RED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Drain cherries. Dissolve cornstarch in juice. Set juice and cornstarch mixture aside for use in Step 4.
- 2 Mash cherries with wire whip 1 minute at medium speed; combine with sugar and food coloring.
- 3 Bring to a boil in steam-jacketed kettle or stock pot stirring constantly to prevent scorching. Reduce heat. Simmer about 10 minutes.
- 4 Add reserved juice and cornstarch mixture to cherries while stirring. Cook 2 to 3 minutes until clear and thickened, stirring constantly. Remove from heat; cool.

**CHERRY FILLING (PIE FILLING, PREPARED)**

**Yield** 100

**Portion** 3 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
3132 cal	798 g	14 g	5 g	0 mg	245 mg	300 mg

**Ingredient**

PIE FILLING,CHERRY,PREPARED

**Weight**

6 lbs

**Measure**

3 qts

**Issue**

**Method**

- 1 Mash prepared filling with a wire whip for 1 minute at medium speed.

**APPLE FILLING (PIE FILLING, PREPARED)**

**Yield** 100

**Portion** 3 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
2749 cal	713 g	3 g	3 g	0 mg	1197 mg	109 mg

**Ingredient**

PIE FILLING,APPLE,PREPARED

**Weight**

6 lbs

**Measure**

3 qts

**Issue**

**Method**

- 1 Break up large pieces of prepared apple pie filling with wire whip one minute at medium speed.



**BLUEBERRY FILLING (PIE FILLING, PREPARED)**

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
2871 cal	754 g	0 g	0 g	0 mg	1615 mg	718 mg

**Ingredient**

PIE FILLING,BLUEBERRY,PREPARED

**Weight**

7 lbs

**Measure**

3 qts

**Issue**

**Method**

1 Use accordingly.

RASPBERRY FILLING (PREPARED BAKERY)

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
2947 cal	774 g	0 g	0 g	0 mg	1657 mg	737 mg

**Ingredient**

RASPBERRY BAKERY FILLING

**Weight**

7-1/4 lbs

**Measure**

3 qts 3/8 cup

**Issue**

**Method**

- 1 Use accordingly.

CINNAMON SUGAR FILLING

Yield 100

Portion 4-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
1843 cal	480 g	1 g	1 g	0 mg	191 mg	735 mg

**Ingredient**

CINNAMON,GROUND  
SUGAR,BROWN,PACKED

**Weight**

1 oz  
1 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine cinnamon and brown sugar.

**Notes**

- 1 Granulated sugar may be substituted for brown sugar.

**CINNAMON SUGAR NUT FILLING**

Yield 100

Portion 4-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
6933 cal	646 g	232 g	433 g	0 mg	244 mg	1506 mg

**Ingredient**

CINNAMON,GROUND  
 SUGAR,BROWN,PACKED  
 NUTS,UNSALTED,CHOPPED,COARSELY

**Weight**

1 oz  
 1 lbs  
 1-7/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine cinnamon and brown sugar.
- 2 Sprinkle chopped nuts over cinnamon sugar mixture.

**Notes**

- 1 In Step 1, granulated sugar may be substituted for brown sugar.

CINNAMON SUGAR RAISIN FILLING

Yield 100

Portion 4-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
4562 cal	1197 g	30 g	5 g	0 mg	300 mg	1179 mg

**Ingredient**

CINNAMON,GROUND  
SUGAR,BROWN,PACKED  
RAISINS

**Weight**

1 oz  
1 lbs  
2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine cinnamon and brown sugar.
- 2 Sprinkle raisins over cinnamon sugar mixture.

**Notes**

- 1 In Step 1, granulated sugar may be substituted for brown sugar.

**BREADS AND SWEET DOUGHS No.D 043 00**  
**NUT FILLING**

**Yield** 100

**Portion** 7-1/2 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
10666 cal	1214 g	95 g	641 g	1118 mg	4412 mg	970 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
CINNAMON,GROUND  
SUGAR,GRANULATED  
SUGAR,BROWN,PACKED  
BUTTER,MELTED  
WALNUTS,SHELLED,CHOPPED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour and cinnamon in mixer bowl; blend in sugars.
- 2 Add butter or margarine to dry ingredients; mix at low speed until well blended.
- 3 Add nuts, mixing at low speed. Use about 1 tbsp filling for each pastry.

## OAT BRAN RAISIN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	29 g	5 g	7 g	40 mg	189 mg	88 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
BAKING POWDER  
SALT  
RAISINS  
CEREAL,OATMEAL,ROLLED  
CEREAL,OAT BRAN  
SUGAR,BROWN,PACKED  
WATER,WARM  
EGGS,WHOLE,FROZEN  
OIL,SALAD  
COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend in raisins, rolled oats, oat bran, and brown sugar at low speed for 1/2 minute.
- 3 Add water, eggs, and oil or shortening to dry ingredients; mix at low speed until dry ingredients are moistened, about 15 seconds. DO NOT OVER MIX.
- 4 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full (1-No. 16 scoop).
- 5 Using a convection oven, bake at 350 F. for 20 minutes or until lightly browned with open vent and fan turned off first 5 minutes, then low fan.

**BREADS AND SWEET DOUGHS No.D 045 00**  
**SYRUP GLAZE**

**Yield** 100

**Portion** 1 Quart

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
2930 cal	790 g	1 g	1 g	0 mg	1106 mg	146 mg

**Ingredient**

SYRUP  
WATER

**Weight**

2-1/3 lbs  
1 lbs

**Measure**

3-3/8 cup  
2 cup

**Issue**

**Method**

- 1 Combine syrup and water. Bring to a boil; boil about 5 minutes, stirring constantly.
- 2 Brush warm glaze over rolls or coffee cakes immediately after baking.



VANILLA GLAZE

Yield 100

Portion 2-3/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
3125 cal	717 g	0 g	35 g	93 mg	365 mg	22 mg

**Ingredient**

SUGAR,POWDERED,SIFTED  
 BUTTER,SOFTENED  
 WATER,BOILING  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine powdered sugar, butter, boiling water, and vanilla; mix until smooth.
- 2 Spread glaze over baked sweet rolls or coffee cakes. Coat or dip fried doughnuts in glaze.

ALMOND GLAZE

Yield 100

Portion 2-3/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
3115 cal	717 g	0 g	35 g	93 mg	364 mg	21 mg

**Ingredient**

SUGAR,POWDERED,SIFTED  
 BUTTER,SOFTENED  
 WATER,BOILING  
 EXTRACT,ALMOND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine powdered sugar, butter, boiling water, and flavoring; mix until smooth.
- 2 Spread glaze over baked sweet rolls or coffee cakes. Coat or dip fried doughnuts in glaze.

**BREADS AND SWEET DOUGHS No.D 046 02**  
**RUM GLAZE**

**Yield** 100

**Portion** 2-3/4 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
3125 cal	717 g	0 g	35 g	93 mg	365 mg	22 mg

**Ingredient**

SUGAR,POWDERED,SIFTED  
BUTTER,SOFTENED  
WATER,BOILING  
EXTRACT,RUM

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine powdered sugar, butter, boiling water, and flavoring; mix until smooth.
- 2 Spread glaze over baked sweet rolls or coffee cakes. Coat or dip fried doughnuts in glaze.

**PINEAPPLE FILLING (CORNSTARCH)**

**Yield** 100

**Portion** 2-1/2 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
2942 cal	680 g	10 g	36 g	93 mg	389 mg	331 mg

**Ingredient**

PINEAPPLE,CANNED,CRUSHED  
 BUTTER,MELTED  
 SUGAR,GRANULATED  
 CORNSTARCH  
 WATER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine pineapple, butter, and sugar and combine over heat.
- 2 Dissolve cornstarch in cool water; add to hot pineapple mixture while stirring; bring to a boil; cook until thick and clear, about 5 minutes.
- 3 Cool slightly before using.

**Notes**

- 1 If desired, filling may be used for cake. Use 3 quarts filling for each sheet cake or 2 cups for each 9-inch layer cake.

## ORANGE-COCONUT TOPPING

Yield 100

Portion 2-1/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
9327 cal	1063 g	42 g	581 g	497 mg	4811 mg	314 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 JUICE,ORANGE,CANNED,UNSWEETENED  
 ORANGE,RIND,GRATED  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Cream butter or margarine and sugar together at medium speed in mixer bowl.
- 2 Add flour, orange juice, orange rind, and coconut; blend.
- 3 Spread over sweet rolls or coffee cakes after proofing.

**STREUSEL TOPPING**

**Yield** 100

**Portion** 3 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
9380 cal	1242 g	83 g	468 g	1242 mg	4892 mg	818 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,BROWN,PACKED  
 SUGAR,GRANULATED  
 CINNAMON,GROUND  
 BUTTER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place flour, sugars, and cinnamon in mixer bowl; blend thoroughly at low speed 2 minutes.
- 2 Add butter or margarine to dry ingredients; blend at low speed 1-1/2 to 2 minutes or until mixture resembles coarse cornmeal. DO NOT OVERMIX.
- 3 Sprinkle over sweet rolls and coffee cakes before baking.

**Notes**

- 1 If butter or margarine is too soft, a mass will form and mixture will not be crumbly.

**PECAN TOPPING**

**Yield** 100

**Portion** 2-1/2 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
8428 cal	752 g	56 g	624 g	497 mg	2122 mg	816 mg

**Ingredient**

BUTTER  
SUGAR,BROWN,PACKED  
PECANS,CHOPPED

**Weight**

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

**Measure**

1 cup  
1 qts 1/4 cup

**Issue**

**Method**

- 1 Combine softened butter or margarine, brown sugar, and chopped pecans.
- 2 Use as a topping for Pecan Rolls, Recipe No. D 036 03.

**Notes**

- 1 If butter or margarine is too soft, a mass will form and mixture will not be crumbly.

**BREADS AND SWEET DOUGHS No.D 050 00**  
**MAPLE SYRUP**

**Yield** 100

**Portion** 1 Gallon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
7143 cal	1835 g	0 g	0 g	0 mg	1364 mg	1612 mg

**Ingredient**

SUGAR,BROWN,PACKED  
 WATER  
 SALT  
 CORNSTARCH  
 FLAVORING,MAPLE

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine brown sugar, water, salt, and cornstarch. Bring to a boil; reduce heat; simmer about 10 minutes or until thickened.
- 2 Remove from heat; add maple flavoring.

**Notes**

- 1 Hot syrup will be thin, but will thicken upon cooling.



**FRYING BATTER**

**Yield** 100

**Portion** 1 Gallon

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
10896 cal	2068 g	350 g	114 g	2246 mg	67950 mg	3966 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 EGGS,WHOLE,FROZEN  
 OIL,SALAD  
 WATER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, milk, and baking powder into mixer bowl.
- 2 Combine eggs and salad oil or melted shortening; add to dry ingredients.
- 3 Slowly add water; beat at medium speed until smooth.

**Notes**

- 1 Batter may be used for fruits and vegetables such as apples, eggplant, and tomatoes. Moist foods should be dredged in flour before dipping into batter. When ready to fry, dip into batter; drain slightly. Fry in 350 F. to 375 F. deep fat until lightly browned.
- 2 Use batter the day prepared. DO NOT SAVE.

OATMEAL BREAD

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
211 cal	37 g	7 g	4 g	0 mg	216 mg	21 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 SALT  
 FLOUR,WHEAT,BREAD  
 SHORTENING  
 CEREAL,OATMEAL,ROLLED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes; stir. Set aside for use in Step 4.
- 2 Place water, sugar, milk, and salt in mixer bowl; blend thoroughly with a wire whip.
- 3 Add flour. Using dough hook, mix at low speed 1 minute or until all flour is incorporated into liquid.
- 4 Add yeast solution; mix at low speed 1 minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 6 Add oats; mix at low speed 2 minutes. Mix at medium speed 1 minute.
- 7 FERMENT: Cover. Set in warm place (80 F.), 1 hour and 45 minutes or until double in bulk.
- 8 PUNCH: Fold sides into center and turn dough completely over. Let rest 15 minutes.
- 9 MAKE UP: Scale into 8 1-3/4 pound pieces; shape each piece into a smooth ball; let rest 10 minutes. Mold each piece into an oblong loaf; place each loaf seam-side down into a pan sprayed with non-stick cooking spray.
- 10 PROOF: At 90 F. to 100 F. about 45 minutes or until double in bulk.
- 11 Bake 45 to 50 minutes in 375 F. oven or in 325 F. convection oven for 30 minutes on high fan, open vent, or until done.
- 12 When cool, slice 25 slices, about 1/2-inch thick per loaf.

**Notes**

- 1 If using 9x4-1/2x2-3/4-inch bread pans, scale into 10 1-3/8 pound pieces; proof at 90 F. to 100 F. for 30 minutes or until double in bulk. Slice 20 slices, about 1/2-inch thick per loaf.

APPLESAUCE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	33 g	3 g	4 g	12 mg	213 mg	73 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 APPLESAUCE,CANNED,UNSWEETENED  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

5-3/4 lbs  
 2-1/4 lbs  
 3-7/8 oz  
 3/4 oz  
 1/2 oz  
 1/8 oz  
 5 lbs  
 9-5/8 oz  
 9-5/8 oz  
 10-1/4 oz  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl.
- 2 Add applesauce, eggs, egg whites, and salad oil or shortening; mix at low speed 15 seconds or until dry ingredients are moistened. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes in 400 F. oven or in 350 F. convection oven for 23 to 26 minutes until done, open vent, fan turned off first 10 minutes, then low fan.

## APPLESAUCE RAISIN MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
207 cal	40 g	4 g	4 g	12 mg	214 mg	77 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 RAISINS  
 APPLESAUCE,CANNED,UNSWEETENED  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

5-3/4 lbs  
 2-1/4 lbs  
 3-7/8 oz  
 3/4 oz  
 1/2 oz  
 1/8 oz  
 1-7/8 lbs  
 5 lbs  
 9-5/8 oz  
 9-5/8 oz  
 10-1/4 oz  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl.
- 2 Add applesauce, eggs, egg whites, and salad oil or shortening; mix at low speed 15 seconds until dry ingredients are moistened. Fold in raisins. DO NOT OVER MIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes in 400 F. oven or in 350 F. convection oven for 23 to 26 minutes until done, open vent, fan turned off first 10 minutes, then low fan.

## APPLESAUCE ORANGE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	35 g	4 g	4 g	12 mg	213 mg	76 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 APPLESAUCE,CANNED,UNSWEETENED  
 JUICE,ORANGE,FROZEN,CONCENTRATE,3/1,THAWED  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD  
 COOKING SPRAY,NONSTICK

**Weight**

5-3/4 lbs  
 2-1/4 lbs  
 3-7/8 oz  
 3/4 oz  
 1/2 oz  
 1/8 oz  
 3-1/4 lbs  
 1-7/8 lbs  
 9-5/8 oz  
 9-5/8 oz  
 10-1/4 oz  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Sift together flour, sugar, baking powder, salt, cinnamon, and nutmeg into mixer bowl.
- 2 Add applesauce, orange juice concentrate, eggs, egg whites, and salad oil or shortening; mix at low speed for 15 seconds or until dry ingredients are moistened. DO NOT OVERMIX. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes in 400 F. oven or in 350 F. convection oven for 23 to 26 minutes until done, open vent, fan turned off first 10 minutes, then low fan.

## PINEAPPLE CARROT MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
145 cal	24 g	4 g	4 g	0 mg	205 mg	99 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FLOUR,WHEAT,GENERAL PURPOSE	3-1/8 lbs	2 qts 3-1/2 cup	
CEREAL,OAT BRAN	11-1/2 oz	1 qts 1-3/4 cup	
BAKING POWDER	3-1/8 oz	1/4 cup 2-2/3 tbsp	
BAKING SODA	1 oz	2 tbsp	
YOGURT,PLAIN,NONFAT	3-3/4 lbs	1 qts 3 cup	
SUGAR,BROWN,PACKED	1-1/4 lbs	1 qts	
OIL,SALAD	11-1/2 oz	1-1/2 cup	
EGG WHITES,FROZEN,THAWED	14-7/8 oz	1-3/4 cup	
PINEAPPLE,CANNED,CRUSHED,JUICE PACK,DRAINED	3-7/8 lbs	1 qts 3 cup	
CARROTS,FRESH,GRATED	1-1/2 lbs	1 qts 2-1/4 cup	1-7/8 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Sift together flour, oat bran, baking powder, and baking soda. Set aside for use in Step 5.
- 2 Combine yogurt, brown sugar, and oil in mixer bowl. Beat at medium speed about 1 minute or until well blended.
- 3 Add egg whites; mix at low speed about 30 seconds.
- 4 Add pineapple and carrots; mix at low speed for 30 seconds.
- 5 Add flour mixture; mix at low speed about 15 seconds, scrape down sides and bottom of mixer bowl. Mix about 15 seconds or until ingredients are moistened. Do not overmix.
- 6 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 7 Bake 25 to 30 minutes at 400 F. or until lightly browned, or using a 350 F. convection oven, bake for 18 to 20 minutes or until lightly browned with open vent, low fan.

**WHOLE WHEAT BREAD**

**Yield** 100

**Portion** 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
158 cal	29 g	5 g	3 g	0 mg	288 mg	25 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHEAT,BREAD  
 FLOUR,WHOLE WHEAT  
 SHORTENING,SOFTENED

**Weight**

1-2/3 oz  
 12-1/2 oz  
 4-1/8 lbs  
 4-1/2 oz  
 10-5/8 oz  
 2-1/2 oz  
 4-1/4 lbs  
 3-1/2 lbs  
 7-1/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Stir. Set aside for use in Step 4.
- 2 Place water, milk, sugar, and salt in mixer bowl. Using dough hook, mix at low speed about 1 minute until blended.
- 3 Combine flours thoroughly; add to liquid in mixer bowl. Using dough hook, mix at low speed 1 minute or until the dry ingredients are incorporated into liquid.
- 4 Add yeast solution; mix at low speed for one minute.
- 5 Add shortening; mix at low speed 1 minute. Continue mixing at medium speed for 10 to 15 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 6 FERMENT: Cover. Set in warm place (80 F.) 2 hours or until double in bulk.
- 7 PUNCH: Fold sides into center and turn dough completely over. Let rest 15 minutes.
- 8 PROOF: At 90 F. to 100 F. for about 1 hour or until double in size.
- 9 BAKE: 35 to 40 minutes at 375 F. or 30 to 35 minutes in a 325 F. convection oven until bread is done on high fan, open vent.
- 10 When cool, slice 25 slices, about 1/2-inch thick, per loaf.

**WHOLE WHEAT BREAD (WHOLE WHEAT FLOUR SHRT TM FORM)**

**Yield** 100

**Portion** 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
158 cal	29 g	6 g	3 g	0 mg	218 mg	24 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 WATER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,BREAD  
 FLOUR,WHOLE WHEAT  
 SHORTENING,SOFTENED  
 FLOUR,WHOLE WHEAT  
 SALT  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes. Add sugar. Stir until dissolved. Let stand 10 minutes; stir. Set aside for use in Step 3.
- 2 Place water in mixer bowl. Add milk, sugar, and yeast food. Using dough hook, mix at low speed until smooth.
- 3 Combine flours, add to bowl. Mix at low speed 2 minutes or until flour is incorporated; add shortening and yeast solution. Mix at low speed about 2 minutes until smooth.
- 4 Mix at medium speed 10 minutes.
- 5 Let rise in mixer bowl 20 minutes.
- 6 Sift together flour and salt; add to mixture in mixer bowl. Mix at low speed for 2 minutes or until flour is incorporated. Mix at medium speed 10 minutes or until dough is smooth and elastic.
- 7 FERMENT: Cover. Set in warm place (80 F.), for 25 to 30 minutes or until double in bulk.
- 8 MAKE UP: Scale into 8-28 ounce pieces. Roll scaled dough to pan size; place 1 loaf into each lightly greased pan.
- 9 PROOF: At 90 F. for 25 to 30 minutes or until double in bulk.
- 10 BAKE: 5 minutes at 450 F. Reduce temperature to 375 F. and bake 40 to 45 minutes or until done or in a convection oven 3 to 5 minutes on high fan, open vent. Reduce temperature to 325 F., bake 22 to 26 minutes or until done on high fan, open vent.
- 11 When cool, slice 25 slices, about 1/2-inch thick, per loaf.



APPLE COFFEE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
206 cal	39 g	4 g	5 g	0 mg	213 mg	65 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

APPLES,CANNED,DRAINED,CHOPPED	8 lbs	1 gal	
JUICE,ORANGE	2-3/4 lbs	1 qts 1 cup	
CINNAMON,GROUND	3/4 oz	3 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	3-5/8 lbs	3 qts 1 cup	
SUGAR,GRANULATED	3 lbs	1 qts 2-3/4 cup	
FLOUR,WHOLE WHEAT	1-1/8 lbs	1 qts 1/4 cup	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
BAKING POWDER	2-3/4 oz	1/4 cup 2 tbsp	
SALT	5/8 oz	1 tbsp	
NUTMEG,GROUND	1/4 oz	1 tbsp	
MARGARINE,SOFTENED	1 lbs	2 cup	
WATER	2 lbs	3-3/4 cup	
EXTRACT,VANILLA	3/4 oz	1 tbsp	
EGG WHITES,FROZEN,THAWED	1-3/4 lbs	3-1/4 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SUGAR,BROWN,PACKED	3-7/8 oz	3/4 cup	

**Method**

- 1 Coarsely chop apples. Toss with orange juice and cinnamon. Cover.
- 2 Sift together flour, sugar, whole wheat flour, milk, baking powder, salt, and nutmeg into mixer bowl.
- 3 Add margarine, water, and vanilla to dry ingredients. Beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes. Scrape down bowl.
- 4 Slowly add egg whites to mixture while beating at low speed 2 minutes. Scrape down bowl. Beat at medium speed 3 minutes.
- 5 Pour 2-1/2 quarts of batter into each lightly sprayed pan. Spread to evenly distribute batter.
- 6 Spread about 2-1/2 quarts apple mixture evenly over batter in each pan. Sprinkle 3 ounces or 1/3 cup of brown sugar over apples in pan.
- 7 Bake about 1 hour at 400 F. or until done or using a convection oven, bake at 325 F. for about 35 minutes or until done on low fan, open vent.
- 8 Prepare 1 recipe Vanilla Glaze, Recipe No. D 046 00. Drizzle 8 ounces or 1 cup of glaze over warm cake in each pan.
- 9 Cut 6 by 9.

OVEN BAKED FRENCH TOAST

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	31 g	9 g	4 g	1 mg	365 mg	99 mg

**Ingredient**

WATER  
 EXTRACT,VANILLA  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 CINNAMON,GROUND  
 EGG SUBSTITUTE,PASTEURIZED  
 BREAD,WHITE,SLICED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place water and vanilla in mixer bowl.
- 2 Combine milk, sugar, and cinnamon; blend well. Add to water; mix at low speed until dissolved or for about 1 minute.
- 3 Add egg substitute to ingredients in mixer bowl; mix at low speed until well blended, about 1 minute.
- 4 Stir egg mixture before using to redistribute cinnamon. Dip bread slices in egg mixture to coat both sides. Do not soak.
- 5 Lightly spray sheet pans with non-stick spray. Place dipped bread slices on pans 4 by 6.
- 6 Bake 20 to 25 minutes or until toast is golden brown in 450 F. oven or using a convection oven, bake at 425 F. for 12 to 14 minutes on high fan, open vent or until golden brown. Use batch method of preparation. Toast becomes tough when held more than 15 minutes.

WHOLE WHEAT ROLLS

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
261 cal	50 g	8 g	4 g	0 mg	383 mg	31 mg

**Ingredient**

YEAST,ACTIVE,DRY  
 WATER,WARM  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 FLOUR,WHOLE WHEAT  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SHORTENING,SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sprinkle yeast over water. Do not use in temperatures above 110 F. Mix well. Let stand for 5 minutes. Stir.
- 2 Place water in mixer bowl; add sugar and salt; stir until dissolved. Add yeast solution.
- 3 Combine whole wheat flour, bread flour, and milk. Add to liquid solution. Using dough hook, mix at low speed 1 minute or until flour mixture is incorporated into liquid.
- 4 Add shortening; mix at medium speed 10 minutes or until dough is smooth and elastic. Dough temperature should be 78 F. to 82 F.
- 5 FERMENT: Cover. Set in warm place (80 F.) for 1-1/2 hours or until double in bulk.
- 6 PUNCH: Divide dough into 8 2-lb 14-oz pieces. Shape each piece into a smooth ball; let rest 10 to 20 minutes.
- 7 Roll each piece into a long rope, about 32 inches, of uniform diameter about 2 inches thick. Cut rope into 25 1-3/4 oz pieces about 1-1/4 inches long.
- 8 MAKE-UP: Shape into balls by rolling with a circular motion on work table.
- 9 PROOF: At 90 F. until double in bulk, about 1 hour.
- 10 BAKE: 15 to 20 minutes at 400 F., or in 350 F. convection oven for 10 to 15 minutes until golden brown, on high fan, open vent.

OATS AND FRUIT BREAKFAST SQUARES

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
254 cal	42 g	6 g	8 g	0 mg	116 mg	36 mg

**Ingredient**

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS  
 FLOUR,WHEAT,GENERAL PURPOSE  
 CINNAMON,GROUND  
 BAKING SODA  
 MARGARINE,SOFTENED  
 SUGAR,BROWN,PACKED  
 SUGAR,GRANULATED  
 RESERVED LIQUID  
 EXTRACT,VANILLA  
 EGG SUBSTITUTE,PASTEURIZED  
 CEREAL,OATMEAL,ROLLED  
 COOKING SPRAY,NONSTICK

**Weight**

8-7/8 lbs  
 2-1/4 lbs  
 1-7/8 oz  
 1/2 oz  
 1-1/2 lbs  
 1-5/8 lbs  
 1-1/8 lbs  
 12-1/2 oz  
 1-1/4 oz  
 1-1/8 lbs  
 5-3/8 lbs  
 3/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Drain fruit; reserve liquid for use in Step 3 and fruit for use in Step 6.
- 2 Sift together flour, cinnamon, and baking soda; set aside for use in Step 5.
- 3 Place margarine, sugars, egg substitute, reserved liquid, and vanilla in a mixer bowl. Beat at high speed for 1 to 2 minutes or until well blended. Scrape down bowl.
- 4 Add oats; mix at low speed 1 minute until well blended. Scrape down bowl.
- 5 Add flour mixture; mix at low speed 1 to 2 minutes or until well blended. Scrape down bowl.
- 6 Add fruit; mix at low speed 30 seconds or until just mixed.
- 7 Lightly spray sheet pans. Place about 1-1/4 gallons in each sheet pan. Spread evenly.
- 8 Bake 35 minutes at 325 F. or until lightly browned and toothpick comes out clean on high fan, open vent.
- 9 Loosen from pans while still warm. Cut 6 by 9.

**Notes**

- 1 In Step 1, 4-1/4 quarts of canned, drained peaches or pears may be used for 100 portions.
- 2 In Step 4, a combination of 5-1/2 quarts or rolled oats and 1-1/2 quarts of oat bran cereal may be used instead of oats per 100 servings.

## PUMPKIN PATCH MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
154 cal	25 g	3 g	5 g	0 mg	208 mg	64 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 FLOUR,WHOLE WHEAT  
 SUGAR,GRANULATED  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 EGG SUBSTITUTE,PASTEURIZED  
 MILK,NONFAT,DRY  
 WATER  
 PUMPKIN,CANNED,SOLID PACK  
 OIL, CANOLA  
 RAISINS  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Combine all purpose flour, whole-wheat flour, sugar, baking powder, salt, cinnamon, and nutmeg, set aside.
- 2 Reconstitute milk. In a mixer bowl, combine milk, pumpkin, oil, and egg substitute, mix on low speed until blended.
- 3 Add flour mixture to mixer bowl; mix on low speed until dry ingredients are moistened. Fold in raisins. Do not over mix.
- 4 Lightly spray muffin tins with non-stick cooking spray. Fill muffin tins 2/3 full.
- 5 Bake at 400 F. for 15 to 20 minutes or until lightly browned.

DATE NUT BREAD

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	38 g	3 g	4 g	0 mg	189 mg	43 mg

**Ingredient**

WATER,ICE  
 DATES,PIECES  
 MARGARINE  
 FLOUR,WHEAT,GENERAL PURPOSE  
 FLOUR,WHOLE WHEAT  
 SUGAR,GRANULATED  
 BAKING SODA  
 BAKING POWDER  
 ORANGE PEEL,FRESH,GRATED  
 EGG WHITES,FROZEN,THAWED  
 WALNUTS,SHELLED,HALVES AND PIECES  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 In a large mixer bowl combine water, dates and margarine. Let cool 5 minutes or until the dates soften.
- 2 Mix together flour, whole-wheat flour, sugar, baking soda, baking powder, and orange peel.
- 3 Add flour mixture including egg whites to the date mixture and beat at low speed until dry ingredients have moistened. Fold in chopped walnuts.
- 4 Lightly spray loaf pans with non-stick cooking spray.
- 5 Scale 2-1/2 cups of batter into each loaf pan.
- 6 Bake at 350 F. for 40 to 45 minutes.

APPLESAUCE CINNAMON CRUMB TOP MUFFIN

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
204 cal	38 g	3 g	5 g	0 mg	217 mg	76 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 SUGAR,GRANULATED  
 APPLESAUCE,CANNED,SWEETENED  
 EGG SUBSTITUTE,PASTEURIZED  
 SHORTENING  
 MARGARINE  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,BROWN,LIGHT  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixer bowl.
- 2 Add applesauce, egg substitute, and salad oil or melted shortening; mix at low speed 15 seconds until dry ingredients are moistened.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full. Mix softened margarine, flour, and brown sugar until crumbly. Sprinkle on top of each muffin.
- 4 Bake at 400 F. for 20 to 25 minutes or until lightly brown or using a convection oven, bake at 350 F. for 23 to 26 minutes open vent, turn off fan first 10 minutes, then low fan.

APPLESAUCE BLUEBERRY MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
195 cal	36 g	3 g	4 g	0 mg	209 mg	75 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 SUGAR,GRANULATED  
 APPLESAUCE,CANNED,SWEETENED  
 EGG SUBSTITUTE,PASTEURIZED  
 SHORTENING  
 BLUEBERRIES,FROZEN,UNSWEETENED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixing bowl.
- 2 Add applesauce, egg substitute, and salad oil or melted shortening; mix at low speed 15 seconds until dry ingredients are moistened. Fold in blueberries. Do not overmix. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full.
- 4 Bake 25 to 30 minutes at 400 F. oven or at 350 F. in a convection oven for 23 to 26 minutes or until done, open vent, fan turned off first 10 minutes, then low fan.

**Notes**

- 1 In Step 2, canned drained, rinsed blueberries 6-1/4 cups per 100 portions, may be substituted for frozen thawed blueberries.



## CRAN-APPLE MUFFINS

Yield 100

Portion 1 Muffin

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	38 g	3 g	4 g	10 mg	209 mg	74 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 SUGAR,GRANULATED  
 APPLESAUCE,CANNED,SWEETENED  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL, CANOLA  
 CRANBERRY SAUCE,JELLIED  
 COOKING SPRAY,NONSTICK  
 ORANGE PEEL,FRESH,GRATED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, baking powder, salt, cinnamon, nutmeg, and sugar into mixer bowl.
- 2 Add applesauce, eggs, egg whites, and salad oil; mix at low speed approximately 15 seconds until dry ingredients are moistened. Do not over mix. Batter will be lumpy.
- 3 Lightly spray each muffin cup with non-stick cooking spray. Fill each muffin cup 2/3 full. Make a well in the center of each muffin with the back of a spoon. Combine cranberry sauce and orange peel. Spoon 2 teaspoons of cranberry filling into each well.
- 4 Bake at 400 F. for 25 to 30 minutes or until done. Using a convection oven, bake at 350 F. for 23 to 26 minutes, open vent, fan off first 10 minutes, then low fan.

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**CEREALS AND PASTA PRODUCTS No.E 001 00**  
**HOT OATMEAL**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
106 cal	18 g	5 g	2 g	0 mg	216 mg	19 mg

**Ingredient**

CEREAL,OATMEAL,ROLLED  
SALT  
WATER,BOILING

**Weight**

6 lbs  
1-7/8 oz  
41-3/4 lbs

**Measure**

1 gal 3/8 qts  
3 tbsp  
5 gal

**Issue**

**Method**

- 1 Add cereal and salt to boiling water; stir to prevent lumping.
- 2 Return to a boil; reduce heat; simmer 1 to 3 minutes, stirring occasionally.
- 3 Turn off heat; let stand 10 minutes before serving.

**CEREALS AND PASTA PRODUCTS No.E 001 02**  
**HOT FARINA**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
104 cal	22 g	3 g	0 g	0 mg	216 mg	8 mg

**Ingredient**

SALT  
WATER  
CEREAL,FARINA,DRY  
WATER,COLD

**Weight**

1-7/8 oz  
33-1/2 lbs  
6-1/4 lbs  
8-1/3 lbs

**Measure**

3 tbsp  
4 gal  
1 gal  
1 gal

**Issue**

**Method**

- 1 Add salt to hot water; bring to boil.
- 2 Mix cereal with cold water; pour into boiling salted water stirring constantly, until water returns to a boil. Reduce heat. Let simmer 2 to 5 minutes, stirring frequently. Turn off heat; let stand 5 minutes before serving.

**CEREALS AND PASTA PRODUCTS No.E 002 00**  
**HOMINY GRITS**

**Yield** 100

**Portion** 2/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
84 cal	16 g	2 g	1 g	2 mg	107 mg	4 mg

**Ingredient**

WATER,BOILING  
 SALT  
 BUTTER  
 HOMINY GRITS,QUICK COOKING

**Weight**

33-1/2 lbs  
 7/8 oz  
 4 oz  
 4-1/2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Add salt and butter or margarine to boiling water.
- 2 Add grits gradually while stirring to prevent lumping. Bring to a boil; reduce heat; cover and cook for 5 minutes. Stir occasionally.

**FRIED HOMINY GRITS**

**Yield** 100

**Portion** 3 Slices

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
164 cal	16 g	2 g	10 g	2 mg	107 mg	4 mg

**Ingredient**

WATER,BOILING  
 SALT  
 BUTTER  
 HOMINY GRITS,QUICK COOKING

**Weight**

33-1/2 lbs  
 7/8 oz  
 4 oz  
 4-1/2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Add salt and butter or margarine to boiling water.
- 2 Add grits gradually while stirring to prevent lumping. Bring to a boil; reduce heat; cover and cook 5 minutes. Stir occasionally.
- 3 Pour hot cooked grits into bread pans or in 3 steam table pans; cover and refrigerate several hours or overnight. Cut cold grits lengthwise into 3 equal strips; cut each into 1/2-inch thick slices. If slices are moist, dip in flour; fry on 400 F. preheated well-greased griddle until lightly browned, about 8 minutes per side.

**CEREALS AND PASTA PRODUCTS No.E 003 00**  
**BUTTERED HOMINY**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
86 cal	12 g	1 g	4 g	7 mg	208 mg	10 mg

**Ingredient**

HOMINY,WHOLE,CANNED  
 PEPPER,BLACK,GROUND  
 BUTTER  
 PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

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

**Measure**

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

**Issue**

1-1/8 oz

**Method**

- 1 Drain hominy. Reserve 1 quart liquid.
- 2 Add pepper and reserved liquid to drained hominy in pan; heat slowly for 20 minutes.
- 3 Add butter or margarine.
- 4 Garnish with parsley or 2 tbsp paprika.



**CEREALS AND PASTA PRODUCTS No.E 003 01**  
**FRIED HOMINY**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
134 cal	12 g	1 g	9 g	0 mg	180 mg	9 mg

**Ingredient**

HOMINY,WHOLE,CANNED  
SHORTENING,VEGETABLE,MELTED  
PEPPER,BLACK,GROUND

**Weight**

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

**Measure**

3 gal 1 qts  
1 qts  
1/8 tsp

**Issue**

**Method**

- 1 Drain hominy, discard liquid.
- 2 Fry hominy in melted shortening or salad oil until lightly browned. Season with black pepper.

**CEREALS AND PASTA PRODUCTS No.E 004 00**  
**BOILED PASTA**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
207 cal	41 g	7 g	1 g	0 mg	292 mg	16 mg

**Ingredient**

WATER  
 SALT  
 OIL,SALAD  
 SPAGHETTI NOODLES,DRY

**Weight**

66-7/8 lbs  
 2-1/2 oz  
 1-7/8 oz  
 12 lbs

**Measure**

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

**Issue**

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Slowly add pasta while stirring constantly until water boils again. Cook according to times in Note 1; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.

**Notes**

- 1 Macaroni or egg noodles should cook for 8 to 10 minutes; spaghetti for 10 to 12 minutes; vermicelli for 7 to 10 minutes.
- 2 When held on steam table, mix 1 tablespoon salad oil with pasta in each steam table pan to prevent product from sticking together.
- 3 To reheat pasta before serving, place desired quantity in a wire basket; lower into boiling water 2 to 3 minutes. Drain well. Place in greased steam table pans.

**CEREALS AND PASTA PRODUCTS No.E 004 01**  
**BUTTERED PASTA**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
239 cal	41 g	7 g	5 g	10 mg	329 mg	17 mg

**Ingredient**

WATER  
SALT  
OIL,SALAD  
SPAGHETTI NOODLES,DRY  
BUTTER,MELTED

**Weight**

66-7/8 lbs  
2-1/2 oz  
1-7/8 oz  
12 lbs  
1 lbs

**Measure**

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

**Issue**

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Slowly add pasta while stirring constantly until water boils again. Cook according to times in Note 1; stir occasionally. DO NOT OVERCOOK.
- 3 Drain noodles and add melted butter to pasta immediately.

**Notes**

- 1 Macaroni or egg noodles should cook for 8 to 10 minutes; spaghetti for 10 to 12 minutes; vermicelli for 7 to 10 minutes.
- 2 To reheat pasta before serving, place desired quantity in a wire basket; lower into boiling water 2 to 3 minutes. Drain well. Place in greased steam table pans.

**CEREALS AND PASTA PRODUCTS No.E 005 00**  
**STEAMED RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
148 cal	32 g	3 g	1 g	0 mg	214 mg	26 mg

**Ingredient**

RICE, LONG GRAIN  
WATER, COLD  
SALT  
OIL, SALAD

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat; transfer to shallow serving pans.

**Notes**

- 1 In Step 2, rice may be baked in a 350 F. convection oven, 35 to 40 minutes on high fan, closed vent.

**CEREALS AND PASTA PRODUCTS No.E 005 01**  
**LYONNAISE RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
164 cal	33 g	3 g	2 g	0 mg	215 mg	29 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
WATER, COLD	23 lbs	2 gal 3 qts	
SALT	1-7/8 oz	3 tbsp	
OIL, SALAD	1-1/2 oz	3 tbsp	
ONIONS, FRESH, CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
OIL, SALAD	3-7/8 oz	1/2 cup	
PIMIENTO, CANNED, DRAINED, CHOPPED	13-1/2 oz	2 cup	

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR. Remove from heat.
- 3 Saute onions in oil until tender.
- 4 Add sauteed onions and pimientos to cooked rice. Toss well. CCP: Hold for service at 140 F. or higher.

**TOSSED GREEN RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
163 cal	33 g	3 g	2 g	0 mg	217 mg	34 mg

**Ingredient**

RICE, LONG GRAIN

WATER, COLD

SALT

OIL, SALAD

ONIONS, GREEN, FRESH, SLICED

PEPPERS, GREEN, FRESH, CHOPPED

OIL, SALAD

PARSLEY, FRESH, BUNCH, CHOPPED

PEPPER, BLACK, GROUND

**Weight**

8-1/2 lbs

23 lbs

1-7/8 oz

1-1/2 oz

1-1/3 lbs

2 lbs

3-7/8 oz

8 oz

1/8 oz

**Measure**

1 gal 1-1/4 qts

2 gal 3 qts

3 tbsp

3 tbsp

1 qts 2 cup

1 qts 2 cup

1/2 cup

3-3/4 cup

1/3 tsp

**Issue**

1-1/2 lbs

2-3/8 lbs

8-3/8 oz

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR. Remove from heat.
- 3 Saute green onions with tops and sweet peppers in oil until tender.
- 4 Add to cooked rice. Add parsley and black pepper. Toss well. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 005 03**  
**LONG GRAIN AND WILD RICE**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	34 g	7 g	1 g	0 mg	7 mg	12 mg

**Ingredient**

RICE, LONG GRAIN & WILD  
WATER, COLD  
OIL, SALAD

**Weight**

10-1/8 lbs  
25-1/8 lbs  
1-1/2 oz

**Measure**

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

**Issue**

**Method**

- 1 Combine rice mix, water and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat; transfer to shallow serving pans. CCP: Hold for service at 140 F. or higher.

**RICE WITH PARMESAN CHEESE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
187 cal	32 g	5 g	4 g	4 mg	329 mg	95 mg

**Ingredient**

RICE, LONG GRAIN

WATER, COLD

SALT

OIL, SALAD

MARGARINE, MELTED

CHEESE, PARMESAN, GRATED

**Weight**

8-1/2 lbs

23 lbs

1-7/8 oz

1-1/2 oz

8 oz

1-1/8 lbs

**Measure**

1 gal 1-1/4 qts

2 gal 3 qts

3 tbsp

3 tbsp

1 cup

1 qts 1 cup

**Issue**

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat; transfer to shallow serving pans. Add melted butter to rice. Mix well to coat rice. Add grated Parmesan cheese. Toss well. CCP: Hold for service at 140 F. or higher.



**STEAMED BROWN RICE**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	34 g	4 g	2 g	0 mg	216 mg	13 mg

**Ingredient**

RICE,BROWN,LONG GRAIN,RAW PARBOILED  
 WATER,COLD  
 SALT  
 OIL,SALAD

**Weight**

9-3/4 lbs  
 25-1/8 lbs  
 1-7/8 oz  
 1-1/2 oz

**Measure**

1 gal 2 qts  
 3 gal  
 3 tbsp  
 3 tbsp

**Issue**

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer for 25 minutes or until most of the water is absorbed.
- 3 Remove from heat; transfer to shallow serving pans. CCP: Hold for service at 140 F. or higher.

**STEAMED RICE (STEAM COOKER METHOD)**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
168 cal	34 g	4 g	2 g	0 mg	216 mg	13 mg

**Ingredient**

RICE,BROWN,LONG GRAIN,RAW PARBOILED  
 WATER  
 SALT  
 OIL,SALAD

**Weight**

9-3/4 lbs  
 25-1/8 lbs  
 1-7/8 oz  
 1-1/2 oz

**Measure**

1 gal 2 qts  
 3 gal  
 3 tbsp  
 3 tbsp

**Issue**

**Method**

- 1 Place 4-3/4 lbs rice in each pan.
- 2 Add 4-1/2 qts water to each pan.
- 3 Add 1-1/2 tbsp salt and 1-1/2 tbsp salad oil to each pan. Stir well to ensure rice is moistened.
- 4 Place pans in preheated steam cooker. Steam 22-27 minutes at 5 lbs PSI or 18 to 24 minutes at 15 lb PSI.

**PORK FRIED RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
211 cal	29 g	8 g	6 g	55 mg	462 mg	38 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	7-1/3 lbs	1 gal 1/2 qts	
WATER, BOILING	18-3/4 lbs	2 gal 1 qts	
SALT	1-2/3 oz	2-2/3 tbsp	
OIL, SALAD	1 oz	2 tbsp	
ONIONS, FRESH, CHOPPED	2-1/2 lbs	1 qts 3 cup	2-3/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-3/4 lbs
CELERY, FRESH, CHOPPED	1-1/4 lbs	1 qts 1/2 cup	1-5/8 lbs
OIL, SALAD	5-1/8 oz	1/2 cup 2-2/3 tbsp	
EGGS, WHOLE, FROZEN	2 lbs	3-3/4 cup	
PORK, COOKED, DICED	4 lbs		
PIMIENTO, CANNED, DRAINED, CHOPPED	13-1/2 oz	2 cup	
SOY SAUCE	1 lbs	1-1/2 cup	

**Method**

- 1 Place equal amounts of rice, water, salt, and salad oil in well greased pans. Stir to combine.
- 2 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent; remove from oven. Uncover. Set aside for use in Step 4.
- 3 Combine onions, peppers and celery; saute in shortening or salad oil about 10 minutes or until tender.
- 4 Add an equal quantity of sauteed vegetables to cooked rice in each pan. Mix lightly but thoroughly.
- 5 Pour beaten eggs on lightly greased griddle. Cook until well done. DO NOT turn. Cut into strips; add an equal amount to rice mixture in each pan.
- 6 Add equal amounts of pork and pimientos to rice in each pan. Mix lightly but thoroughly.
- 7 Using a convection oven, bake at 350 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Remove from oven; blend in 1/2 cup soy sauce per pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 6, 4 pounds diced ham may be used per 100 servings.
- 2 In Step 2, rice may be prepared in small batches on 350 F. griddle or tilt frying pan. Turn occasionally until brown, 10 to 15 minutes.

**CEREALS AND PASTA PRODUCTS No.E 007 02**  
**FILIPINO RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
250 cal	31 g	9 g	10 g	59 mg	458 mg	25 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 OIL,SALAD  
 RICE,BROWN,LONG GRAIN,DRY  
 WATER  
 GARLIC POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 PORK,COOKED,DICED  
 SOY SAUCE

**Weight**

2-1/2 lbs  
 8-1/2 lbs  
 23 lbs  
 <1/16th oz  
 1-2/3 oz  
 2 lbs  
 4 lbs  
 1 lbs

**Measure**

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

**Issue**

2-3/4 lbs

**Method**

- 1 Saute onions in a steam jacketed kettle in salad oil until light yellow.
- 2 Add rice; stir until well coated.
- 3 Add water, garlic powder, and salt to rice mixture.
- 4 Bring to a boil; cover; simmer 20 to 25 minutes.
- 5 Pour beaten eggs on lightly greased griddle. Cook until done. DO NOT turn. Cut into strips; add an equal amount to rice mixture in each pan.
- 6 Add an equal amount of pork to rice in each pan. Mix lightly but thoroughly.
- 7 Bake 45 minutes in 350 F. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Remove from oven; blend in 1/2 cup soy sauce per pan. CCP: Hold for service at 140 F. or higher.

**SHRIMP FRIED RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
234 cal	29 g	12 g	7 g	90 mg	502 mg	46 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	7-1/3 lbs	1 gal 1/2 qts	
WATER, BOILING	18-3/4 lbs	2 gal 1 qts	
SALT	1-2/3 oz	2-2/3 tbsp	
OIL, SALAD	1 oz	2 tbsp	
ONIONS, FRESH, CHOPPED	2-1/2 lbs	1 qts 3 cup	2-3/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
CELERY, FRESH, CHOPPED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
OIL, SALAD	5-1/8 oz	1/2 cup 2-2/3 tbsp	
EGGS, WHOLE, FROZEN	2 lbs	3-3/4 cup	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SHRIMP, COOKED, CHOPPED	4 lbs		
PORK, COOKED, DICED	4 lbs		
PIMIENTO, CANNED, DRAINED, CHOPPED	13-1/2 oz	2 cup	
SOY SAUCE	1 lbs	1-1/2 cup	

**Method**

- 1 Place equal amounts of rice, water, salt, and salad oil in well greased pans. Stir to combine.
- 2 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent. Remove from oven. Uncover. Set aside for use in Step 4.
- 3 Combine onions, peppers and celery; saute in shortening or salad oil about 10 minutes or until tender.
- 4 Add an equal quantity of sauteed vegetables to cooked rice in each pan. Mix lightly but thoroughly.
- 5 Pour beaten eggs on lightly greased griddle. Cook until well done. DO NOT TURN. Cut into strips; add an equal amount to rice mixture in each pan.
- 6 Add equal amounts of pork, cooked chopped shrimp and pimientos to rice in each pan. Mix lightly but thoroughly.
- 7 Using a convection oven, bake 45 minutes at 350 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Remove from oven; blend in 1/2 cup soy sauce per pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 6, 4 pounds diced ham may be used per 100 servings.

**CEREALS AND PASTA PRODUCTS No.E 008 00**  
**RICE PILAF**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
201 cal	37 g	4 g	4 g	4 mg	927 mg	41 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BUTTER	6 oz	3/4 cup	
OIL,SALAD	5-3/4 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	6-2/3 lbs	1 gal 3/4 qts	7-1/2 lbs
RICE, LONG GRAIN	9 lbs	1 gal 1-1/2 qts	
SALT	1 oz	1 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
CHICKEN BROTH		3 gal	

**Method**

- 1 Melt butter or margarine. Add salad oil or melted shortening and onions. Stir well. Saute until onions are tender, about 5 minutes.
- 2 Add rice to onion mixture. Cook until rice is lightly browned, about 10 minutes, stirring constantly.
- 3 Place about 2 quarts onion and rice mixture into each pan.
- 4 Prepare broth according to recipe directions. Add salt, garlic powder and pepper; stir well. Pour 3 quarts over rice mixture in each pan; cover.
- 5 Using a convection oven, bake at 350 F. for 40 to 45 minutes or until tender on high fan, closed vent or until rice is tender. Stir lightly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 008 01**  
**ORANGE RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
221 cal	42 g	4 g	4 g	4 mg	812 mg	45 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BUTTER	6 oz	3/4 cup	
OIL,SALAD	5-3/4 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	6-2/3 lbs	1 gal 3/4 qts	7-1/2 lbs
RICE,LONG GRAIN	9 lbs	1 gal 1-1/2 qts	
JUICE,ORANGE	11 lbs	1 gal 1 qts	
CHICKEN BROTH		3 gal	

**Method**

- 1 Melt butter or margarine. Add salad oil or melted shortening and onions. Stir well. Saute until onions are tender, about 5 minutes.
- 2 Add rice to onion mixture. Cook until rice is lightly browned, about 10 minutes, stirring constantly.
- 3 Place 2 quarts of onion and rice mixture into each pan.
- 4 Prepare broth according to recipe directions. Add orange juice to boiling broth; stir well. Pour 3-1/4 quarts over rice mixture in each pan; cover.
- 5 Using a convection oven, bake at 350 F. for 40 to 45 minutes or until tender on high fan, closed vent or until rice is tender. Stir lightly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.
- 6 May be garnished with thinly sliced oranges just before serving.

**CEREALS AND PASTA PRODUCTS No.E 009 00**  
**SPANISH RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
153 cal	31 g	4 g	2 g	2 mg	409 mg	55 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
WATER, COLD	15-1/8 lbs	1 gal 3-1/4 qts	
OIL, SALAD	1 oz	2 tbsp	
SALT	1-1/4 oz	2 tbsp	
BACON, RAW	1-1/2 lbs		
TOMATOES, CANNED, DICED, DRAINED	19-7/8 lbs	2 gal 1 qts	
ONIONS, FRESH, CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
PEPPERS, GREEN, FRESH, CHOPPED	2 lbs	1 qts 2 cup	2-3/8 lbs
SUGAR, GRANULATED	3-1/2 oz	1/2 cup	
SALT	1 oz	1 tbsp	
THYME, GROUND	1/3 oz	2 tbsp	
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/4 oz	3/8 tsp	
BAY LEAF, FRESH	1/8 oz	4 each	

**Method**

- 1 Cook rice according to directions on Recipe No. E 005 00. Set aside for use in Step 4.
- 2 Saute bacon until crisp in steam-jacketed kettle or stock pot. Drain; discard drippings.
- 3 Add tomatoes, onions, peppers, sugar, salt, thyme, black pepper, garlic, and bay leaves. Stir to combine; bring to boil. Cover; reduce heat; simmer 15 minutes.
- 4 Add rice; stir to combine; using a convection oven, bake at 325 F. 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove bay leaves before serving. CCP: Hold for service at 140 F. or higher.



**RED BEANS WITH RICE**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
225 cal	41 g	10 g	3 g	3 mg	630 mg	53 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
WATER, COLD	15-1/8 lbs	1 gal 3-1/4 qts	
OIL, SALAD	1 oz	2 tbsp	
SALT	1-1/4 oz	2 tbsp	
BACON, SLICED, RAW	3 lbs		
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
BEANS, KIDNEY, DARK RED, CANNED, INCL LIQUIDS	27-1/8 lbs	3 gal	
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
PEPPER, RED, GROUND	<1/16th oz	1/8 tsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	

**Method**

- 1 Cook rice according to directions on Recipe No. E 005 00. Set aside for use in Step 6.
- 2 Cook bacon until crisp; drain. Set aside 2 ounces bacon fat per 100 servings for use in Step 3. Set aside bacon for use in Step 4.
- 3 Saute onions in bacon fat about 1 to 2 minutes or until lightly browned. Drain thoroughly.
- 4 Combine sauteed bacon and onions with undrained kidney beans, peppers and garlic powder.
- 5 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Serve 1/2 cup of beans over 1/2 cup of rice. CCP: Hold for service at 140 F. or higher.

**HOPPING JOHN (BLACK-EYE PEAS WITH RICE)**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
177 cal	30 g	8 g	3 g	3 mg	430 mg	32 mg

**Ingredient**

BACON,SLICED,RAW  
 ONIONS,FRESH,CHOPPED  
 PEAS,BLACKEYE,CANNED,INCL LIQUIDS  
 RICE,BROWN,LONG GRAIN,DRY  
 WATER  
 PEPPER,BLACK,GROUND  
 PEPPER,RED,GROUND  
 GARLIC POWDER

**Weight**

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

**Measure**

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

**Issue**

2-1/3 lbs

**Method**

- 1 Cook bacon until crisp; drain. Set aside 2 ounces bacon fat per 100 servings, for use in Step 2; bacon for use in Step 3.
- 2 Saute onions in bacon fat about 1 to 2 minutes or until lightly browned. Drain thoroughly.
- 3 Combine undrained black-eyed peas, rice, water, sauteed onions, cooked bacon, black pepper, red pepper, and garlic. Mix well. Bring to a boil; cover tightly; reduce heat; simmer 25 minutes or until rice is tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 011 00**  
**MEXICAN RICE**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
193 cal	34 g	3 g	5 g	0 mg	244 mg	37 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
OIL, SALAD	1 lbs	2 cup	
ONIONS, FRESH, CHOPPED	1 lbs	3 cup	1-1/8 lbs
TOMATOES, CANNED, DICED, DRAINED	5 lbs	2 qts 1 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER, BLACK, GROUND	3/8 oz	1 tbsp	
CUMIN, GROUND	7/8 oz	1/4 cup 1/3 tbsp	
WATER	20-7/8 lbs	2 gal 2 qts	

**Method**

- 1 Place 10-1/2 cups rice, 1 cup salad oil and 1-1/2 cups onions in each pan. Stir well to coat rice.
- 2 Place in 400 F. oven; cook until lightly brown, about 25 minutes.
- 3 Combine tomatoes, salt, pepper, cumin and water.
- 4 Pour about 1-1/2 gallons tomato mixture over rice in each pan; stir well. Cover; return to oven; bake about 1 hour in 400 F. oven or until rice is tender.
- 5 Stir lightly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Rice may be prepared on top of range. Follow Step 1. In Step 2, heat at medium heat until rice is lightly browned; stir occasionally. Follow Step 3. In Step 4, bring rice mixture to a boil; cover; reduce heat; cook until rice is light and fluffy. Follow Step 5.
- 2 Rice may be prepared in steam-jacketed kettle. In Step 1, place rice, salad oil and onions in kettle. Heat until rice is lightly browned, stirring occasionally. Omit Step 2. Follow Step 3. Add tomato mixture; bring to a boil; cover; reduce heat and cook 20 minutes at medium heat. Uncover; cook an additional 5 minutes. Omit Step 4. Follow Step 5.

**CEREALS AND PASTA PRODUCTS No.E 012 00**  
**NOODLES JEFFERSON**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
241 cal	29 g	10 g	9 g	58 mg	509 mg	143 mg

**Ingredient**

WATER,WARM

SALT

OIL,SALAD

NOODLES,EGG

BUTTER,MELTED

SALT

PEPPER,BLACK,GROUND

CHEESE,PARMESAN,GRATED

**Weight**

50-1/8 lbs

1-7/8 oz

1-1/2 oz

9 lbs

1-1/4 lbs

5/8 oz

1/4 oz

2 lbs

**Measure**

6 gal

3 tbsp

3 tbsp

6 gal 2-7/8 qts

2-1/2 cup

1 tbsp

1 tbsp

2 qts 1 cup

**Issue**

**Method**

- 1 Add salt and oil to water; heat to a rolling boil.
- 2 Slowly add noodles, stirring constantly, until water boils again. Cook about 8 to 10 minutes or until tender. Drain thoroughly.
- 3 Add butter, salt and pepper to noodles. Stir well.
- 4 Add cheese; toss well. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 013 00**  
**STEAMED PASTA**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
207 cal	41 g	7 g	1 g	0 mg	293 mg	17 mg

**Ingredient**

WATER  
 SALT  
 OIL,SALAD  
 SPAGHETTI NOODLES,DRY

**Weight**

75-1/4 lbs  
 2-1/2 oz  
 1-7/8 oz  
 12 lbs

**Measure**

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

**Issue**

**Method**

- 1 Fill each steam table pan with 2-1/4 gallons water. Use perforated pan inside solid pan to facilitate draining.
- 2 Add 1 tablespoon salt and 1 tablespoon salad oil to each pan.
- 3 Place 3 pounds pasta in each pan. To prevent pastiness, pasta should be placed in pans just before steaming. Ensure pasta is covered with water.
- 4 Place pans in preheated steam cooker. Time according to type of pasta and steam cooker pressure. GUIDELINES FOR TIMING: Macaroni - 5 lb PSI, 16 minutes; 15 lb PSI, 11 minutes Noodles, Egg - 5 lb PSI, 22 minutes; 15 lb PSI, 17 minutes Spaghetti - 5 lb PSI, 20 minutes; 15 lb PSI, 15 minutes Vermicelli - 5 lb PSI, 11 minutes; 15 lb PSI, 4 minutes
- 5 Cooked macaroni should be rinsed in cold water and drained thoroughly to prevent sticking together. If cooked pasta is to be combined with butter or a sauce immediately, rinsing is not necessary. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 014 00**  
**SPRING GARDEN RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
170 cal	31 g	7 g	2 g	5 mg	302 mg	160 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	6-3/4 lbs	1 gal 1/8 qts	
WATER, COLD	17-3/4 lbs	2 gal 1/2 qts	
SALT	1-1/2 oz	2-1/3 tbsp	
SQUASH, FRESH, SUMMER, SLICED	5-1/4 lbs	1 gal 1-1/4 qts	5-1/2 lbs
CARROTS, FRESH, SHREDDED	3-1/2 lbs	3 qts 2-1/2 cup	4-1/4 lbs
WATER	4-1/3 lbs	2 qts 1/4 cup	
MILK, NONFAT, DRY	4 oz	1-5/8 cup	
YOGURT, PLAIN, NONFAT	2-7/8 lbs	1 qts 1-1/4 cup	
CHEESE, PARMESAN, GRATED	1-1/4 lbs	1 qts 1-3/4 cup	
PEPPER, WHITE, GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/8 oz	1/4 tsp	
BROCCOLI, FROZEN, SPEARS, THAWED, 1-1/2"	3-1/4 lbs	2 qts	
MUSHROOMS, FRESH, WHOLE, SLICED	1-2/3 lbs	2 qts 3 cup	1-7/8 lbs
PARSLEY, FRESH, BUNCH, CHOPPED	10 oz	1 qts 3/4 cup	10-1/2 oz

**Method**

- 1 Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 minutes or until most of the water is absorbed. Remove from heat; transfer to shallow serving pans. Cover.
- 2 Combine squash and carrots in steam-jacketed kettle. Stir; cook 5 to 7 minutes or until tender crisp.
- 3 Reconstitute milk.
- 4 Add milk, yogurt, parmesan cheese, pepper and garlic powder to vegetables in steam-jacketed kettle. Stir well.
- 5 Add rice, broccoli, mushrooms, and parsley; mix lightly until all ingredients are coated with sauce. Bring to a simmer while stirring, about 5 to 7 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Remove to serving pans. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 In Step 1, 7 pounds 7 ounces brown rice, 9 quarts of water and 1-1/2 ounces salt may be used per 100 servings. Follow directions on Recipe No. E 005 05, Steamed Brown Rice.
- 2 In Steps 1 and 2, oven method may be used; use boiling water for cold water; place 3-1/2 pounds or 2 quarts rice, 4-1/4 quarts water and 2/3 ounce or 1 tablespoon salt in each steam table pan; stir. Cover tightly; bake at 350 F. in a convection oven for 35 to 40 minutes or until most of water is absorbed on high fan, closed vent.

## SICILIAN BROWN RICE AND VEGETABLES

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
155 cal	29 g	6 g	2 g	4 mg	542 mg	110 mg

**Ingredient****Weight****Measure****Issue**

RICE,BROWN,LONG GRAIN,DRY	5-1/2 lbs	3 qts 1-3/8 cup	
WATER,COLD	13-7/8 lbs	1 gal 2-5/8 qts	
SALT	1-1/4 oz	2 tbsp	
JUICE,TOMATO,CANNED	9-1/4 lbs	1 gal 1/3 qts	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
ONIONS,FRESH,CHOPPED	2-1/3 lbs	1 qts 2-5/8 cup	2-5/8 lbs
TOMATO PASTE,CANNED	1-1/8 lbs	2 cup	
SUGAR,BROWN,PACKED	2-1/2 oz	1/2 cup	
SALT	1 oz	1 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	1-1/8 oz	1/4 cup 3-1/3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
OREGANO,CRUSHED	3/4 oz	1/4 cup 1-1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/3 oz	10 each	
SQUASH,FRESH,SUMMER,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
SQUASH,ZUCCHINI,FRESH,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
BROCCOLI,FROZEN,SPEARS	2-3/4 lbs	2 qts	
MUSHROOMS,FRESH,WHOLE,SLICED	1-1/4 lbs	2 qts 1/8 cup	1-3/8 lbs
PARSLEY,FRESH,BUNCH,CHOPPED	8 oz	3-3/4 cup	8-3/8 oz
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	1-3/4 lbs	1 qts 3 cup	

**Method**

- 1 Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 30 minutes or until most of the water is absorbed. Remove from heat; transfer to shallow serving pans. CCP: Cover. Hold at 140 F. or higher for use in Step 8.
- 2 Place tomato juice, tomatoes, onions, tomato paste, brown sugar, salt, basil, garlic powder, oregano, pepper and bay leaves in steam-jacketed kettle. Stir; bring to a boil. Reduce heat; cover; simmer 20 minutes. Remove bay leaves.
- 3 Stir in rice, yellow squash, zucchini and carrots. Bring to a boil; reduce heat; simmer 3 to 5 minutes or until vegetables are tender crisp. Stir occasionally.
- 4 Stir in broccoli, mushrooms and parsley; bring to a simmer.
- 5 Place 1-1/4 gallon in each steam table pan. Sprinkle 7 ounces cheese over mixture in each pan. Using a convection oven, bake at 325 F. for 12 to 15 minutes or until mixture is bubbly and cheese is melted and lightly browned on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Steps 1 and 2, oven method may be used: Use boiling water for cold water; place 2-3/4 pounds or 6-2/3 cups rice, 3-1/8 quarts boiling water, and 2-1/2 teaspoons salt in each steam table pan. Stir, cover tightly.
- 2 In Step 4, 2-1/2 pounds frozen summer squash and 2-1/2 pounds frozen zucchini may be used.
- 3 In Step 5, 1 pound canned, drained mushrooms may be used.

**CEREALS AND PASTA PRODUCTS No.E 016 00**  
**ISLANDER'S RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
149 cal	31 g	5 g	1 g	0 mg	644 mg	43 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

CHICKEN BROTH		1 gal 3-1/2 qts	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	9-1/8 lbs	1 gal 1-7/8 qts	
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
THYME,GROUND	5/8 oz	1/4 cup 1/3 tbsp	
ALLSPICE,GROUND	1/3 oz	1 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
PEPPERS, GREEN,FRESH,CHOPPED	3-5/8 lbs	2 qts 3 cup	4-3/8 lbs
PIMIENTO,CANNED,DRAINED,SLICED	1-1/2 lbs	3-1/2 cup	

**Method**

- 1 Prepare stock according to package directions.
- 2 Combine stock, beans, rice, onions, garlic powder, thyme, allspice, red pepper and oregano in steam-jacketed kettle or stock pot; bring to a boil. Stir occasionally.
- 3 Cover tightly; reduce heat; simmer 20 to 25 minutes or until most of the water is absorbed and rice is tender. Do not stir.
- 4 Add peppers and pimientos; stir well.
- 5 Transfer to serving pans. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 For vegetarian: double all ingredients; use 7-1/2 quarts vegetable stock. EACH PORTION: 1-1/2 cups.
- 2 OVEN METHOD: For 100 portions: Use steam table pans. Follow Step 1. In Step 2, place 4 pounds 13 ounces or 3 quarts beans, 3 pounds or 1-3/4 quarts of rice, and 1 pound or 3/4 quart onions in each pan; stir well. Combine stock with garlic powder, thyme, allspice, red pepper, and oregano; stir well. Bring to a boil. Pour 3-3/4 quarts stock mixture over rice mixture in each pan. Stir well. Omit Step 3. Cover; bake in a 350 F. convection oven for 30 minutes or until most of the water is absorbed and the rice is tender on high fan, closed vent. In Step 4, add 1-1/2 quarts peppers and 2 cups pimientos to rice mixture in each pan. Stir well to mix. Follow Step 5.



**MEDITERRANEAN BROWN RICE**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	38 g	4 g	4 g	0 mg	699 mg	28 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
OIL,SALAD	7-2/3 oz	1 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
RICE,BROWN,LONG GRAIN,RAW PARBOILED	8-1/8 lbs	1 gal 1 qts	
CHICKEN BROTH		2 gal 2-1/2 qts	
RAISINS,GOLDEN	1-7/8 lbs	1 qts 2 cup	
CINNAMON,GROUND	1/2 oz	2 tbsp	
ALLSPICE,GROUND	1/4 oz	1 tbsp	
CARDAMOM SEED,GROUND	1/4 oz	1 tbsp	
CILANTRO,DRY	1/4 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Heat oil in steam jacketed kettle. Add onions; cook 5 minutes or until tender, stirring occasionally.
- 2 Add rice; stir well until rice is coated. Stir; cook 5 minutes or until rice is lightly browned.
- 3 Prepare broth according to package directions. Add stock, raisins, cinnamon, allspice, and cardamom to rice. Bring to a boil; stir.
- 4 Reduce heat; cover tightly; simmer 25 minutes or until most of the water is absorbed. Add cilantro; mix well. CCP: Internal temperature of cooked rice mixture must reach 145 F. or higher for 15 seconds.
- 5 Remove from heat; transfer to shallow serving pans. Cover. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 OVEN METHOD: For 100 portions: Omit oil. Place 6-2/3 cups rice, 3-1/2 quarts boiling stock, 3 cups onions, 2 cups raisins, 2 teaspoons cinnamon, 1-1/3 teaspoons allspice, and 1-1/3 teaspoon cardamom in each steam table pan. Stir, cover tightly, bake in 350 F. convection oven 25 minutes or until most of the water is absorbed on high fan, closed vent. Fold 1/2 cup cilantro into each pan. CCP: Internal temperature of cooked rice mixture must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**SPICY BROWN RICE PILAF**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
151 cal	30 g	4 g	2 g	0 mg	766 mg	36 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

CHICKEN BROTH		2 gal 2-1/2 qts	
PAPRIKA,GROUND	1-1/2 oz	1/4 cup 2-2/3 tbsp	
MUSTARD,DRY	1-3/4 oz	1/4 cup 2/3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
THYME,GROUND	1/2 oz	3 tbsp	
SALT	1/2 oz	3/8 tsp	
GARLIC POWDER	1/2 oz	1 tbsp	
CUMIN,GROUND	1/3 oz	1 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
BAY LEAF,WHOLE,DRIED	1/2 oz	14 each	
PEPPER,RED,CRUSHED	<1/16th oz	1/8 tsp	
RICE,BROWN,LONG GRAIN,RAW PARBOILED	7-1/3 lbs	1 gal 1/2 qts	
COOKING SPRAY,NONSTICK	3/8 oz	3/8 tsp	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 1-7/8 cup	3-7/8 lbs
CELERY,FRESH,CHOPPED	2-1/2 lbs	2 qts 1-1/2 cup	3-3/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2-1/2 lbs	1 qts 3-5/8 cup	3 lbs

**Method**

- 1 Prepare broth according to package directions.
- 2 Add paprika, mustard flour, pepper, thyme, salt, garlic powder, cumin, oregano, bay leaves, and red pepper to stock. Stir well to blend.
- 3 Add rice to stock in steam jacketed kettle or stock pot. Bring to a boil. Stir. Reduce heat. Cover tightly. Simmer 25 minutes or until most of the water is absorbed and rice is tender.
- 4 Spray steam-jacketed kettle with non-stick cooking spray. Add onions, celery, and peppers. Stir; cook 10 to 12 minutes or until vegetables are tender crisp.
- 5 Place approximately 8-1/2 pounds rice in each steam table pan. Add 5-1/3 cups vegetables to each pan. Mix well. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 OVEN METHOD: For 100 portions: Follow Steps 1 and 2. Bring stock to a boil. Place 2-1/2 pounds of rice and 3-1/2 quarts stock, in each steam table pan; stir. Cover tightly; bake in 350 F. convection oven for 30 minutes or until most of the water is absorbed on high fan, closed vent. Follow Steps 4 and 5.

**BROWN RICE WITH TOMATOES**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
167 cal	35 g	4 g	1 g	0 mg	163 mg	37 mg

**Ingredient**

VEGETABLE BROTH  
TOMATOES,CANNED,DICED,DRAINED  
RICE,BROWN,LONG GRAIN,RAW PARBOILED  
ONIONS,FRESH,CHOPPED  
GARLIC POWDER  
PEPPER,BLACK,GROUND

**Weight**

13-1/4 lbs  
7-3/4 lbs  
6-1/3 lbs  
2-3/8 oz  
1/2 oz

**Measure**

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

**Issue**

7 lbs

**Method**

- 1 Prepare broth according to package directions in steam-jacketed kettle or stock pot.
- 2 Add tomatoes, brown rice, onions, garlic powder, and pepper to broth in steam-jacketed kettle or stock pot. Stir well; bring to a rolling boil, stirring occasionally. Reduce heat. Cover. Simmer 35 minutes or until most of the broth is absorbed and rice is tender. Do not stir. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Stir to redistribute onions and tomatoes. Transfer to serving pans. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Using a convection oven, bake in 2 steam table pans at 350 F. for 45 to 50 minutes on high fan, closed vent or until most of the broth is absorbed.

**CEREALS AND PASTA PRODUCTS No.E 020 00**  
**GINGER RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
183 cal	34 g	6 g	2 g	73 mg	567 mg	43 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
WATER, BOILING	18-3/4 lbs	2 gal 1 qts	
COOKING SPRAY, NONSTICK	1/4 oz	1/4 tsp	
EGGS, WHOLE, FROZEN	3-3/4 lbs	1 qts 3 cup	
SOY SAUCE	2-1/8 lbs	3-3/8 cup	
SUGAR, GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1/2 oz	1 tbsp	
GINGER, GROUND	1/4 oz	1 tbsp	
PEPPER, WHITE, GROUND	1/4 oz	1 tbsp	
PEPPERS, RED FRESH, DICED	1 lbs	3 cup	1-1/4 lbs
CARROTS, FROZEN, SLICED	1 lbs	3-3/4 cup	
ONIONS, GREEN, FRESH, SLICED	1-1/8 lbs	1 qts 1-3/8 cup	1-1/3 lbs

**Method**

- 1 Place 3 pounds rice and 3 quarts water in each lightly sprayed steam table pan; stir.
- 2 Cover tightly. Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent.
- 3 Pour eggs on lightly sprayed griddle. Cook 1-1/2 minutes or until set. Do not turn. Cut into 4-inch strips to facilitate removal. Remove immediately. Cut into 1/2-inch squares.
- 4 Combine soy sauce, sugar, garlic powder, white pepper, and ginger. Stir well to dissolve sugar.
- 5 Add 2-1/3 cups egg strips, 1-1/2 cups soy mixture, 1 cup red peppers and 1-1/4 cups of carrots to rice in each pan. Mix lightly but thoroughly.
- 6 Cover. CCP: Using a convection oven, bake 15 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Add 1-3/4 cups green onions to rice in each pan. Mix lightly but thoroughly. CCP: Hold for service at 140 F. or higher.

NUTTY RICE AND CHEESE

Yield 100

Portion 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
323 cal	40 g	22 g	8 g	12 mg	835 mg	289 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

WATER	20-7/8 lbs	2 gal 2 qts	
SALT	1-2/3 oz	2-2/3 tbsp	
RICE,BROWN,LONG GRAIN,DRY	8-1/8 lbs	1 gal 1 qts	
CHEESE,COTTAGE,LOWFAT	14 lbs	1 gal 3 qts	
YOGURT,PLAIN,NONFAT	10-3/4 lbs	1 gal 1 qts	
EGG WHITES,FROZEN,THAWED	5 lbs	2 qts 1-3/8 cup	
ONIONS,FRESH,CHOPPED	3-7/8 lbs	2 qts 3 cup	4-1/3 lbs
ALMONDS,SLIVERED	1-3/8 lbs	1 qts 2 cup	
CHEESE,PARMESAN,GRATED	1-1/3 lbs	1 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	6-5/8 oz	1-1/2 cup	
SALT	1-1/2 oz	2-1/3 tbsp	
PARSLEY,DEHYDRATED,FLAKED	1-1/4 oz	1-5/8 cup	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER,WHITE,GROUND	2/3 oz	2-2/3 tbsp	
COOKING SPRAY,NONSTICK	1/2 oz	1 tbsp	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	

**Method**

- 1 Combine water, rice, and salt; bring to a boil; stir, cover tightly; simmer 25 minutes or until most of the water is absorbed.
- 2 Remove from heat. Transfer to sheet pans. Allow to cool 5 minutes.
- 3 Combine cottage cheese, yogurt, egg whites, onions, almonds, parmesan cheese, flour, salt, parsley flakes, garlic powder, and pepper in mixer bowl. Mix at low speed 1 minute. Scrape down bowl.
- 4 Add chilled rice to ingredients in mixer bowl. Mix at low speed 1 minute or until thoroughly blended.
- 5 Lightly spray steam table pans with non-stick spray. Place 12-1/4 pounds of mixture in each steam table pan. Spread evenly. Sprinkle 6 tablespoons of parmesan cheese over the top of each pan.
- 6 Using a convection oven, bake 55 minutes at 325 F. on high fan, open vent or until set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Cut each pan 4 by 5. CCP: Hold for service at 140 F. or higher.

**ORZO WITH LEMON AND HERBS**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
92 cal	12 g	2 g	4 g	0 mg	362 mg	19 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

SALT	1-1/4 oz	2 tbsp	
MUSTARD,DIJON	1/2 oz	1 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
ONION POWDER	1/4 oz	1 tbsp	
JUICE,LEMON	1-1/3 lbs	2-1/2 cup	
OIL,OLIVE	11-3/8 oz	1-1/2 cup	
WATER	66-7/8 lbs	8 gal	
SALT	1-7/8 oz	3 tbsp	
OIL,SALAD	1/3 oz	1/3 tsp	
PASTA,ORZO	8-1/3 lbs	6 gal 7/8 qts	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
ONIONS,FRESH,CHOPPED	5-1/3 lbs	3 qts 3-3/8 cup	5-7/8 lbs

**Method**

- 1 Combine salt, mustard, garlic powder, basil, oregano, pepper, and onion powder. Add lemon juice and olive oil. Stir to blend. Cover, set aside for use in Step 6.
- 2 Add salt and salad oil to water; heat to a rolling boil.
- 3 Add pasta slowly while stirring constantly until water boils again. Cook about 9 minutes or until al dente; stirring occasionally. DO NOT OVERCOOK.
- 4 Drain. Rinse with cold water; drain thoroughly.
- 5 Stir-cook onions in a lightly sprayed steam jacketed kettle or stockpot 8 to 10 minutes or until tender, stirring constantly.
- 6 Add the reserved lemon and herb dressing to cooked onions. Stir to blend well. Bring to a boil; reduce heat to a simmer.
- 7 Add the orzo to the onion and lemon mixture. Heat to a simmer while gently stirring for 1 minute to coat the orzo with the sauce. CCP: Temperature must register 145 F. or higher for 15 seconds.
- 8 Place 2-1/3 gallon pasta mixture in each pan. CCP: Hold for service at 140 F. or higher.

**ORZO, WITH SPINACH, TOMATO, AND ONION**

**Yield** 100

**Portion** 9-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
62 cal	10 g	3 g	2 g	2 mg	456 mg	104 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

WATER	66-7/8 lbs	8 gal	
SALT	1-7/8 oz	3 tbsp	
OIL,SALAD	1 oz	2 tbsp	
PASTA,ORZO	1-2/3 lbs	1 gal 1 qts	
ONIONS,FRESH,CHOPPED	5 lbs	3 qts 2-1/8 cup	5-1/2 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TOMATOES,CANNED,DICED,DRAINED	13-1/4 lbs	1 gal 2 qts	
BASIL,DRIED,CRUSHED	2-1/2 oz	1 cup	
SPINACH,CHOPPED,FROZEN	4 lbs	2 qts 3-5/8 cup	
CUMIN,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
SALT	1 oz	1 tbsp	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add pasta slowly while stirring constantly until water boils again. Cook about 9 minutes or until tender; stirring occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly. Use immediately in recipe preparation or place in shallow containers and cover.
- 4 Stir-cook onions in a lightly sprayed steam jacketed kettle or stockpot 8 to 10 minutes or until tender, stirring constantly.
- 5 Add the tomatoes, spinach, basil, salt, cumin, pepper and garlic powder, stir to combine. Bring to a boil. Cover; reduce heat; simmer for 5 minutes.
- 6 Add the orzo; stir to blend. Bring to a boil. Cover; reduce heat; simmer for 5 minutes. CCP: Temperature must reach 140 F. or higher for 15 seconds.
- 7 Place 3 gallons vegetable pasta mixture in each pan.
- 8 Distribute 1 cup parmesan cheese evenly over vegetable pasta mixture in each pan. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 508 00**  
**SOUTHWESTERN RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
131 cal	25 g	5 g	1 g	2 mg	192 mg	64 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
WATER	12-1/2 lbs	1 gal 2 qts	
SALT	1 oz	1 tbsp	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
GARLIC POWDER	2-3/8 oz	1/2 cup	
PEPPERS, GREEN, FRESH, CHOPPED	6-5/8 oz	1-1/4 cup	8 oz
TOMATOES, CANNED, DICED, DRAINED	3 lbs	1 qts 1-1/2 cup	
PARSLEY, DEHYDRATED, FLAKED	3/8 oz	1/2 cup	
CORN, FROZEN, WHOLE KERNEL	1-1/8 lbs	3 cup	
PEPPER, BLACK, GROUND	2/3 oz	3 tbsp	
CHILI POWDER, LIGHT, GROUND	1 oz	1/4 cup 1/3 tbsp	
WORCESTERSHIRE SAUCE	4-1/4 oz	1/2 cup	
CHEESE, MONTEREY JACK, REDUCED FAT	2 lbs	2 qts	

**Method**

- 1 Combine rice, water, and salt. Bring to a boil. Cover tightly, and simmer 20 to 30 minutes.
- 2 Saute onions, garlic, and peppers in vegetable spray in a steam jacketed kettle. Add tomatoes, parsley, and corn. Season with pepper, chili powder, and Worcestershire sauce. Fold in cooked drained rice and thoroughly blend.
- 3 Divide rice in serving pans, sprinkle with cheese. Bake in 350 F. oven for 20 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for serving.



PASTA PROVENCAL

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
295 cal	46 g	16 g	6 g	31 mg	1288 mg	212 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

WATER	54-1/3 lbs	6 gal 2 qts	
SALT	1-1/2 oz	2-1/3 tbsp	
OIL,SALAD	1/3 oz	1/3 tsp	
PASTA,PENNE	10 lbs	7 gal 1-7/8 qts	
OIL,SALAD	5-3/4 oz	3/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	14-2/3 oz	3-3/8 cup	
WATER,WARM	10-1/2 lbs	1 gal 1 qts	
MILK,NONFAT,DRY	1-1/8 lbs	1 qts 3-1/2 cup	
CHICKEN BROTH		1 gal 1 qts	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	
SALT	1-1/4 oz	2 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
THYME LEAVES,DRIED,GROUND	5/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
PEPPER,RED,CRUSHED	1/8 oz	1 tbsp	
TOMATOES,CANNED,DICED,DRAINED	12-1/8 lbs	1 gal 1-1/2 qts	
BEANS,CANNELLINI,CANNED	8-1/2 lbs	3 qts 3 cup	
SPINACH,FROZEN	4 lbs	2 qts 1-1/2 cup	
ONIONS,FRESH,CHOPPED	4-3/8 lbs	3 qts 3/8 cup	4-7/8 lbs
HAM,CANNED,COOKED,DICED	4 lbs		
CARROTS,FRESH,CHOPPED	3-3/4 lbs	3 qts 1-1/4 cup	4-5/8 lbs
CELERY,FRESH,CHOPPED	2-3/4 lbs	2 qts 2-3/8 cup	3-3/4 lbs
PARSLEY,DEHYDRATED,FLAKED	3/4 oz	1 cup	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add pasta slowly while stirring constantly until water boils again. Cook 7 to 9 minutes or until tender, stirring occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.
- 4 Blend salad oil and flour together to form a roux. Using a wire whip, stir until smooth. Cook roux for 3 minutes in a steam-jacketed kettle or stockpot stirring constantly.
- 5 Reconstitute milk in warm water.
- 6 Gradually add milk and broth to roux while stirring constantly. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened, stirring frequently to prevent sticking.
- 7 Add parmesan cheese, salt, garlic powder, thyme, black pepper, basil, oregano and red pepper to thickened sauce. Stir to blend well.
- 8 Add tomatoes, beans, spinach, onions, ham, carrots, celery and parsley to thickened sauce. Bring to a boil. Cover; reduce heat; simmer 7 to 10 minutes until tender, stirring occasionally.
- 9 Add pasta to thickened sauce and vegetable mixture. Heat to a simmer while stirring for 1 minute to coat the pasta with the vegetable sauce. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 10 Pour 3-1/8 gal pasta-vegetable mixture into 3 ungreased steam table pans; cover. CCP: Hold for service at 140 F. or higher.

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**BAKED MACARONI AND CHEESE**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
359 cal	37 g	17 g	16 g	39 mg	721 mg	357 mg

**Ingredient**

MACARONI NOODLES,ELBOW,DRY  
 WATER,BOILING  
 SALT  
 MILK,NONFAT,DRY  
 WATER,WARM  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER,COLD  
 SALT  
 PEPPER,BLACK,GROUND  
 CHEESE,CHEDDAR,SHREDDED  
 COOKING SPRAY,NONSTICK  
 BREADCRUMBS,DRY,GROUND,FINE  
 MARGARINE,MELTED

**Weight**

7-3/8 lbs  
 50-1/8 lbs  
 1-2/3 oz  
 1-1/3 lbs  
 20-7/8 lbs  
 1-2/3 lbs  
 2-1/8 lbs  
 1-7/8 oz  
 1/4 oz  
 8 lbs  
 2 oz  
 1-1/4 lbs  
 10 oz

**Measure**

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

**Issue**

**Method**

- 1 Add macaroni slowly to boiling salted water; cook 8 to 10 minutes or until tender; stir occasionally to prevent sticking.
- 2 Drain. Set aside for use in Step 7.
- 3 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 4 Combine flour and water to make a smooth mixture. Add mixture to hot milk, stirring constantly.
- 5 Add salt and pepper. Bring mixture to a boil; reduce heat; simmer 5 minutes or until thickened. Stir frequently to prevent scorching.
- 6 Add cheese to sauce; stir only until smooth; remove from heat.
- 7 Combine sauce and macaroni; mix well.
- 8 Lightly spray steam table pans with non-stick cooking spray. Place about 6-1/3 quart mixture in each sprayed pan.
- 9 Combine bread crumbs and melted butter or margarine; sprinkle 1-3/4 cup over mixture in each pan.
- 10 Using a convection oven, bake at 325 F. 15-20 minutes on high fan, open vent or until browned. CCP: Hold for service at 140 F. or higher.

**NACHOS**

Yield 100

Portion 1-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
403 cal	28 g	14 g	27 g	47 mg	1259 mg	379 mg

**Ingredient**

PEPPERS,JALAPENOS,CANNED,CHOPPED  
 WATER  
 RESERVED LIQUID  
 CHEESE,AMERICAN,SHREDDED  
 CHIPS,TORTILLA

**Weight**

9-1/2 lbs  
 1-5/8 lbs  
 3-2/3 lbs  
 11 lbs  
 9 lbs

**Measure**

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

**Issue****Method**

- 1 Drain peppers. Reserve liquid from peppers. Coarsely chop peppers. Set aside for use in Step 6.
- 2 Combine water and reserved jalapeno liquid in steam-jacketed kettle or stock pot. Bring to a simmer. DO NOT BOIL.
- 3 Add cheese to hot mixture; stir constantly until melted, about 3 to 4 minutes, or until smooth and creamy. DO NOT BOIL.
- 4 Remove from heat; keep warm. CCP: Hold for service at 140 F. or higher.
- 5 Pour 2 ounces sauce over about 20 tortilla chips.
- 6 Sprinkle 2 teaspoons jalapeno peppers over each portion.

**Notes**

- 1 In Step 3, DO NOT use cheddar cheese. It will not produce an acceptable product.
- 2 In Step 3, cheese, when combined with jalapeno liquid, begins to curdle at temperatures above 170 F. to 180 F.

**NACHOS (RTU CHEESE SAUCE)**

Yield 100

Portion 1-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
289 cal	34 g	5 g	15 g	6 mg	1028 mg	112 mg

**Ingredient**

PEPPERS, JALAPENOS, CANNED, CHOPPED  
RESERVED LIQUID  
SAUCE, CHEESE, PREPARED  
CHIPS, TORTILLA

**Weight**

4-3/4 lbs  
1-5/8 lbs  
13-1/8 lbs  
9 lbs

**Measure**

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

**Issue****Method**

- 1 Drain peppers. Reserve liquid.
- 2 Combine jalapeno liquid with ready-to-use cheese sauce. Mix until smooth. Place in steam-jacketed kettle or stock pot. Heat, stirring constantly until hot, about 10 to 15 minutes. DO NOT BOIL.
- 3 Remove from heat; keep warm. CCP: Hold for service at 140 F. or higher.
- 4 Pour 2 ounces sauce over 20 tortilla chips.
- 5 Sprinkle 2 teaspoons jalapeno peppers over each portion.

**Notes**

- 1 Ready to use cheese sauce with jalapeno peppers may also be used.

**EGGS AU GRATIN (SCOTCH WOODCOCK)**

**Yield** 100

**Portion** 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
223 cal	7 g	12 g	16 g	243 mg	241 mg	179 mg

**Ingredient**

EGG,HARD COOKED  
 MILK,NONFAT,DRY  
 WATER,WARM  
 BUTTER,MELTED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 CHEESE,CHEDDAR,SHREDDED  
 BREADCRUMBS,DRY,GROUND,FINE  
 BUTTER,MELTED

**Weight**

11 lbs  
 14-3/8 oz  
 15-2/3 lbs  
 1-1/2 lbs  
 1-1/8 lbs  
 3 lbs  
 5-1/8 oz  
 2-1/2 oz

**Measure**

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

**Issue**

**Method**

- 1 Place eggs in baskets as needed; cover with hot water. Bring to a boil; reduce heat; simmer 10 to 15 minutes. DO NOT BOIL. Remove from water; serve immediately. CCP: All fresh shell eggs must be heated to 155 F. or higher for 15 seconds.
- 2 Cool; remove shells from eggs; slice eggs in half lengthwise. Arrange 100 egg halves in each steam table pan.
- 3 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 4 Blend butter or margarine and flour together; stir until smooth. Add milk to roux, stirring constantly. Cook until thickened.
- 5 Add cheese to sauce; stir until cheese is melted. Stir as necessary.
- 6 Pour 4-3/4 quarts sauce over egg halves in each steam table pan.
- 7 Combine bread crumbs and butter. Sprinkle 2/3 cup buttered crumbs over mixture in each pan.
- 8 Using a convection oven, bake at 325 F. 10 minutes or until browned on low fan, open vent. CCP: Hold for service at 140 F. or higher.

**COOKED EGGS**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	1 g	12 g	10 g	425 mg	126 mg	49 mg

**Ingredient**

EGGS,WHOLE,FRESH

**Weight**

22 lbs

**Measure**

200 each

**Issue****Method**

- 1 HARD COOKED EGGS: Place eggs in baskets as needed; cover with hot water. Bring to a boil; reduce heat; simmer 10 to 15 minutes. DO NOT BOIL. Remove from water; serve immediately. CCP: All fresh shell eggs must be heated to 155 F. or higher for 15 seconds.
- 2 SOFT COOKED EGGS: Cook individual portions. Place eggs in baskets; cover with hot water. Bring to a boil; reduce heat; simmer 4 minutes. DO NOT BOIL. Remove from water; serve immediately.

**Notes**

- 1 Remove eggs from refrigeration 30 minutes before using.
- 2 Eggs may be placed in perforated steamer pans and steamed to desired doneness.
- 3 If hard cooked eggs are to be used in salads or other dishes, plunge into cold running water immediately after cooking; add ice, if necessary, to cool eggs. CCP: Refrigerate at 41 F. or lower.
- 4 COLD WATER METHOD FOR COOKED EGGS: Place eggs in basket as needed; cover with cold water. Bring to a boil; reduce heat. For soft cooked eggs, simmer 1 minute. For hard cooked eggs, simmer 8 to 10 minutes. DO NOT BOIL.
- 5 STEAMER METHOD FOR COOKING EGGS: Grease steamer pan. Break eggs individually into a small container before dropping into greased pan. Egg depth should not exceed 2 inches. Place pan, uncovered, in steamer at 5 pound pressure for 6 to 8 minutes or 15 pound pressure for 5 to 7 minutes. Remove pan from steamer; cut eggs for easy removal. CCP: Fresh eggs must be heated to 155 F. or higher for 15 seconds. Consistency of cooked eggs can be controlled by adjusting cooking time.

**DEVILED EGGS**

Yield 100

Portion 2 Halves

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	2 g	6 g	9 g	214 mg	137 mg	26 mg

**Ingredient**

EGG,HARD COOKED  
 MUSTARD,PREPARED  
 PICKLE RELISH,SWEET,DRAINED  
 SALAD DRESSING,MAYONNAISE TYPE  
 PAPRIKA,GROUND

**Weight**

11 lbs  
 4-3/8 oz  
 8-5/8 oz  
 1-1/2 lbs  
 1/4 oz

**Measure**

100 Eggs  
 1/2 cup  
 1 cup  
 3 cup  
 1 tbsp

**Issue****Method**

- 1 Cool; remove shells from eggs; slice eggs in half lengthwise. Arrange 100 egg halves in each steam table pan. CCP: All fresh shell eggs must be heated to 155 F. or higher for 15 seconds.
- 2 Cool; remove shells from eggs; cut eggs in half lengthwise. Remove yolks and mash thoroughly. Set whites aside for use in Step 4.
- 3 Blend mustard, pickle relish and salad dressing with yolks. Mix until well blended.
- 4 Fill the cooked whites with yolk mixture, using 1 tablespoon filling for each egg half.
- 5 Sprinkle paprika on top.
- 6 Serve immediately or cover and refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.



## EGG FOO YOUNG

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
157 cal	4 g	10 g	12 g	134 mg	490 mg	27 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
OIL,SALAD	7-2/3 oz	1 cup	
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	
CHICKEN BROTH		1 gal	
SOY SAUCE	10-1/8 oz	1 cup	
MOLASSES	1-1/2 oz	2 tbsp	
ONIONS,FRESH,CHOPPED	1-1/3 lbs	3-3/4 cup	1-1/2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 oz	1-1/2 cup	9-5/8 oz
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
CHICKEN,COOKED,DICED	4 lbs		
BEAN SPROUTS,CANNED,DRAINED	1-7/8 lbs	3 qts 2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
EGGS,WHOLE,FROZEN,BEATEN	6 lbs	2 qts 3-1/4 cup	
OIL,SALAD	1 lbs	2 cup	

**Method**

- 1 Blend salad oil or shortening and flour; stir until smooth.
- 2 Prepare broth according to package directions. Add flour mixture to broth; mix well. Bring to a boil; reduce heat; simmer 10 minutes or until thickened.
- 3 Add soy sauce and molasses to sauce; simmer 5 minutes.
- 4 Saute onions and peppers in salad oil or olive oil until tender.
- 5 Combine sauteed vegetables, meat, bean sprouts, and pepper; mix well.
- 6 Add eggs to meat mixture; blend well.
- 7 Place 1/3 cup mixture on 375 F. well greased griddle; cook about 3 minutes on each side or until well done. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Pour 2 tablespoons sauce over each omelet just before serving. CCP: Hold for service at 140 F. or higher.

**GRIDDLE FRIED EGGS**

**Yield** 100

**Portion** 2 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
168 cal	1 g	12 g	12 g	425 mg	126 mg	49 mg

**Ingredient**

EGGS,WHOLE,FRESH  
OIL,SALAD

**Weight**

22 lbs  
7-2/3 oz

**Measure**

200 each  
1 cup

**Issue**

**Method**

- 1 Break 2 eggs individually into a small bowl.
- 2 Fry eggs to order on a 325 F. lightly greased griddle. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 3 CCP: Hold for service at 140 F. or higher.

**PLAIN OMELET**

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
139 cal	1 g	11 g	10 g	392 mg	121 mg	54 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
COOKING SPRAY,NONSTICK

**Weight**

20 lbs  
2 oz

**Measure**

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

**Issue****Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend yolks and whites.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

**PLAIN OMELET (FROZEN EGGS AND EGG WHITES)**

**Yield** 100

**Portion** 1 Omelet

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
93 cal	1 g	10 g	5 g	196 mg	132 mg	30 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 COOKING SPRAY,NONSTICK

**Weight**

10 lbs  
 10 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Thaw eggs and egg whites; place eggs in mixer bowl. Using wire whip beat just enough to thoroughly blend yolks and whites.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

**CHEESE OMELET**

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
198 cal	1 g	14 g	15 g	407 mg	212 mg	160 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 CHEESE,CHEDDAR,SHREDDED

**Weight**

20 lbs  
 2 oz  
 3-1/4 lbs

**Measure**

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

**Issue****Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Sprinkle about 2 tablespoons cheese over each omelet when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

## GREEN PEPPER OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
152 cal	3 g	11 g	10 g	392 mg	121 mg	56 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 PEPPERS, GREEN, FRESH, CHOPPED  
 EGGS, WHOLE, FROZEN  
 COOKING SPRAY, NONSTICK

**Weight**

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

**Measure**

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

**Issue**

8-2/3 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cook chopped fresh sweet peppers until tender.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend. Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Sprinkle 2 tablespoons peppers over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

**HAM OMELET**

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	1 g	14 g	11 g	401 mg	352 mg	55 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 HAM,COOKED,BONELESS

**Weight**

20 lbs  
 2 oz  
 4 lbs

**Measure**

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

**Issue****Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath.
- 4 Dice ham. Sprinkle 2 tablespoons ham over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

**HAM AND CHEESE OMELET**

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
180 cal	1 g	14 g	13 g	404 mg	278 mg	103 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 CHEESE,CHEDDAR,SHREDDED  
 HAM,COOKED,BONELESS

**Weight**

20 lbs  
 2 oz  
 1-1/2 lbs  
 2 lbs

**Measure**

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

**Issue****Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath.
- 4 Dice ham. Sprinkle about 1 tablespoon cheese and 1 tablespoon ham over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.



## MUSHROOM OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
151 cal	3 g	11 g	10 g	392 mg	258 mg	57 mg

**Ingredient**

MUSHROOMS,CANNED,SLICED,DRAINED  
 COOKING SPRAY,NONSTICK  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cook mushrooms until tender.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 3 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on 325 F. griddle.
- 4 Cook until bottom is golden brown. DO NOT STIR. When omelet is partially set, sprinkle about 1-1/2 tablespoon mushrooms over eggs and continue cooking until eggs are set and well done. If necessary when cooking, lift cooked portion with spatula to let uncooked mixture flow underneath. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

## ONION OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
150 cal	3 g	11 g	10 g	392 mg	121 mg	57 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

4-2/3 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cook onions until tender.
- 2 Place thawed eggs in a mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 3 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on 325 F. griddle.
- 4 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked portion to flow underneath. Sprinkle 1 tablespoon onions over eggs when partially set. Continue cooking until eggs are set and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds making a long oval shaped omelet. CCP: Hold for service at 140 F. or higher.

## WESTERN OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
170 cal	4 g	13 g	11 g	396 mg	237 mg	60 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 PEPPERS,GREEN,FRESH,CHOPPED  
 HAM,COOKED,BONELESS  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

4-1/4 lbs  
 2 oz  
 5-1/4 lbs  
 2 lbs  
 20 lbs  
 2 oz

**Measure**

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

**Issue**

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

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cook onions and peppers until tender.
- 2 Chop or grind ham. Combine cooked onions and peppers with chopped ham; mix thoroughly.
- 3 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 4 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on griddle.
- 5 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Sprinkle about 3 tablespoons onion/pepper/ham mixture over eggs when partially set. Continue cooking until eggs are set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 6 Fold omelet in half or into thirds making a long, oval shaped omelet. CCP: Hold for service at 140 F. or higher.

## TOMATO OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
145 cal	2 g	11 g	10 g	392 mg	123 mg	55 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 TOMATOES,FRESH,CHOPPED

**Weight**

20 lbs  
 2 oz  
 6-3/4 lbs

**Measure**

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

**Issue**

6-7/8 lbs

**Method**

- 1 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 2 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for each individual omelet on 325 F. griddle.
- 3 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift with a spatula to permit uncooked mixture to flow underneath. Sprinkle 2 tablespoons tomatoes over eggs when partially set. Continue cooking until eggs are set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 4 Fold omelet in half or into thirds making a long, oval shaped omelet. CCP: Hold for service at 140 F. or higher.

## SPANISH OMELET

Yield 100

Portion 1 Omelet

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
183 cal	9 g	12 g	11 g	392 mg	364 mg	82 mg

**Ingredient**

SPANISH SAUCE  
EGGS,WHOLE,FROZEN  
COOKING SPRAY,NONSTICK

**Weight**

20 lbs  
2 oz

**Measure**

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

**Issue****Method**

- 1 Prepare 1 recipe Spanish Sauce, Recipe No. O 005 01 for use in Step 6. CCP: Hold for service at 140 F. or higher.
- 2 Place thawed eggs in mixer bowl. Using wire whip, beat just enough to thoroughly blend.
- 3 Lightly spray griddle with non-stick cooking spray. Pour 1/3 cup egg mixture for individual omelets on 325 F. griddle.
- 4 Cook until bottom is golden brown. DO NOT STIR. If necessary, gently lift cooked portion with a spatula to permit uncooked mixture to flow underneath. Continue cooking until eggs are set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs.
- 5 Fold omelet in half or into thirds, making a long oval shaped omelet.
- 6 Serve each omelet with 2 ounces of heated Spanish Sauce, Recipe No. O 005 01. CCP: Hold for service at 140 F. or higher.

**POACHED EGGS**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	1 g	12 g	10 g	425 mg	127 mg	49 mg

**Ingredient**

WATER  
 VINEGAR,DISTILLED  
 EGGS,WHOLE,FRESH

**Weight**

4-1/8 lbs  
 1 oz  
 22 lbs

**Measure**

2 qts  
 2 tbsp  
 200 each

**Issue****Method**

- 1 Fill a steam table pan with water to a depth of 1 inch.
- 2 Add vinegar; bring to a boil; reduce to a simmer.
- 3 Break 2 eggs individually into a small bowl; slide gently into simmering water.
- 4 Cook 3 to 5 minutes or until whites are set and yolks are covered with a white film. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 5 Using a perforated skimmer, lift eggs out of pan; serve immediately. CCP: Hold for service at 140 F. or higher.

**SCRAMBLED EGGS**

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
144 cal	1 g	11 g	10 g	392 mg	121 mg	54 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
OIL,SALAD

**Weight**

20 lbs  
3-7/8 oz

**Measure**

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

**Issue****Method**

- 1 Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Cook slowly until firm, until there is no visible liquid egg, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs. Hold for service at 140 F. or higher.

**Notes**

- 1 OVEN METHOD: Using a convection oven, bake at 350 F. 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

**SCRAMBLED EGGS AND CHEESE**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
217 cal	1 g	15 g	16 g	411 mg	233 mg	184 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 OIL,SALAD  
 CHEESE,CHEDDAR,SHREDDED

**Weight**

20 lbs  
 3-7/8 oz  
 4 lbs

**Measure**

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

**Issue**

**Method**

- 1 Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Sprinkle cheese, using about 1 cup per 1 quart of egg mixture, over partially cooked eggs. Stir gently until cheese is melted and well blended. Cook slowly until firm or until there is no visible liquid egg, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs. Hold at 140 F. or higher.

**Notes**

- 1 OVEN METHOD: Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.



**SCRAMBLED EGGS AND HAM**

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
171 cal	1 g	14 g	12 g	401 mg	352 mg	55 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
OIL,SALAD  
HAM,COOKED,BONELESS

**Weight**

20 lbs  
3-7/8 oz  
4 lbs

**Measure**

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

**Issue****Method**

- 1 Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Dice ham. Add diced ham, about 1 cup per 1 quart of egg mix, over partially cooked eggs. Stir well. Cook slowly until firm or until there is no visible liquid egg, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds, 155 F. for fresh shell eggs. Hold at 140 F. or higher.

**Notes**

- 1 Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

**SCRAMBLED EGGS (DEHYDRATED EGG MIX)**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
166 cal	1 g	12 g	12 g	451 mg	140 mg	62 mg

**Ingredient**

EGG MIX,DEHYDRATED  
 WATER,WARM  
 OIL,SALAD

**Weight**

5-3/4 lbs  
 15-2/3 lbs  
 3-7/8 oz

**Measure**

5 #3cyl  
 1 gal 3-1/2 qts  
 1/2 cup

**Issue**

**Method**

- 1 Combine egg mix and warm water.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Cook slowly until firm or until there is no visible liquid egg, stir occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher.

**Notes**

- 1 Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

**SCRAMBLED EGGS (FROZEN EGGS AND EGG WHITES)**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
98 cal	1 g	10 g	6 g	196 mg	132 mg	30 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 OIL,SALAD

**Weight**

10 lbs  
 10 lbs  
 3-7/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Combine whole table eggs and frozen egg whites. Beat eggs thoroughly.
- 2 Pour about 1 quart eggs on 325 F. lightly greased griddle. Cook slowly until firm or until there is no visible liquid egg, stir occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Using a 350 F. convection oven, bake 18 to 25 minutes on high fan, closed vent. After 12 minutes, stir every 5 minutes.

**MUSHROOM QUICHE**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	16 g	11 g	10 g	114 mg	267 mg	231 mg

**Ingredient**

MUSHROOMS,CANNED,SLICED,DRAINED  
 ONIONS,FRESH,CHOPPED  
 CHEESE,SWISS,SHREDDED  
 COOKING SPRAY,NONSTICK  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 BAKING SODA  
 SHORTENING  
 MILK,NONFAT,DRY  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 GARLIC POWDER

**Weight**

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

**Measure**

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

**Issue**

2-5/8 lbs

**Method**

- 1 Lightly spray each steam table pan with non-stick cooking spray. Combine mushrooms, onions and cheese. Spread 1-3/4 quarts evenly over bottom of each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening or oil until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Add eggs to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 350 F. 15 minutes on low fan, closed vent; reduce heat to 325 F.; bake an additional 30 minutes or until set and lightly browned. Let stand 10 minutes. Cut 5 by 5. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BROCCOLI QUICHE**

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	16 g	12 g	10 g	114 mg	194 mg	242 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 ONIONS, FRESH, CHOPPED  
 BROCCOLI, FROZEN, CHOPPED  
 CHEESE, SWISS, SHREDDED  
 FLOUR, WHEAT, BREAD  
 MILK, NONFAT, DRY  
 SALT  
 SUGAR, GRANULATED  
 BAKING SODA  
 SHORTENING  
 MILK, NONFAT, DRY  
 WATER, WARM  
 EGGS, WHOLE, FROZEN  
 GARLIC POWDER  
 NUTMEG, GROUND  
 PEPPER, BLACK, GROUND

**Weight**

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

**Measure**

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

**Issue**

1-1/3 lbs

**Method**

- 1 Lightly spray each steam table pan with non-stick cooking spray. Thaw broccoli. Combine broccoli, onions and cheese. Spread about 2 quarts mixture in each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening or oil until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Add eggs, nutmeg and black pepper to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 350 F. 15 minutes on low fan, closed vent; reduce temperature to 325 F.; bake an additional 30 minutes or until set and lightly browned. Let stand 10 minutes. Cut 5 by 5. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BROCCOLI QUICHE (FROZEN EGGS AND EGG WHITES)**

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
189 cal	16 g	11 g	9 g	64 mg	195 mg	236 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 BROCCOLI,FROZEN,CHOPPED  
 CHEESE,SWISS,SHREDDED  
 COOKING SPRAY,NONSTICK  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SALT  
 SUGAR,GRANULATED  
 BAKING SODA  
 SHORTENING  
 MILK,NONFAT,DRY  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 EGG WHITES,FROZEN,THAWED  
 GARLIC POWDER  
 NUTMEG,GROUND  
 PEPPER,BLACK,GROUND

**Weight**

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

**Measure**

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

**Issue**

1-1/3 lbs

**Method**

- 1 Lightly spray each steam table pan with non-stick cooking spray. Thaw and cut broccoli in 1/2-inch pieces. Combine broccoli, onions and cheese. Spread about 2 quarts mixture in each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening or oil until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Add eggs, nutmeg, and black pepper to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 325 F. for 40 minutes on low fan, closed vent or until set and lightly browned. Let stand 10 minutes. Cut 5 by 5. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**MUSHROOM QUICHE (FROZEN EGGS AND EGG WHITES)**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
187 cal	16 g	11 g	9 g	64 mg	269 mg	225 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

MUSHROOMS,CANNED,SLICED,DRAINED	4-1/8 lbs	3 qts	
ONIONS,FRESH,CHOPPED	2-1/3 lbs	1 qts 2-5/8 cup	2-5/8 lbs
CHEESE,SWISS,SHREDDED	3-3/4 lbs	1 gal	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
FLOUR,WHEAT,BREAD	3-1/3 lbs	2 qts 3 cup	
MILK,NONFAT,DRY	1-1/4 oz	1/2 cup	
SALT	3/8 oz	1/3 tsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
BAKING SODA	5/8 oz	1 tbsp	
SHORTENING	7-1/4 oz	1 cup	
MILK,NONFAT,DRY	11-3/8 oz	1 qts 3/4 cup	
WATER,WARM	11-1/2 lbs	1 gal 1-1/2 qts	
EGGS,WHOLE,FROZEN	2-3/8 lbs	1 qts 1/2 cup	
EGG WHITES,FROZEN,THAWED	2-3/8 lbs	1 qts 1/2 cup	
GARLIC POWDER	3/4 oz	2-2/3 tbsp	

**Method**

- 1 Lightly spray each steam table pan with non-stick cooking spray. Combine mushrooms, onions and cheese. Spread about 2 pounds 10 ounces evenly over bottom of each sprayed and floured pan.
- 2 Combine flour, milk, salt, sugar and soda in mixer bowl.
- 3 Cut in shortening until evenly distributed and granular in appearance, about 1 minute.
- 4 Reconstitute milk.
- 5 Thaw eggs under refrigeration. Add eggs to milk; blend in garlic powder.
- 6 Add egg-milk mixture gradually to flour mixture. Scrape down bowl; beat 2 minutes at medium speed.
- 7 Pour about 9-1/2 cups of batter over cheese and vegetable mixture in each pan. Stir gently.
- 8 Using a convection oven, bake at 325 F. for 40 minutes on low fan, closed vent or until set and lightly browned. Let stand 10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Cut 5 by 5.

**BREAKFAST BURRITO**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
302 cal	26 g	16 g	14 g	167 mg	499 mg	170 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
EGG WHITES,FROZEN,THAWED	7-1/2 lbs	3 qts 2 cup	
EGGS,WHOLE,FROZEN	7-1/2 lbs	3 qts 2 cup	
CHEESE,CHEDDAR,SHREDDED	2-2/3 lbs	2 qts 2-5/8 cup	
SAUSAGE,PORK,COOKED,DICED	2 lbs		
TOMATOES,FRESH,CHOPPED	2 lbs	1 qts 1 cup	2 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-5/8 cup	1 lbs
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TORTILLAS,FLOUR,8 INCH	9-1/2 lbs	100 each	

**Method**

- 1 Combine egg whites and eggs. Blend thoroughly.
- 2 Combine cheese, sausage, tomatoes, onions, pepper and oregano; mix thoroughly.
- 3 Lightly spray griddle with non-stick cooking spray. Pour about 1 quart egg mixture on 325 F. lightly sprayed griddle. Cook until partially set. Add 6 ounces cheese-sausage mixture. Cook until cheese is melted and eggs are firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place tortillas on lightly sprayed griddle; heat 30 seconds on each side.
- 5 Place about 1/2 cup cooked egg mixture in center of each tortilla; fold tortilla to cover eggs and form burrito.
- 6 CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, 3-1/4 pounds (1/2 No. 10 can) of canned diced tomatoes may be used per 100 portions. Drain before using.



**BREAKFAST PITA**

Yield 100

Portion 1 Pita

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
418 cal	55 g	21 g	12 g	167 mg	801 mg	198 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
EGG WHITES,FROZEN,THAWED	7-1/2 lbs	3 qts 2 cup	
EGGS,WHOLE,FROZEN	7-1/2 lbs	3 qts 2 cup	
CHEESE,CHEDDAR,SHREDDED	2-2/3 lbs	2 qts 2-5/8 cup	
SAUSAGE,PORK,COOKED,DICED	2 lbs		
TOMATOES,FRESH,CHOPPED	2 lbs	1 qts 1 cup	2 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-5/8 cup	1 lbs
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
BREAD,PITA,WHITE,8-INCH	21 lbs	100 each	

**Method**

- 1 Combine egg whites and eggs. Blend thoroughly.
- 2 Combine cheese, sausage, tomatoes, onions, pepper and oregano; mix thoroughly.
- 3 Pour about 1 quart egg mixture on lightly greased griddle. Cook until partially set. Add cheese-sausage mixture. Cook until cheese is melted and eggs are firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Cut off top third of pita pocket and place eggs in the pocket. Place pockets on sheet pans. Using a convection oven, bake at 350 F. for 5 minutes or until warm and pliable on high fan, closed vent.
- 5 Place about 1/2 cup egg mixture in each pocket. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, 3-1/4 pounds (1/2 No. 10 can) of canned diced tomatoes may be used per 100 portions. Drain before using.

**VEGGIE EGG POCKET**

**Yield** 100

**Portion** 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
319 cal	45 g	20 g	6 g	5 mg	952 mg	172 mg

**Ingredient**

MUSHROOMS,CANNED,SLICED,DRAINED  
 SQUASH,ZUCCHINI,FRESH,SHREDDED  
 CARROTS,FRESH,SHREDDED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 EGG SUBSTITUTE,PASTEURIZED  
 SALT  
 SALAD DRESSING,RANCH,FAT FREE  
 CHEESE,PARMESAN,GRATED  
 ONIONS,FRESH,CHOPPED  
 DILL WEED,DRIED  
 PEPPER,WHITE,GROUND  
 COOKING SPRAY,NONSTICK  
 BREAD,PITA,WHITE,8-INCH

**Weight**

3-1/8 lbs  
 3-1/4 lbs  
 4-7/8 lbs  
 11 oz  
 22-1/8 lbs  
 5/8 oz  
 6-1/3 lbs  
 1 lbs  
 2-1/4 lbs  
 2/3 oz  
 1/4 oz  
 2 oz  
 10-1/2 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Combine mushrooms, carrots, and zucchini. Add flour; toss lightly to coat vegetables.
- 2 Place egg substitute, ranch dressing, cheese, onions, dillweed, salt and pepper in mixer bowl. Using a wire whip, blend at low speed 1 minute.
- 3 Add vegetable mixture; mix at low speed 1 minute or until blended.
- 4 Lightly spray each steam table pan with non-stick cooking spray. Pour 1 gallon of egg mixture in each lightly sprayed pan.
- 5 Using a convection oven, bake 45-55 minutes or until eggs are set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Cut pita pockets in half. Fill each half with 3/4 cup egg mixture. Serve 1 half pocket. CCP: Hold at 140 F. higher for service.

**MONTEREY EGG BAKE**

**Yield** 100

**Portion** 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	14 g	19 g	6 g	5 mg	473 mg	166 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN  
 TOMATOES, CANNED, DICED, DRAINED  
 CHEESE, CHEDDAR, LOWFAT, SHREDDED  
 CHEESE, MONTEREY JACK, REDUCED FAT, SHREDDED  
 PEPPERS, GREEN, FRESH, CHOPPED  
 CORN, FROZEN, WHOLE KERNEL  
 PEPPERS, CHILI, GREEN, CANNED, CHOPPED, DRAINED  
 ONIONS, GREEN, FRESH, SLICED  
 SALT  
 PEPPER, WHITE, GROUND  
 EGG SUBSTITUTE, PASTEURIZED  
 WATER  
 MILK, NONFAT, DRY

**Weight**

2 oz  
 9-1/2 lbs  
 4-1/8 lbs  
 2-1/4 lbs  
 2-1/4 lbs  
 2 lbs  
 2 lbs  
 12-1/4 oz  
 1-1/8 lbs  
 1 oz  
 3/8 oz  
 22-1/8 lbs  
 3 lbs  
 3 oz

**Measure**

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

**Issue**

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

**Method**

- 1 Lightly spray each steam table pan with non-stick cooking spray.
- 2 Combine potatoes, tomatoes, cheddar cheese, monterey jack cheese, green pepper, corn, green chilies, green onions, salt, and pepper; mix well.
- 3 Place 2-1/4 quarts of potato mixture into each steam table pan.
- 4 Combine egg substitute, water and nonfat dry milk; blend until mixed.
- 5 Pour 1-3/4 quarts of egg mixture into each steam table pan; stir to combine.
- 6 Using a convection oven, bake at 325 F. for 55 to 65 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BREAKFAST PIZZA**

**Yield** 100

**Portion** 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
346 cal	44 g	24 g	7 g	12 mg	930 mg	184 mg

**Ingredient**

COOKING SPRAY, NONSTICK

DOUGH, PIZZA

SAUCE, TOMATO, CANNED

BACON, TURKEY, RAW

EGG SUBSTITUTE, PASTEURIZED

SALT

PEPPER, BLACK, GROUND

CHEESE, CHEDDAR, LOWFAT, SHREDDED

POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN

**Weight**

2 oz

16 lbs

4-1/3 lbs

3 lbs

15-1/2 lbs

1/4 oz

1/8 oz

6 lbs

5-1/2 lbs

**Measure**

1/4 cup 1/3 tbsp

2 qts

1 gal 3 qts

1/8 tsp

1/8 tsp

1 gal 2 qts

2 qts 3-7/8 cup

**Issue**

**Method**

- 1 Lightly spray sheet pans with nonstick cooking spray.
- 2 Shape dough into 4-4 lb pieces. Let dough rest 15 minutes. Place dough pieces on lightly floured working surface. Roll out each piece to 1/4-inch thickness. Transfer dough to pans, pushing dough slightly up edges of pans. Gently prick dough to prevent bubbling.
- 3 Using a convection oven, bake 8 minutes at 450 F. on high fan, open vent until crusts are lightly browned.
- 4 Spread 2 cups tomato sauce evenly over crust in each pan. Set aside for use in Step 7.
- 5 Cook bacon until lightly browned. Drain on absorbent paper. Finely chop.
- 6 Add salt and pepper to eggs. Blend well. Scramble eggs until just set. Do not over cook. Pasteurized eggs will be safe at an internal temperature of 145 F. but will not set until they reach 160 F.
- 7 Distribute 1-1/2 quarts cheese over sauce on each crust.
- 8 Distribute 1-1/2 quarts scrambled eggs over cheese on each pan.
- 9 Distribute 1-1/4 cups bacon over eggs on each pan.
- 10 Distribute 1 quart shredded potatoes over bacon in each pan.
- 11 Using a convection oven, bake another 8 minutes or until crust is browned and hash browns begin to turn golden brown on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 12 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.

**MEXICAN BREAKFAST PIZZA**

**Yield** 100

**Portion** 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
364 cal	50 g	26 g	6 g	6 mg	880 mg	189 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 DOUGH, PIZZA  
 SAUCE, SALSA  
 PEPPER, BLACK, GROUND  
 SALT  
 EGG SUBSTITUTE, PASTEURIZED  
 CHEESE, MONTEREY JACK, REDUCED FAT, SHREDDED  
 BEANS, BLACK, CANNED, DRAINED  
 POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN

**Weight**

2 oz  
 16 lbs  
 5-3/8 lbs  
 1/8 oz  
 1/4 oz  
 15-1/2 lbs  
 6 lbs  
 5-1/3 lbs  
 5-1/2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Lightly spray sheet pans with non-stick cooking spray.
- 2 Shape dough into four 4 lb pieces. Let dough rest 15 minutes. Place dough pieces on lightly floured working surface. Roll out each piece to 1/4-inch thickness. Transfer dough to pans, pushing dough slightly up edges of pans. Gently prick dough to prevent bubbling.
- 3 Using a convection oven, bake 8 minutes at 450 F. on high fan, open vent until crusts are lightly browned.
- 4 Spread 2-1/2 cups salsa evenly over crust in each pan. Set aside for use in Step 6.
- 5 Add salt and pepper to eggs. Blend well. Scramble eggs until just set. Do not over cook. Pasteurized eggs will be safe at an internal temperature of 145 F. but will not set until they reach 160 F.
- 6 Distribute 1-1/2 qt cheese over sauce on each crust.
- 7 Distribute 1-1/2 qt scrambled eggs over cheese on each pan.
- 8 Distribute 2-1/3 cup beans over eggs on each pan.
- 9 Distribute 1 quart shredded potatoes over beans in each pan.
- 10 Bake 8 minutes or until crust is browned and hash browns begin to turn golden brown on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 11 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.

## ITALIAN BREAKFAST PIZZA

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
388 cal	45 g	27 g	10 g	24 mg	798 mg	281 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
DOUGH, PIZZA	16 lbs		
SAUCE, PIZZA, CANNED	4-7/8 lbs	2 qts	
SAUSAGE LINK, TURKEY, RAW	3-1/4 lbs		
EGG SUBSTITUTE, PASTEURIZED	15-1/2 lbs	1 gal 3 qts	
BASIL, SWEET, WHOLE, CRUSHED	1/8 oz	1/3 tsp	
PEPPER, BLACK, GROUND	1/8 oz	1/8 tsp	
SALT	1/4 oz	1/8 tsp	
OREGANO, CRUSHED	1/8 oz	1/3 tsp	
CHEESE, MOZZARELLA, PART SKIM, SHREDDED	6 lbs	1 gal 2 qts	
POTATOES, WHITE, FROZEN, SHREDDED, HASHBROWN	5-1/2 lbs	2 qts 3-7/8 cup	

**Method**

- 1 Lightly spray sheet pans with nonstick cooking spray.
- 2 Shape dough into four 4 lb pieces. Let dough rest 15 minutes. Place dough pieces on lightly floured working surface. Roll out each piece to 1/4-inch thickness. Transfer dough to pans, pushing dough slightly up edges of pans. Gently prick dough to prevent bubbling.
- 3 Using a convection oven, bake 8 minutes at 450 F. on high fan, open vent until crusts are lightly browned.
- 4 Spread 2 cups pizza sauce evenly over crust in each pan. Set aside for use in Step 7.
- 5 Cook sausage until lightly browned. Drain on absorbent paper. Finely chop.
- 6 Add salt, pepper, oregano and basil to eggs. Blend well. Scramble eggs until just set. Do not overcook. Pasteurized eggs will be safe at an internal temperature of 145 F. but will not set until they reach 160 F.
- 7 Distribute 1-1/2 quart cheese over pizza sauce on each crust.
- 8 Distribute 1-1/2 quart scrambled eggs over cheese on each pan.
- 9 Distribute 1-3/4 cups sausage over scrambled eggs on each pan.
- 10 Distribute 1 quart shredded potatoes over sausage in each pan.
- 11 Using a convection oven, bake 8 minutes or until crust is browned and hash browns begin to turn golden brown on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 12 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.

## GUIDELINES FOR SUCCESSFUL CAKE BAKING

- A. Read through entire recipe.
- B. Assemble all utensils and baking pans.
  - 1. Preparation of Cake Pans:
    - (a) Do not use warped or bent baking pans. Use only lightweight sheet pans (weighing about 4 lb) designed for baking. Shiny metal pans are best for baking cakes.
    - (b) Prepare pans for baking. If cakes are to be served directly from pans, grease pans with shortening and dust with flour or spray with non-stick cooking spray. If cakes are to be removed from pans and served as layer cakes, grease and line pans with paper to ensure easy removal.
- C. Check to make sure oven racks are level and in proper position for baking. Set oven thermostat to temperature specified in recipe.
- D. Assemble all ingredients. Use exact ingredients specified in recipe.
  - 1. Preparation and Mixing of Ingredients:
    - (a) The temperature of ingredients is very important in cake preparation. Shortening should be workable, neither too cold nor warm enough to liquefy. In general, all ingredients should be at room temperature unless recipe specifies otherwise. Water should be cool, and eggs should be removed from refrigeration 30 minutes before using. Eggs are easier to separate when cold but beat to greater volume when at room temperature.
    - (b) Weigh or measure all ingredients accurately. Follow the mixing procedure stated on the recipe card. DO NOT overbeat or underbeat. The correct length of time for beating at each stage indicated on the recipe card should be followed very closely.
    - (c) Whenever instructions state to add dry and liquid ingredients alternately, begin and end with dry ingredients.

## GUIDELINES FOR SUCCESSFUL CAKE BAKING

### 2. Panning Batter

- (a) Pour the amount of batter specified in the recipe into prepared baking pans.
- (b) Spread batter evenly using a spatula.
- (c) Batter-filled baking pans should be placed immediately into a preheated oven.

### 3. Baking:

- (a) Space baking pans evenly in oven to allow heat to circulate around each pan. Pans SHOULD NOT touch each other or sides of oven.
- (b) To test for doneness, touch top of cake near the center. If indentation remains, the cake is not done and should be baked 3 to 5 minutes longer and tested again, or insert a toothpick near center. If clean when removed, cake is done.
- (c) When cakes are done, they should be lightly browned and beginning to shrink from sides of pans.

### 4. Cooling and Removing from Pans:

- (a) Remove baking pans from oven; place on racks away from drafts to cool.
- (b) Cool cakes in pans 5 to 10 minutes before removing from pans. Remove any paper liners immediately. Turn cakes right side up to cool.
- (c) Sheet cakes may be cooled in pans and frosted, or turned out onto inverted baking pans to cool before frosting.
- (d) Allow cakes to cool thoroughly before frosting.

NOTE: Use 2 lb (4-1/2 cups) shortening and 1 lb (1 qt) general purpose flour, sifted. Cream shortening and flour at medium speed in mixer bowl until smooth. (In cold weather, add 2 tbsp salad oil to the flour-shortening mixture to aid in spreading.)



**BATTER CAKES**  
**CHARACTERISTICS OF GOOD QUALITY**

<b>COLOR</b>	Uniform color, light golden brown crust for white or yellow cake. Crusts of dark cakes may be slightly darker than inside.
<b>SHAPE AND SIZE</b>	Cakes should be slightly rounded on top with even height at sides. Cakes should come to slightly above top of layer or sheet pans.
<b>CRUST</b>	Thin tender crust with slight sheen. Flat bubbles may appear on surface and be slightly darker.
<b>TEXTURE</b>	Breaks easily but does not crumble. Moist but not gummy. Light, velvety, fine to medium walled cells.
<b>FLAVOR</b>	Determined by type of cake. Sweet, no off-flavor.

**BATTER CAKES  
CAUSES FOR POOR QUALITY**

<b>OUTSIDE APPEARANCE</b>		
	Peaks	Oven too hot. Not enough liquid. Batter overmixed. Pans too close together or too close to sides of oven. Too much flour.
	Sag in center	Underbaked. Oven too cool. Too much batter in pan. Too much sugar, shortening, or leavening. Not enough eggs or flour.
<b>CRUST</b>		
	Too Thick	Oven too hot. Overbaked. Pan too deep. Batter overmixed.
	Cracked	Too much flour. Oven too hot. Overmixed.
	Sticky	Underbaked. High humidity. Cake placed in pastry cabinet, refrigerator, or freezer while still warm.
	Tough	Overmixed. Oven too cool. Too much flour. Not enough shortening or sugar.
	Hard	Overbaked. Pan too deep.
<b>COLOR</b>		
	Too Dark	Oven too hot. Too much sugar or milk solids.
	Too Light	Not enough batter in pan. Overmixed or undermixed. Underbaked.
<b>INSIDE APPEARANCE</b>		
	Coarse Grain	Overmixed or undermixed. Oven too cool. Too much leavening.
	Tunnels	Undermixed or overmixed. Oven too hot.

**BATTER CAKES**  
**CAUSES FOR POOR QUALITY - CONTINUED**

<b>TEXTURE</b>	Too Dry	Overbaked. Not enough liquid or shortening. Too much flour or leavening. Omission of eggs.
	Crumbly	Not enough shortening. Too much shortening. Too much leavening. Oven too cool. Undermixed or overmixed. Not enough eggs.
	Tough	Overmixed. Too much or wrong type of flour. Not enough shortening or sugar. Oven too hot or too cool.
	Too Tender	Batter undermixed.
	Too Heavy	Too much shortening. Underbaked.
<b>EXCESSIVE SHRINKAGE</b>		Overmixed. Too much grease in pan. Overbaked. Not enough batter in pan.
<b>OFF FLAVOR</b>		Ingredients not measured accurately. Rancid pan grease. Dirty pan.
<b>HOLLOW SPOT ON BOTTOM</b>		Not enough liquid. Too much flour. Excess bottom heat in oven. Pan not properly prepared.
<b>UNEVENLY BAKED</b>		Undermixed or overmixed. Uneven or dented pan. Not panned properly. Hot or cold spots in oven. Low fan not used in convection ovens.
<b>FALLS DURING BAKING</b>		Overmixed. Jarred during baking. Oven too cool.
<b>LACKS VOLUME</b>		Not enough leavening. Undermixed or overmixed. Not enough batter in pan. Oven too hot or too cool.
<b>CAKE STICKS TO PAN</b>		Pan not properly prepared. Oven too cool. Cake left in pan too long. Too much liquid. Too much sugar.

## **GUIDELINES FOR SCALING CAKE BATTER**

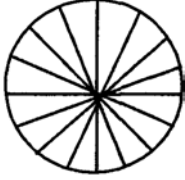
9-inch Layer Pan	Pour 18 to 20 oz batter into each greased and floured layer pan. Bake 20-25 minutes. For 100 portions: Use 12 layer pans (6-2-layer cakes); cut 16 portions per cake.
16-inch Square Sheet Pan	Pour 4 to 6 lb batter into each greased and floured pan. Bake as directed on recipe card. For 100 portions: Use 3 pans; cut each cake 6 by 6.
16 by 19-inch Baking Pan (field range)	Pour 4 to 6 lb batter into each greased and floured pan. Bake as directed on recipe card. For 100 portions: Use 3 pans; cut each cake 6 by 6.
Loaf Pans (16 by 4-1/2 by 4-1/8)	Pour about 2 qt batter into each greased and floured pan. Bake 20 to 25 minutes. For 100 portions: Use 4 pans; cut 25 slices per pan.
Cupcakes	Fill each greased and floured or paper lined cup half full with batter. Bake 20 to 25 minutes. A 100-portion cake recipe will yield 13 dozen cupcakes.

**GUIDELINES FOR CUTTING CAKES**

There is a satisfactory method of cutting each kind of cake. The factors to keep in mind are the size and number of servings and the cutting utensil to be used. The size and number of servings depend upon the size and number of layers in the cake. A knife with a sharp straight-edged, thin blade is most suitable for cutting batter cakes. To make a clear cut, and to keep the knife blade free from frosting and cake crumbs, dip the blade into warm water before cutting portion.

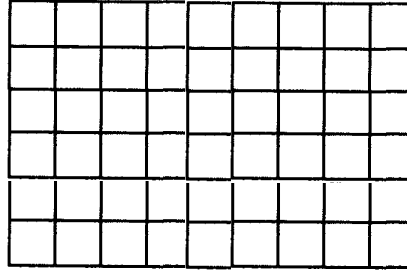
The following diagrams illustrate methods of cutting cakes of various sizes and shapes. The average number of servings per cake are given.

Round Pan



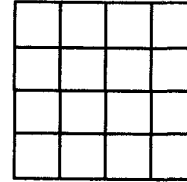
9" - 2 layer cake  
Yield: 16 servings

Sheet Pan

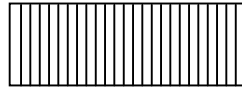


18" x 26"  
Yield: 54 servings

Square Pan



9" x 9"  
Yield: 16 servings



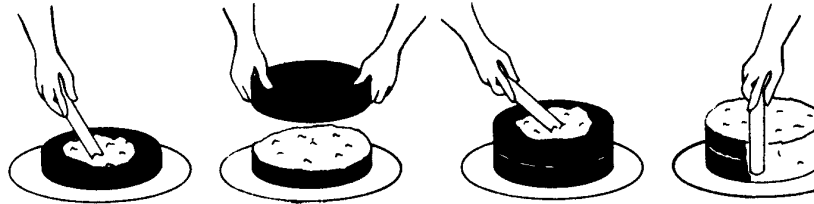
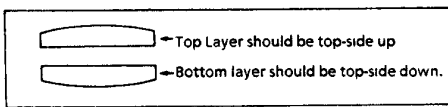
16" x 4"  
Yield: 25 servings

**GUIDELINES FOR PREPARING FROSTINGS AND FROSTING CAKES****FROSTINGS**

1. Frostings should not be so strongly flavored that they detract from the flavor of the cake. Frostings should complement the flavor of the cake.
2. If a colored frosting is desired, mix the food coloring with a small amount of the frosting and then add the cold frosting to the larger amount until the desired color is obtained. Harsh strong colors should never be used except small amounts for some specific decoration.
3. A butter cream frosting which is too thick can be thinned with a little water or milk before it is used. Care must be taken to add the liquid in very small amounts. Butter cream frosting which is too thin can be thickened by the addition of more powdered sugar. The additional powdered sugar should be mixed into the frosting until the desired consistency is reached.

**FROSTING CAKES**

1. Remove loose crumbs and, if necessary, trim the cake. Use a sharp knife to remove any hard or jagged edges.
2. Form layer cakes using two 9-inch layers, or a sheet cake cut in half to form 2 layers, or two sheet cakes together.
3. When frosting a layer cake, invert the bottom layer with the top side down. Place the thicker layer on the bottom. Use a spatula to spread a thin layer of frosting or filling evenly over bottom layer. (Top layer will slip if too much frosting or filling is used). Cover the top layer, top side up. Starting from the center and working outward, spread frosting on the top of the cake; then frost the sides.



4. When frosting cupcakes, spread the specified amount of frosting on the top of the cupcake. DO NOT frost the side.

## **HIGH ALTITUDE BAKING**

Since atmospheric pressure decreases as altitude increases, the requirement for baking soda also decreases. Bakery mixes are formulated for use at sea level air pressure. Follow specific high altitude instructions on the package.

When preparing cakes, hot breads, and drop cookies from basic ingredients at high altitudes, quantities of leavening agents may be adjusted as specified in the table on the back of this card.

Cakes have a tendency to stick to pans at higher altitudes; therefore the pans should be greased and dusted more heavily than those used at sea level.

Oven temperatures should be increased 25° F. at elevations of 3500 feet or more. The baking time is generally the same as at sea level; however, care should be taken to avoid overbaking since evaporation rate increases at high altitudes.

Baking powder or baking soda in recipes for cakes, hot breads, and drop cookies prepared at higher altitudes should decrease as shown on back of this card.

Amount Basic Recipe	Amounts to be Used at Higher Altitudes			
	2000 feet	4000 feet	6000 feet	8000 feet
1 tbsp	2-1/2 tsp	2 tsp	1-2/3 tsp	1 tsp
1-2/3 tbsp	1-2/3 tbsp	1-1/3 tbsp	1 tbsp	2 tsp
2 tbsp	1-2/3 tbsp	1-1/3 tbsp	3-1/3 tsp	2-1/2 tsp
2-1/3 tbsp	2 tbsp	1-2/3 tbsp	1-1/3 tbsp	2-2/3 tsp
3-2/3 tbsp	3 tbsp	2-2/3 tbsp	2 tbsp	1-1/3 tbsp
1/4 cup	3-1/3 tbsp	2-2/3 tbsp	2-1/3 tbsp	1-2/3 tbsp
4-2/3 tbsp	3-2/3 tbsp	3 tbsp	2-2/3 tbsp	1-2/3 tbsp
5-2/3 tbsp	4-2/3 tbsp	3-2/3 tbsp	3 tbsp	2-1/3 tbsp
6-2/3 tbsp	5-2/3 tbsp	4-2/3 tbsp	3-2/3 tbsp	2-2/3 tbsp
1/2 cup	6-2/3 tbsp	5-2/3 tbsp	4-1/3 tbsp	3-1/3 tbsp
8-2/3 tbsp	7-1/3 tbsp	6 tbsp	4-2/3 tbsp	3-1/3 tbsp
9 tbsp	7-2/3 tbsp	6-1/3 tbsp	5 tbsp	3-2/3 tbsp
11 tbsp	9-1/3 tbsp	7-2/3 tbsp	6 tbsp	4-1/3 tbsp
3/4 cup	5/8 cup	1/3 cup	6-2/3 tbsp	5 tbsp
1 cup	7/8 cup	11-1/3 tbsp	8-2/3 tbsp	6-1/3 tbsp
1-1/2 cups	1-1/4 cups	1 cup	13-1/3 tbsp	5/8 cup



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G 003 00	Chocolate Macaroon Cake (Cake Mix)	G 010 04	Maple Nut Cake (Yellow Mix)
G 004 00	Chocolate Chip Fudge Frosting	G 010 05	Marble Cake (Mix)
G 005 00	Vanilla Frosting (Icing Mix, Vanilla, Powdered)	G 010 06	Orange Cake (Yellow Mix)
G 005 01	Orange Frosting (Icing Mix, Vanilla, Powdered)	G 011 00	Easy Chocolate Cake
G 006 00	Banana Cake (Cake Mix)	G 012 00	Devil's Food Cake
G 006 01	Banana Cake (Banana Cake Mix)	G 012 01	Devil's Food Cake (Cake Mix)
G 007 00	Decorator's Frosting	G 012 02	German Chocolate Cake (Mix)
G 008 00	Florida Lemon Cake	G 013 00	Carrot Cake (Cake Mix)
G 009 00	Chocolate Frosting (Icing Mix, Chocolate Powdered)	G 014 00	Peanut Butter Cream Frosting
G 009 01	Choc Chip Frosting (Icing Mix, Chocolate Powdered)	G 015 00	Chocolate Fudge Frosting
G 009 02	Choc Coconut Frost (Icing Mix, Chocolate Powdered)	G 016 00	Strawberry Shortcake (Biscuit Mix)
G 009 03	Mocha Cream Frost (Icing Mix, Chocolate Powdered)	G 016 01	Strawberry Shortcake (Cake Mix)
G 010 00	Yellow Cake (Mix)	G 017 00	Gingerbread
G 010 01	Almond Cake (Yellow Mix)	G 017 01	Gingerbread (Gingerbread Cake Mix)
G 010 02	Black Walnut Cake (Yellow Mix)	G 018 00	Caramel Frosting
		G 019 00	Brown Sugar Frosting
		G 020 00	Peanut Butter Crumb Cake
		G 020 01	Peanut Butter Cake
		G 021 00	Pound Cake
		G 021 01	Almond Pound Cake (Pound Cake Mix)
		G 021 02	Velvet Pound Cake (Yellow Cake Mix)

## G. DESSERTS (CAKE AND FROSTINGS) No. 0 (1)

Card No.		Card No.	
G 021 03	Lemon Pound Cake (Pound Cake Mix)	G 029 03	Fruit Cocktail Upside Down Cake
G 022 00	Butter Cream Frosting	G 030 00	White Cake
G 022 01	Orange Butter Cream Frosting	G 030 01	White Cake (White Cake Mix)
G 022 02	Chocolate Butter Cream Frosting	G 030 02	Lemon Filled Cake (White Cake Mix)
G 022 03	Coconut Butter Cream Frosting	G 030 03	Raspberry Filled Cake (White Cake Mix)
G 022 04	Lemon Butter Cream Frosting	G 030 04	Strawberry Filled Cake (White Cake Mix)
G 022 05	Maple Butter Cream Frosting	G 031 00	Coconut Pecan Frosting
G 022 06	Mocha Butter Cream Frosting	G 032 00	Yellow Cake
G 023 00	Easy Vanilla Cake	G 032 01	Banana-Filled Layer Cake
G 024 00	Chocolate Glaze Frosting	G 032 02	Boston Cream Pie
G 025 00	Spice Cake	G 032 03	Marble Cake
G 025 01	Spice Cake (Yellow Cake Mix)	G 032 04	Coconut Cake
G 026 00	Cheese Cake	G 032 06	Dutch Apple Cake
G 026 01	Cheese Cake (Mix)	G 032 07	Filled Cake (Washington Pie)
G 026 02	Cheese Cake with Fruit Topping	G 032 08	Yellow Cake (Crumbs)
G 026 03	Cheese Cake Mix with Fruit Topping	G 033 00	Jelly Roll
G 026 04	Cheese Cake with Sour Cream Topping	G 034 00	Yellow Cupcakes Mix
G 026 05	Cheese Cake with Strawberries	G 034 01	Chocolate Cupcakes Mix
G 027 00	Cream Cheese Frosting	G 034 02	Spice Cake Cupcakes Mix
G 028 00	Strawberry Cake (Cake Mix)	G 034 03	Gingerbread Cupcakes Mix
G 029 00	Pineapple Upside Down Cake	G 034 04	Vanilla Cupcakes
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INDEX

Card No.

Card No.

**DESSERTS (CAKES AND FROSTINGS) No.G 002 00**  
**APPLESAUCE CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
304 cal	47 g	3 g	12 g	34 mg	172 mg	43 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 BAKING SODA  
 CINNAMON,GROUND  
 CLOVES,GROUND  
 SALT  
 SUGAR,GRANULATED  
 RAISINS  
 APPLESAUCE,CANNED,UNSWEETENED  
 SHORTENING  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder, baking soda, cinnamon, cloves, salt and sugar into mixer bowl.
- 2 Add raisins, applesauce and shortening to dry ingredients. Beat at low speed 1 minute, then at medium speed 2 minutes. Scrape down bowl.
- 3 Add eggs slowly to mixture while beating at low speed about 1 minute. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 3-3/4 quarts batter into each sprayed and floured pan.
- 5 Using a convection oven, bake in 325 F. oven for 20 to 25 minutes or until done on high fan, open vent.
- 6 Cool; frost if desired. Cut 6 by 9.

**CHOCOLATE MACAROON CAKE (CAKE MIX)**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
332 cal	51 g	4 g	13 g	30 mg	496 mg	109 mg

**Ingredient**

CAKE MIX,DEVILS FOOD

OIL,SALAD

WATER

EGGS,WHOLE,FROZEN

DESSERT POWDER,PUDDING,INSTANT,CHOCOLATE

COOKING SPRAY,NONSTICK

CAKE MIX,WHITE

COCONUT,PREPARED,SWEETENED FLAKES

WATER

VANILLA GLAZE

**Weight**

8-3/4 lbs

1 lbs

5-1/4 lbs

1-1/4 lbs

1-1/2 lbs

2 oz

2-1/2 lbs

9 oz

1 lbs

**Measure**

2-1/8 cup

2 qts 2 cup

2-1/4 cup

4 cup

1/4 cup 1/3 tbsp

1 qts 3-3/8 cup

2-3/4 cup

2 cup

2-3/4 cup

**Issue**

**Method**

- 1 Place Devil's Food Cake Mix, salad oil, water, eggs and dessert powder in mixer bowl. Blend at low speed until moistened, about 2 minutes. Scrape down bowl.
- 2 Beat at medium speed 5 to 8 minutes.
- 3 Pour 2 cups batter into each greased and floured pan. Set aside for use in Step 6.
- 4 Place White Cake Mix, coconut, and water in mixer bowl. Blend at low speed until moistened. Scrape down bowl.
- 5 Beat at low speed 1 minute. DO NOT OVERMIX.
- 6 Pour about 1 quart batter over macaroon mixture covering it completely.
- 7 Using a convection oven, bake 1 hour 15 minutes at 325 F. or until done on low fan, closed vent.
- 8 Remove from oven; cool 15 to 20 minutes; remove from pans.
- 9 Prepare 1 recipe of Vanilla Glaze (Recipe No. D 046 00). Drizzle 1 cup glaze over each cake.
- 10 Cut 20 slices per loaf.

**CHOCOLATE CHIP FUDGE FROSTING**

**Yield** 100

**Portion** 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13516 cal	2295 g	89 g	496 g	728 mg	5336 mg	2634 mg

**Ingredient**

CHOCOLATE,COOKING CHIPS,SEMISWEET  
 BUTTER  
 SUGAR,POWDERED,SIFTED  
 MILK,NONFAT,DRY  
 SALT  
 WATER,WARM

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Melt chocolate chips and butter or margarine over very low heat. Place in mixer bowl.
- 2 Sift together powdered sugar, milk, and salt; add to chocolate mixture.
- 3 Blend in just enough water to obtain spreading consistency. Mix at medium speed 3 minutes or until smooth.
- 4 Spread immediately on cool cakes.

**Notes**

- 1 In Step 1, chocolate-flavored baking chips may be substituted for semi-sweet chocolate chips.
- 2 For 9-inch, 2-layer cakes: Spread about 1-3/4 cups frosting per cake.
- 3 For cupcakes: Spread about 1 tablespoon of frosting on each cupcake.

**VANILLA FROSTING (ICING MIX, VANILLA, POWDERED)**

**Yield** 1 Portion

**Portion** 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
7904 cal	1808 g	6 g	94 g	0 mg	261 mg	65 mg

**Ingredient**

ICING MIX,POWDER,VANILLA  
WATER,WARM

**Weight**

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

**Measure**

1-1/2 cup

**Issue**

**Method**

- 1 Place icing mix in mixer bowl. Add hot water (120 F.) gradually while mixing at low speed. Scrape down bowl; beat at high speed 3 minutes or until thick and smooth.
- 2 Spread on cooled cakes.

**ORANGE FROSTING (ICING MIX, VANILLA, POWDERED)**

**Yield** 1 Portion

**Portion** 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
9135 cal	2122 g	25 g	97 g	0 mg	293 mg	1910 mg

**Ingredient**

ICING MIX,POWDER,VANILLA  
 JUICE,ORANGE  
 ORANGE,RIND,GRATED  
 WATER,WARM

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place icing mix in mixer bowl. Add orange juice, rind and hot water (120 F.) gradually while mixing at low speed. Scrape down bowl; beat at high speed 3 minutes or until thick and smooth.
- 2 Spread on cooled cakes.



**DESSERTS (CAKES AND FROSTINGS) No.G 006 00**  
**BANANA CAKE (CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
216 cal	40 g	3 g	5 g	11 mg	291 mg	26 mg

**Ingredient**

BANANA,FRESH  
 CAKE MIX,YELLOW  
 OIL,SALAD  
 WATER  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

5-3/4 lbs

**Method**

- 1 Beat bananas in mixer bowl at high speed about 1 minute until smooth.
- 2 Add mix, contents of both soda pouches, salad oil and water to bananas. Beat at low speed 3 minutes. Scrape down bowl.
- 3 Add water gradually while mixing at low speed about 2 minute. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 4-1/4 quarts of batter into each sprayed and floured pan.
- 5 Using a convection oven, bake at 300 F. 30 to 35 minutes or until done on low fan, open vent.
- 6 Cool; frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 006 01**  
**BANANA CAKE (BANANA CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
289 cal	50 g	3 g	9 g	0 mg	304 mg	31 mg

**Ingredient**

CAKE MIX,BANANA

**Weight**

10 lbs

**Measure**

1 gal 3-3/8 qts

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 007 00**  
**DECORATOR'S FROSTING**

**Yield** 100

**Portion** 1 Quart

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
4494 cal	837 g	0 g	138 g	0 mg	12 mg	11 mg

**Ingredient**

SUGAR,POWDERED,SIFTED  
 SHORTENING  
 WATER  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Cream sugar and shortening in mixer bowl 1 minute at low speed. Scrape down bowl; continue beating at medium speed 2
- 2 Add water and vanilla slowly to creamed mixture while beating at low speed. Scrape down bowl; continue beating at medium speed until smooth.

**Notes**

- 1 Additional water may be added to reach desired consistency.
- 2 This icing may be used in a pastry bag for writing and all other decorative work for cakes.
- 3 In Step 2, for a tinted frosting, a small amount of food coloring paste may be used.

**DESSERTS (CAKES AND FROSTINGS) No.G 008 00**  
**FLORIDA LEMON CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
417 cal	52 g	4 g	22 g	53 mg	313 mg	32 mg

**Ingredient**

CAKE MIX, YELLOW  
 PIE FILLING, LEMON, PREPARED  
 EGGS, WHOLE, FROZEN  
 OIL, SALAD  
 WATER  
 FLAVORING, LEMON  
 COOKING SPRAY, NONSTICK  
 SUGAR, POWDERED, SIFTED  
 BUTTER, SOFTENED  
 WATER, BOILING  
 FLAVORING, LEMON

**Weight**

10 lbs  
 1-1/3 lbs  
 2 lbs  
 3-7/8 lbs  
 4-1/8 lbs  
 1-5/8 oz  
 2 oz  
 3-1/8 lbs  
 3 oz  
 12-1/2 oz  
 1/2 oz

**Measure**

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

**Issue**

**Method**

- 1 Place cake mix and pie filling mix in mixer bowl. Blend at low speed 1 minute.
- 2 Add eggs; blend at low speed 1 minute. Add salad oil gradually while mixing at low speed 2 minutes. Add water and lemon flavoring while mixing; blend 3 minutes at low speed. Scrape down bowl.
- 3 Lightly spray each pan with non-stick cooking spray. Pour about 1-1/4 gallons batter into each sprayed and floured pan.
- 4 Using a convection oven, bake at 300 F. 35 to 40 minutes on low fan, open vent or until done.
- 5 While cake is still warm, prick entire surface with a fork.
- 6 Combine sugar, butter or margarine, boiling water and lemon flavoring. Mix until smooth.
- 7 Drizzle 2-3/4 cup glaze over each cake.
- 8 Cut 6 by 9.

**Notes**

- 1 In Step 3, loaf type pans may be used for sheet pans. Pour 2 quarts batter into each pan. Using a convection oven bake at 300 F. for 1 hour 15 minutes on low fan, open vent. Remove cakes from pans while still warm; prick surface with fork. Pour 1 cup glaze over each pan. Cut 20 slices per pan.

**CHOCOLATE FROSTING (ICING MIX, CHOCOLATE POWDERED)**

**Yield** 1 Portion

**Portion** 2-1/2 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
7058 cal	1669 g	24 g	94 g	0 mg	1393 mg	209 mg

**Ingredient**

WATER,WARM  
ICING MIX,POWDER,CHOCOLATE

**Weight**

1 lbs  
4 lbs

**Measure**

2 cup

**Issue**

**Method**

- 1 Place icing mix in mixer bowl. Add hot water (120 F.) gradually while mixing at low speed. Scrape down bowl; beat at high speed 3 minutes or until thick and smooth.
- 2 Spread on cooled cakes.

**CHOC CHIP FROSTING (ICING MIX, CHOCOLATE POWDERED)**

Yield 1 Portion

Portion 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
8803 cal	1871 g	47 g	199 g	75 mg	1672 mg	859 mg

**Ingredient**

WATER,WARM  
 CHOCOLATE,COOKING CHIPS,SEMISWEET  
 ICING MIX,POWDER,CHOCOLATE

**Weight**

1 lbs  
 12 oz  
 4 lbs

**Measure**

2 cup  
 2 cup

**Issue**

**Method**

- 1 Place icing mix in mixer bowl with chocolate chips. Add hot water (120 F.) gradually while mixing at low speed. Scrape down bowl; beat at high speed 3 minutes or until thick and smooth.
- 2 Spread on cooled cakes.

**CHOC COCONUT FROST (ICING MIX, CHOCOLATE POWDERED)**

**Yield** 1 Portion

**Portion** 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
8339 cal	1791 g	31 g	185 g	0 mg	2063 mg	247 mg

**Ingredient**

WATER,WARM  
 COCONUT,PREPARED,SWEETENED FLAKES  
 ICING MIX,POWDER,CHOCOLATE

**Weight**

1 lbs  
 9 oz  
 4 lbs

**Measure**

2 cup  
 2-3/4 cup

**Issue**

**Method**

- 1 Place icing mix in mixer bowl with coconut. Add hot water (120 F.) gradually while mixing at low speed. Scrape down bowl; beat at high speed 3 minutes or until thick and smooth.
- 2 Spread on cooled cakes.

**MOCHA CREAM FROST (ICING MIX, CHOCOLATE POWDERED)**

**Yield** 1 Portion

**Portion** 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
7084 cal	1674 g	25 g	94 g	0 mg	1397 mg	224 mg

**Ingredient**

WATER,WARM  
 COFFEE,INSTANT,FREEZE DRIED  
 ICING MIX,POWDER,CHOCOLATE

**Weight**

1 lbs  
 3/8 oz  
 4 lbs

**Measure**

2 cup  
 2 tbsp

**Issue**

**Method**

- 1 Place icing mix in mixer bowl. Add hot water (120 F.) gradually while mixing at low speed and add coffee. Scrape down bowl; beat at high speed 3 minutes or until thick and smooth.
- 2 Spread on cooled cakes.



**DESSERTS (CAKES AND FROSTINGS) No.G 010 00**  
**YELLOW CAKE (MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
331 cal	51 g	2 g	14 g	1 mg	318 mg	62 mg

**Ingredient**

CAKE MIX, YELLOW

**Weight**

10 lbs

**Measure**

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Cool; frost if desired

**DESSERTS (CAKES AND FROSTINGS) No.G 010 01**  
**ALMOND CAKE (YELLOW MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
333 cal	51 g	2 g	14 g	1 mg	318 mg	62 mg

**Ingredient**

CAKE MIX,YELLOW  
FLAVORING,ALMOND

**Weight**

10 lbs  
1-7/8 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Cool; frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 010 02**  
**BLACK WALNUT CAKE (YELLOW MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
333 cal	51 g	2 g	14 g	1 mg	318 mg	62 mg

**Ingredient**

CAKE MIX,YELLOW  
FLAVORING,BLACK WALNUT

**Weight**

10 lbs  
1-7/8 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Cool; frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 010 03**  
**LEMON CAKE (YELLOW MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
309 cal	59 g	3 g	7 g	24 mg	363 mg	31 mg

**Ingredient**

CAKE MIX,YELLOW  
FLAVORING,LEMON  
LEMON BUTTER CREAM FROSTING

**Weight**

10 lbs  
2-1/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Cool, frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 010 04**  
**MAPLE NUT CAKE (YELLOW MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
344 cal	60 g	4 g	10 g	24 mg	363 mg	35 mg

**Ingredient**

CAKE MIX,YELLOW  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 FLAVORING,MAPLE  
 BUTTER CREAM FROSTING

**Weight**

10 lbs  
 1-1/4 lbs  
 1-7/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Cool; frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 010 05**  
**MARBLE CAKE (MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
327 cal	49 g	3 g	14 g	4 mg	347 mg	88 mg

**Ingredient**

CAKE MIX,YELLOW  
CAKE MIX,DEVILS FOOD

**Weight**

5 lbs  
5 lbs

**Measure**

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Cool; frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 010 06**  
**ORANGE CAKE (YELLOW MIX)**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
333 cal	51 g	2 g	14 g	1 mg	318 mg	62 mg

**Ingredient**

CAKE MIX,YELLOW  
FLAVORING,ORANGE

**Weight**

10 lbs  
1-7/8 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Cool; frost if desired.

EASY CHOCOLATE CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
345 cal	56 g	3 g	13 g	0 mg	315 mg	9 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 COCOA  
 BAKING SODA  
 SALT  
 OIL,SALAD  
 VINEGAR,DISTILLED  
 EXTRACT,VANILLA  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, cocoa, baking soda, and salt into mixer bowl.
- 2 Combine salad oil, vinegar and vanilla; add to dry ingredients while mixing at low speed 2 minutes.
- 3 Gradually add water while mixing at low speed 1 minute; scrape down bowl.
- 4 Mix at medium speed 2 minutes or until ingredients are well blended.
- 5 Lightly spray each pan with non-stick cooking spray. Pour about 3-1/2 quarts into each sprayed sheet pan.
- 6 Using a convection oven, bake at 325 F. for 25 minutes or until done on low fan, open vent.
- 7 Cool; frost if desired. Cut 6 by 9.



**DESSERTS (CAKES AND FROSTINGS) No.G 012 00**  
**DEVIL'S FOOD CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
329 cal	49 g	4 g	14 g	49 mg	333 mg	32 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING SODA  
 COCOA  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking soda, cocoa and milk into mixer bowl.
- 2 Blend shortening with dry ingredients. Add water gradually; beat at low speed 2 minutes or until blended. Beat at medium speed 2 minutes. Scrape down bowl.
- 3 Combine eggs, water, and vanilla; add slowly to mixture while beating at low speed 1 minute. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 4-1/2 quarts batter into each greased and floured pan. Spread evenly.
- 5 Using a convection oven, bake at 300 F. for 25 to 35 minutes or until done on low fan, open vent.
- 6 Cool; frost if desired. Cut 6 by 9.

**DESSERTS (CAKES AND FROSTINGS) No.G 012 01**  
**DEVIL'S FOOD CAKE (CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
322 cal	48 g	3 g	14 g	7 mg	376 mg	115 mg

**Ingredient**

CAKE MIX,DEVILS FOOD

**Weight**

10 lbs

**Measure**

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 012 02**  
**GERMAN CHOCOLATE CAKE (MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
335 cal	45 g	5 g	16 g	102 mg	363 mg	64 mg

**Ingredient**

CAKE MIX,GERMAN CHOCOLATE  
COCONUT PECAN FROSTING

**Weight**

10 lbs

**Measure**

3 qts

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 013 00**  
**CARROT CAKE (CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
308 cal	51 g	4 g	11 g	20 mg	311 mg	93 mg

**Ingredient**

CAKE MIX,CARROT  
CREAM CHEESE FROSTING

**Weight**

10 lbs

**Measure**

2 qts 2 cup

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Cool; frost if desired.

**PEANUT BUTTER CREAM FROSTING**

Yield 100

Portion 3 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
11838 cal	1652 g	182 g	561 g	629 mg	5645 mg	916 mg

**Ingredient**

PEANUT BUTTER  
 BUTTER,SOFTENED  
 HONEY  
 SUGAR,POWDERED  
 MILK,NONFAT,DRY  
 WATER  
 EXTRACT,VANILLA

**Weight**

1-3/8 lbs  
 10 oz  
 15 oz  
 2-1/2 lbs  
 1-5/8 oz  
 12-1/2 oz  
 1/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Cream peanut butter, butter or margarine, and honey in mixer bowl at medium speed 3 minutes.
- 2 Sift together powdered sugar and milk; add alternately with water and vanilla to creamed mixture while beating at low speed. Scrape down bowl; beat at medium speed 3 minutes or until smooth.
- 3 Spread on cool cakes.

**DESSERTS (CAKES AND FROSTINGS) No.G 015 00**  
**CHOCOLATE FUDGE FROSTING**

Yield 100

Portion 2-1/2 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13454 cal	2052 g	58 g	632 g	998 mg	6299 mg	749 mg

**Ingredient**

BUTTER  
 SHORTENING  
 SUGAR,POWDERED,SIFTED  
 COCOA  
 MILK,NONFAT,DRY  
 SALT  
 WATER,WARM  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Melt butter or margarine and shortening; pour into mixer bowl.
- 2 Sift together powdered sugar, cocoa, milk and salt; add to melted fats; mix at low speed until smooth.
- 3 Combine water and vanilla; add to mixture in bowl. Beat at medium speed until mixture obtains desired spreading consistency.
- 4 Spread immediately on cooled cakes.

**STRAWBERRY SHORTCAKE (BISCUIT MIX)**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
293 cal	47 g	4 g	10 g	5 mg	550 mg	106 mg

**Ingredient**

BISCUIT MIX  
 SUGAR,GRANULATED  
 WATER  
 BUTTER,SOFTENED  
 WHIPPED TOPPING (DEHYDRATED)  
 STRAWBERRIES,FROZEN,THAWED

**Weight**

9 lbs  
 1 lbs  
 4-2/3 lbs  
 6 oz  
 31-1/2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Place mix, sugar and contents of pouches in mixer bowl.
- 2 Blend with paddle at low speed 30 seconds.
- 3 Divide dough into four pieces, about 3-1/2 pounds each. Place dough on lightly floured surface; fold over 2 or 3 times; press down. Roll each piece into squares, about 16 by 16 inches and 3/8 inches thick.
- 4 Brush 2 pieces of dough with butter or margarine. Cut with 2-1/2 inch floured biscuit cutter.
- 5 Place biscuits on pans in rows 6 by 9. Brush top with remaining butter or margarine.
- 6 Using a convection oven, bake at 350 F. 15 minutes or until golden brown, on low fan, open vent.
- 7 Prepare 1-1/4 recipes Whipped Topping, Recipe No. K 002 00.
- 8 Place 1/4 cup strawberries on bottom half of each biscuit; top with other half. Top with 1/4 cup whipped topping.

**DESSERTS (CAKES AND FROSTINGS) No.G 016 01**  
**STRAWBERRY SHORTCAKE (CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
265 cal	52 g	4 g	5 g	11 mg	304 mg	57 mg

**Ingredient**

CAKE MIX, YELLOW  
 WHIPPED TOPPING (DEHYDRATED)  
 STRAWBERRIES, FROZEN, THAWED

**Weight**

10 lbs  
 31-1/2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. When cakes are cool, cut 6x9.
- 2 Prepare 1-1/4 recipes Whipped Topping, K 002 00.
- 3 Place 1/4 cup strawberries on each piece of cake. Top with 1/4 cup whipped topping.



**DESSERTS (CAKES AND FROSTINGS) No.G 017 00**  
**GINGERBREAD**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
265 cal	42 g	3 g	10 g	24 mg	266 mg	55 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 BAKING SODA  
 CINNAMON,GROUND  
 GINGER,GROUND  
 SHORTENING  
 MOLASSES  
 EGGS,WHOLE,FROZEN  
 WATER,WARM  
 WATER,ICE  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, baking soda, cinnamon, and ginger into mixer bowl.
- 2 Add shortening, molasses, and eggs to dry ingredients. Beat at low speed 1 minute until blended; continue beating at medium speed 2 minutes. Scrape down bowl.
- 3 Add water to mixture; mix at low speed only until batter is smooth.
- 4 Lightly spray each pan with non-stick cooking spray. Pour about 3-1/2 quarts batter into each sprayed and floured pan.
- 5 Using a convection oven, bake at 300 F. for 25 to 35 minutes or until done on low fan, open vent.
- 6 Cut 6 by 9. Serve warm if possible.

**Notes**

- 1 If desired, top each portion with 1/4 cup Whipped Topping, Recipe No. K 002 00 or 3 tablespoons Lemon Sauce, Recipe No. K 009 00 or dust with powdered sugar.

**DESSERTS (CAKES AND FROSTINGS) No.G 017 01**  
**GINGERBREAD (GINGERBREAD CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
334 cal	54 g	3 g	12 g	0 mg	449 mg	64 mg

**Ingredient**

GINGERBREAD MIX

**Weight**

15 lbs

**Measure**

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Top with whipped topping.

**DESSERTS (CAKES AND FROSTINGS) No.G 018 00**  
**CARAMEL FROSTING**

**Yield** 100

**Portion** 2-1/2 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
12575 cal	2280 g	10 g	416 g	1121 mg	4576 mg	877 mg

**Ingredient**

BUTTER  
 SUGAR,BROWN,PACKED  
 MILK,NONFAT,DRY  
 WATER  
 SUGAR,POWDERED,SIFTED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Melt butter or margarine. Add brown sugar; mix thoroughly while mixing at low speed. Cook over low heat 2 minutes; stir constantly.
- 2 Combine milk and water. Add to butter mixture. Bring mixture to a boil; stir constantly. Remove from heat.
- 3 Pour into mixer bowl; cool 10 minutes.
- 4 Add powdered sugar gradually while mixing at low speed. Mix 2 minutes at medium speed until smooth.
- 5 Spread immediately on cooled cakes.

**DESSERTS (CAKES AND FROSTINGS) No.G 019 00**  
**BROWN SUGAR FROSTING**

**Yield** 100

**Portion** 2-1/4 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
9496 cal	1997 g	12 g	185 g	502 mg	2474 mg	1336 mg

**Ingredient**

SUGAR,BROWN,PACKED  
 BUTTER  
 WATER  
 MILK,NONFAT,DRY  
 SUGAR,POWDERED,SIFTED  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine brown sugar, butter, or margarine, and water. Heat to boiling; cook 1 minute.
- 2 Remove from heat; pour into mixer bowl.
- 3 Sift together milk and powdered sugar; add slowly to cooked mixture while beating at low speed.
- 4 Add vanilla; mix at medium speed 5 minutes or until smooth and of spreading consistency.
- 5 Pour and spread immediately on cool cakes.

PEANUT BUTTER CRUMB CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
340 cal	52 g	6 g	13 g	11 mg	340 mg	30 mg

**Ingredient**

CAKE MIX, YELLOW  
 COOKING SPRAY, NONSTICK  
 FLOUR, WHEAT, GENERAL PURPOSE  
 SUGAR, GRANULATED  
 PEANUT BUTTER  
 MARGARINE, SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Prepare cake mix according to instructions on container.
- 2 Lightly spray each pan with non-stick cooking spray. Pour 1 gallon batter into each sprayed and floured pan.
- 3 Combine flour, sugar, peanut butter and butter or margarine; mix at low speed 1-1/2 minutes or until crumbs are formed.
- 4 Sprinkle 1-1/2 quarts crumbs over batter in each pan.
- 5 Using a convection oven, bake at 325 F. for 30 minutes or until done on low fan, open vent.
- 6 Cool. Cut 6 by 9.

PEANUT BUTTER CAKE

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
290 cal	38 g	6 g	14 g	11 mg	345 mg	29 mg

**Ingredient**

CAKE MIX, YELLOW  
 PEANUT BUTTER  
 COOKING SPRAY, NONSTICK

**Weight**

10 lbs  
 2-1/2 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare cake mix according to instructions on container. Add peanut butter.
- 2 Lightly spray each pan with non-stick cooking spray. Pour 4-1/2 quarts batter into each sprayed and floured pan.
- 3 Using a convection oven, bake at 325 F. for 30 minutes or until done on low fan, open vent.
- 4 Cool. Cut 6 by 9. Frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 021 00**  
**POUND CAKE**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	35 g	4 g	14 g	60 mg	186 mg	31 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients. Beat at medium speed 7 minutes. Scrape down bowl.
- 3 Add eggs and vanilla slowly to mixture while beating at low speed. Beat at low speed 7 minutes. Scrape down bowl.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 2-1/2 quarts batter into each sprayed and floured pan.
- 5 Using a convection oven, bake at 325 F. for 1 hour 5 minutes or until done on low fan, open vent.
- 6 Cool; cut 6x9.

**DESSERTS (CAKES AND FROSTINGS) No.G 021 01**  
**ALMOND POUND CAKE (POUND CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
201 cal	15 g	3 g	14 g	56 mg	177 mg	29 mg

**Ingredient**

CAKE MIX,POUND  
FLAVORING,ALMOND

**Weight**

10 lbs  
1-7/8 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add almond flavoring.



VELVET POUND CAKE (YELLOW CAKE MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
289 cal	42 g	3 g	12 g	26 mg	398 mg	28 mg

**Ingredient**

CAKE MIX,YELLOW  
 DESSERT POWDER,PUDDING,INSTANT,VANILLA  
 OIL,SALAD  
 EGGS,WHOLE,FROZEN  
 WATER  
 FLAVORING,ALMOND

**Weight**

10 lbs  
 1-1/2 lbs  
 1 lbs  
 12 oz  
 4-2/3 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add dessert powder, oil, eggs, water and flavoring to cake mix.
- 2 Cool; cut 25 slices per loaf.

LEMON POUND CAKE (POUND CAKE MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
206 cal	15 g	3 g	15 g	54 mg	176 mg	29 mg

**Ingredient**

CAKE MIX,POUND

JUICE,LEMON

LEMON RIND,GRATED

FLAVORING,LEMON

**Weight**

10 lbs

2-1/8 oz

1/2 oz

2-1/8 oz

**Measure**

1/4 cup 1/3 tbsp

2-2/3 tbsp

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add lemon juice, rind and flavoring to cake mix.

**DESSERTS (CAKES AND FROSTINGS) No.G 022 00**  
**BUTTER CREAM FROSTING**

**Yield** 100

**Portion** 2-3/4 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
13120 cal	2288 g	15 g	463 g	1248 mg	7207 mg	533 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,POWDERED,SIFTED  
 SALT  
 MILK,NONFAT,DRY  
 EXTRACT,VANILLA  
 WATER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Cream butter or margarine in mixer bowl at medium speed 1 to 3 minutes or until light and fluffy.
- 2 Sift together powdered sugar, salt and milk; add to creamed butter or margarine.
- 3 Add vanilla while mixing at low speed; add just enough water to obtain a spreading consistency. Scrape down bowl. Beat at medium speed 3 to 5 minutes or until mixture is light and well blended.
- 4 Spread immediately on cooled cakes.

**ORANGE BUTTER CREAM FROSTING**

**Yield** 100

**Portion** 2-3/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13074 cal	2302 g	7 g	463 g	1242 mg	7042 mg	232 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,POWDERED,SIFTED  
 SALT  
 ORANGE PEEL,FRESH,GRATED  
 JUICE,ORANGE

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Cream butter or margarine in mixer bowl at medium speed 1 to 3 minutes or until light and fluffy.
- 2 Sift together powdered sugar and salt; add to creamed butter or margarine.
- 3 Add grated orange rind and orange juice while mixing at low speed to obtain a spreading consistency. Scrape down bowl. Beat at medium speed 3 to 5 minutes or until mixture is light and well blended.
- 4 Spread immediately on cooled cakes.

**CHOCOLATE BUTTER CREAM FROSTING**

**Yield** 100

**Portion** 2-3/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13907 cal	2474 g	83 g	510 g	1248 mg	7283 mg	976 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,POWDERED,SIFTED  
 SALT  
 MILK,NONFAT,DRY  
 COCOA  
 EXTRACT,VANILLA  
 WATER,BOILING

**Weight**

1-1/4 lbs  
 5 lbs  
 1/4 oz  
 1 oz  
 12-1/8 oz  
 7/8 oz  
 10-1/2 oz

**Measure**

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

**Issue**

**Method**

- 1 Cream butter or margarine in mixer bowl at medium speed 1 to 3 minutes or until light and fluffy.
- 2 Sift together powdered sugar, salt, milk and cocoa; add to creamed butter or margarine.
- 3 Add vanilla while mixing at low speed; add just enough boiling water to obtain a spreading consistency. Scrape down bowl. Beat at medium speed 3 to 5 minutes or until mixture is light and well blended.
- 4 Spread immediately on cooled cakes.

**Notes**

- 1 Unsweetened cooking chocolate may be used. For 100 portions, melt 1 pound chocolate at low heat. Cool. Reduce butter or margarine to 1-1/2 cups. Add chocolate at end of Step 1.

COCONUT BUTTER CREAM FROSTING

Yield 100

Portion 2-3/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
15100 cal	2476 g	27 g	603 g	1248 mg	8242 mg	592 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,POWDERED,SIFTED  
 SALT  
 MILK,NONFAT,DRY  
 EXTRACT,VANILLA  
 WATER  
 COCONUT,PREPARED,SWEETENED FLAKES  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Cream butter or margarine in mixer bowl at medium speed 1 to 3 minutes or until light and fluffy.
- 2 Sift together powdered sugar, salt and milk; add to creamed butter or margarine.
- 3 Add vanilla while mixing at low speed; add just enough water to obtain a spreading consistency. Scrape down bowl. Beat at medium speed 3 to 5 minutes or until mixture is light and well blended. Fold in coconut.
- 4 Spread immediately on cooled cakes. Sprinkle additional coconut evenly over each frosted cake.

LEMON BUTTER CREAM FROSTING

Yield 100

Portion 2-3/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13075 cal	2294 g	16 g	463 g	1248 mg	7225 mg	572 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,POWDERED,SIFTED  
 SALT  
 MILK,NONFAT,DRY  
 LEMON RIND,GRATED  
 JUICE,LEMON  
 WATER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Cream butter or margarine in mixer bowl at medium speed 1 to 3 minutes or until light and fluffy.
- 2 Sift together powdered sugar, salt and milk; add to creamed butter or margarine.
- 3 Add grated lemon rind and lemon juice while mixing at low speed; add just enough water to obtain a spreading consistency. Scrape down bowl. Beat at medium speed 3 to 5 minutes or until mixture is light and well blended.
- 4 Spread immediately on cooled cakes.

MAPLE BUTTER CREAM FROSTING

Yield 100

Portion 2-3/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13194 cal	2291 g	15 g	463 g	1248 mg	7209 mg	536 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,POWDERED,SIFTED  
 SALT  
 MILK,NONFAT,DRY  
 EXTRACT,VANILLA  
 FLAVORING,MAPLE  
 WATER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Cream butter or margarine in mixer bowl at medium speed 1 to 3 minutes or until light and fluffy.
- 2 Sift together powdered sugar, salt and milk; add to creamed butter or margarine.
- 3 Add vanilla and maple flavoring while mixing at low speed; add just enough water to obtain a spreading consistency. Scrape down bowl. Beat at medium speed 3 to 5 minutes or until mixture is light and well blended.
- 4 Spread immediately on cooled cakes.



## MOCHA BUTTER CREAM FROSTING

Yield 100

Portion 2-3/4 Quarts

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13206 cal	2332 g	28 g	478 g	1242 mg	7068 mg	315 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,POWDERED,SIFTED  
 SALT  
 COCOA  
 COFFEE (INSTANT)

**Weight**

1-1/4 lbs  
 5 lbs  
 1/4 oz  
 4 oz

**Measure**

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

**Issue****Method**

- 1 Cream butter or margarine in mixer bowl at medium speed 1 to 3 minutes or until light and fluffy.
- 2 Sift together powdered sugar, salt and cocoa; add to creamed butter or margarine.
- 3 Add double strength brewed coffee to obtain a spreading consistency. Scrape down bowl. Beat at medium speed 3 to 5 minutes or until mixture is light and well blended.
- 4 Spread immediately on cooled cakes.

**DESSERTS (CAKES AND FROSTINGS) No.G 023 00**  
**EASY VANILLA CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
356 cal	58 g	3 g	13 g	0 mg	271 mg	79 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 OIL,SALAD  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 SALT  
 WATER,WARM  
 EGG WHITES,FROZEN,THAWED  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place flour in mixer bowl.
- 2 Gradually add oil while mixing at low speed 2 minutes. Mixture will resemble a crumbly paste.
- 3 Sift together sugar, milk, baking powder and salt; add to flour-oil mixture; mix at low speed 2 minutes.
- 4 Combine water, egg whites and vanilla; gradually add to mixture while mixing at low speed 2 minutes; scrape down bowl.
- 5 Mix at medium speed 2 minutes or until well blended.
- 6 Lightly spray each pan with non-stick cooking spray. Pour about 3-1/2 quarts batter into each sprayed pan.
- 7 Using a convection oven, bake at 325 F. for 35 minutes or until done on low fan, open vent.
- 8 Cool; frost if desired. Cut 6 by 9.

**DESSERTS (CAKES AND FROSTINGS) No.G 024 00**  
**CHOCOLATE GLAZE FROSTING**

**Yield** 100

**Portion** 2-1/4 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
2320 cal	450 g	12 g	70 g	166 mg	645 mg	99 mg

**Ingredient**

SUGAR,POWDERED  
 COCOA  
 BUTTER  
 EXTRACT,VANILLA  
 WATER,BOILING

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together powdered sugar and cocoa into mixer bowl.
- 2 Combine butter or margarine and vanilla with sugar mixture at low speed. Add enough water to obtain spreading consistency. Beat at medium speed about 3 minutes or until smooth.
- 3 Spread immediately on cooled cakes.

**Notes**

- 1 In Step 1, 2-2/3 ounces unsweetened cooking chocolate may be used per 100 portions. Melt chocolate at low heat. Cool. In Step 2, reduce butter or margarine to 1-1/3 ounces or 2-2/3 tablespoons. Add cooled, melted chocolate to butter or margarine.

**DESSERTS (CAKES AND FROSTINGS) No.G 025 00**  
**SPICE CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
337 cal	50 g	4 g	14 g	40 mg	320 mg	76 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 BAKING SODA  
 CINNAMON,GROUND  
 CLOVES,GROUND  
 ALLSPICE,GROUND  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 MOLASSES  
 WATER  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, baking soda, cinnamon, cloves, allspice and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients. Beat at low speed 1 minute until blended. Scrape down bowl. Continue beating at medium speed 2 minutes.
- 3 Combine eggs, molasses, water and vanilla. Add slowly to mixture while beating at low speed. Scrape down bowl. Beat at medium speed for 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 4-1/4 quarts batter into each greased and floured pan.
- 5 Using a convection oven, bake at 325 F. for 35 minutes or until done on low fan, open vent.
- 6 Cool; frost if desired. Cut 6 by 9.

**DESSERTS (CAKES AND FROSTINGS) No.G 025 01**  
**SPICE CAKE (YELLOW CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
273 cal	52 g	3 g	7 g	11 mg	311 mg	30 mg

**Ingredient**

CAKE MIX,YELLOW  
 CINNAMON,GROUND  
 CLOVES,GROUND  
 ALLSPICE,GROUND

**Weight**

10 lbs  
 1 oz  
 1/2 oz  
 1/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add cinnamon, cloves and allspice. Frost if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 026 00**  
**CHEESE CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
357 cal	30 g	6 g	24 g	98 mg	323 mg	53 mg

**Ingredient**

MARGARINE,MELTED  
 CRACKERS,GRAHAM,CRUMBS  
 SUGAR,GRANULATED  
 CHEESE,CREAM,SOFTENED,ROOM TEMPERATURE  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 SALT  
 EGGS,WHOLE,FROZEN  
 WATER  
 JUICE,LEMON  
 JUICE,ORANGE  
 EXTRACT,VANILLA  
 ORANGE,RIND,GRATED  
 LEMON RIND,GRATED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Grind graham crackers or crush on board with rolling pin. Combine butter or margarine, crumbs, and sugar in mixer bowl. Blend thoroughly at low speed, about 1 minute.
- 2 Press 2 quarts crumb mixture firmly in bottom of each pan. Using a convection oven, bake 3 minutes on low fan, open vent at 325 F. Cool; set aside for use in Step 8.
- 3 Place cream cheese in mixer bowl. Whip at medium speed until fluffy, about 3 minutes.
- 4 Combine sugar, flour, milk, and salt. Mix well.
- 5 Add to cream cheese; whip at low speed until blended, about 2 minutes. Whip at medium speed until smooth, about 1 minute.
- 6 Add eggs; whip at low speed 30 seconds. Whip at medium speed until smooth, about 1 minute.
- 7 Combine water, lemon and orange juices, vanilla, orange and lemon rinds; add to cheese mixture. Whip at low speed until well blended, about 2 minutes.
- 8 Spread 5-1/4 quarts cheese filling evenly over crust in each pan.
- 9 Using a convection oven, bake at 325 F. for 25 to 30 minutes on low fan, open vent or until filling is firm and lightly browned.
- 10 Refrigerate until ready to serve. Cut 6 by 9.

**DESSERTS (CAKES AND FROSTINGS) No.G 026 01**  
**CHEESE CAKE (MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
331 cal	41 g	5 g	17 g	22 mg	440 mg	138 mg

**Ingredient**

MARGARINE,SOFTENED  
 CRACKERS,GRAHAM,CRUMBS  
 SUGAR,GRANULATED  
 CHEESECAKE MIX

**Weight**

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

**Measure**

3 cup  
 1-3/4 cup

**Issue**

**Method**

- 1 Combine margarine or butter, crumbs and sugar in mixer bowl. Blend thoroughly at low speed about 1 minute.
- 2 Prepare mix according to instructions on container.

**CHEESE CAKE WITH FRUIT TOPPING**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
432 cal	50 g	6 g	24 g	98 mg	346 mg	66 mg

**Ingredient**

MARGARINE,MELTED  
 CRACKERS,GRAHAM,CRUMBS  
 SUGAR,GRANULATED  
 CHEESE,CREAM,SOFTENED,ROOM TEMPERATURE  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 MILK,NONFAT,DRY  
 EGGS,WHOLE,FROZEN  
 WATER  
 JUICE,LEMON  
 JUICE,ORANGE  
 EXTRACT,VANILLA  
 ORANGE,RIND,GRATED  
 LEMON RIND,GRATED  
 PIE FILLING,CHERRY,PREPARED  
 PIE FILLING,BLUEBERRY,PREPARED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine butter or margarine, crumbs, and sugar in mixer bowl. Blend thoroughly at low speed, about 1 minute.
- 2 Press 2 quarts crumb mixture firmly in bottom of each pan. Using a convection oven, bake 3 minutes at 325 F. on low fan, open vent. Cool; set aside for use in Step 8.
- 3 Place cream cheese in mixer bowl. Whip at medium speed until fluffy, about 3 minutes.
- 4 Combine sugar, flour, milk, and salt. Mix well.
- 5 Add to cream cheese; whip at low speed until blended, about 2 minutes. Whip at medium speed until smooth, about 1 minute.
- 6 Add eggs; whip at low speed 30 seconds. Whip at medium speed until smooth, about 1 minute.
- 7 Combine water, lemon and orange juices, vanilla, orange and lemon rinds; add to cheese mixture. Whip at low speed until well blended, about 2 minutes.
- 8 Spread 5-1/4 quarts cheese filling evenly over crust in each pan.
- 9 Using a convection oven, bake at 325 F. 25 to 30 minutes on low fan, open vent or until firm and lightly browned.
- 10 Chill. Spread 7-1/2 cups canned fruit pie filling over each cake. When chilled, cut 6 by 9.

**Notes**

- 1 In Step 10, suggested fruit pie fillings include peach, apple, strawberry, or cherry.



**CHEESE CAKE MIX WITH FRUIT TOPPING**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
366 cal	51 g	5 g	17 g	22 mg	460 mg	147 mg

**Ingredient**

MARGARINE,SOFTENED  
 CRACKERS,GRAHAM,CRUMBS  
 SUGAR,GRANULATED  
 CHEESECAKE MIX  
 PIE FILLING,BLUEBERRY,PREPARED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine margarine or butter, crumbs and sugar in mixer bowl. Blend thoroughly at low speed, about 1 minute.
- 2 Prepare mix according to instructions on container.
- 3 Choice of toppings are blueberry, apple or cherry.

**CHEESE CAKE WITH SOUR CREAM TOPPING**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
387 cal	35 g	6 g	25 g	103 mg	333 mg	72 mg

**Ingredient**

MARGARINE,MELTED  
 CRACKERS,GRAHAM,CRUMBS  
 SUGAR,GRANULATED  
 CHEESE,CREAM,SOFTENED,ROOM TEMPERATURE  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 SALT  
 EGGS,WHOLE,FROZEN  
 WATER  
 JUICE,ORANGE  
 JUICE,LEMON  
 EXTRACT,VANILLA  
 ORANGE,RIND,GRATED  
 LEMON RIND,GRATED  
 SOUR CREAM,LOW FAT  
 SUGAR,GRANULATED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Combine butter or margarine, crumbs, and sugar in mixer bowl. Blend thoroughly at low speed, about 1 minute.
- 2 Press 2 quarts crumb mixture firmly in bottom of each pan. Using a convection oven bake at 325 F. 3 minutes on low fan, open vent. Cool; set aside for use in Step 8.
- 3 Place cream cheese in mixer bowl. Whip at medium speed until fluffy, about 3 minutes.
- 4 Combine sugar, flour, milk, and salt. Mix well.
- 5 Add to cream cheese; whip at low speed until blended, about 2 minutes. Whip at medium speed until smooth, about 1 minute.
- 6 Add eggs; whip at low speed 30 seconds. Whip at medium speed until smooth, about 1 minute.
- 7 Combine water, lemon and orange juices, vanilla, orange and lemon rinds; add to cheese mixture. Whip at low speed until well blended, about 2 minutes.
- 8 Spread 8 pounds 5 ounces, about 5-1/4 quarts cheese filling evenly over crust in each pan.
- 9 Using a convection oven, bake at 325 F. 25 to 30 minutes on low fan, open vent or until firm and lightly browned.
- 10 Combine sour cream and last sugar. Spread about 3 cups over each baked cheese cake. Using a convection oven, bake at 325 F. 3 minutes on low fan, open vent.
- 11 Refrigerate until ready to serve. Cut 6 by 9.

## CHEESE CAKE WITH STRAWBERRIES

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
370 cal	34 g	6 g	24 g	98 mg	324 mg	59 mg

**Ingredient**

MARGARINE,MELTED  
 CRACKERS,GRAHAM,CRUMBS  
 SUGAR,GRANULATED  
 CHEESE,CREAM,SOFTENED,ROOM TEMPERATURE  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 SALT  
 EGGS,WHOLE,FROZEN  
 WATER  
 JUICE,LEMON  
 JUICE,ORANGE  
 EXTRACT,VANILLA  
 ORANGE,RIND,GRATED  
 LEMON RIND,GRATED  
 STRAWBERRIES,FROZEN,THAWED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Grind graham crackers or crush on board with rolling pin. Combine butter or margarine, crumbs, and sugar in mixer bowl. Blend thoroughly at low speed, about 1 minute.
- 2 Press 2 quarts crumb mixture firmly in bottom of each pan. Using a convection oven, bake 3 minutes on low fan, open vent at 325 F. Cool; set aside for use in Step 8.
- 3 Place cream cheese in mixer bowl. Whip at medium speed until fluffy, about 3 minutes.
- 4 Combine sugar, flour, milk, and salt. Mix well.
- 5 Add to cream cheese; whip at low speed until blended, about 2 minutes. Whip at medium speed until smooth, about 1 minute.
- 6 Add eggs; whip at low speed 30 seconds. Whip at medium speed until smooth, about 1 minute.
- 7 Combine water, lemon and orange juices, vanilla, orange and lemon rinds; add to cheese mixture. Whip at low speed until well blended, about 2 minutes.
- 8 Spread 5-1/4 quarts cheese filling evenly over crust in each pan.
- 9 Using a convection oven, bake at 325 F. for 25 to 30 minutes on low fan, open vent or until filling is firm and lightly browned.
- 10 Refrigerate until ready to serve. Place strawberries over each chilled pie. Cut 6 by 9.

**DESSERTS (CAKES AND FROSTINGS) No.G 027 00**  
**CREAM CHEESE FROSTING**

**Yield** 100

**Portion** 2-1/2 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
12009 cal	1484 g	137 g	634 g	1990 mg	5378 mg	1467 mg

**Ingredient**

CHEESE, CREAM, SOFTENED, ROOM TEMPERATURE  
SUGAR, POWDERED, SIFTED  
EXTRACT, VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Cream softened cream cheese, powdered sugar and vanilla in mixer bowl at low speed 4 minutes or until smooth and creamy.
- 2 Spread immediately on cooled cakes.

**DESSERTS (CAKES AND FROSTINGS) No.G 028 00**  
**STRAWBERRY CAKE (CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
209 cal	38 g	2 g	5 g	0 mg	288 mg	17 mg

**Ingredient**

STRAWBERRIES,FROZEN,THAWED  
DESSERT POWDER,GELATIN,STRAWBERRY  
CAKE MIX,WHITE  
WATER

**Weight**

2 lbs  
12 oz  
10 lbs  
4-1/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Thaw strawberries.
- 2 Prepare mix according to instructions on container. Add dessert powder and water.

**PINEAPPLE UPSIDE DOWN CAKE**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
341 cal	52 g	4 g	14 g	60 mg	340 mg	93 mg

**Ingredient**

PINEAPPLE,CANNED,SLICES,JUICE PACK,INCL LIQUIDS  
 CHERRIES,MARASCHINO,WHOLE  
 BUTTER,MELTED  
 SUGAR,BROWN,PACKED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Drain pineapple well. Drain cherries; slice in half. Set fruit aside for use in Step 3.
- 2 Pour 1-1/2 cups butter or margarine in each pan. Sprinkle 3-1/4 cups brown sugar evenly over butter or margarine.
- 3 Arrange 54 pineapple slices in rows of 6 by 9, over mixture in each pan. Place 1 cherry half, cut side up, into each pineapple slice. Set aside for use in Step 5.
- 4 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 5 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 6 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed about 2 minutes. Scrape down bowl. Beat at medium speed 3 minutes.
- 7 Pour 3-1/2 quarts batter evenly over fruit in each pan.
- 8 Using a convection oven, bake at 325 F. 25-30 minutes on low fan, open vent or until done.
- 9 Remove cakes from pans while still hot. Cut 6 by 9. Serve fruit side up.

**PINEAPPLE UPSIDE DOWN CAKE (MIX)**

**Yield** 100

**Portion** 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
357 cal	60 g	3 g	13 g	26 mg	353 mg	47 mg

**Ingredient**

PINEAPPLE,CANNED,SLICES,JUICE PACK,INCL LIQUIDS  
 CHERRIES,MARASCHINO,WHOLE  
 SUGAR,BROWN,PACKED  
 BUTTER,SOFTENED  
 CAKE MIX,YELLOW

**Weight**

13-1/2 lbs  
 1 lbs  
 3 lbs  
 1-1/2 lbs  
 10 lbs

**Measure**

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

**Issue**

**Method**

- 1 Drain pineapple well. Drain cherries; slice in half. Set fruit aside for use in Step 3.
- 2 Pour 1-1/2 cups butter or margarine in each pan. Sprinkle 3-1/4 cups brown sugar evenly over butter or margarine.
- 3 Arrange 54 pineapple slices, in rows 6 by 9, over mixture in each pan. Place 1 cherry half into each pineapple slice. Set aside.
- 4 Prepare mix according to instructions on container.
- 5 Pour 3-1/2 quarts batter evenly over fruit in each pan.
- 6 Using a convection oven, bake at 325 F. 25-30 minutes on low fan, open vent or until done.
- 7 Remove cakes from pans while still hot. Cut 6 by 9. Serve fruit side up.

**FRUIT COCKTAIL UPSIDE DOWN CAKE (MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
278 cal	41 g	3 g	12 g	11 mg	292 mg	29 mg

**Ingredient**

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS  
CAKE MIX,YELLOW

**Weight**

10-1/8 lbs  
10 lbs

**Measure**

1 gal 7/8 qts

**Issue**

**Method**

- 1 Drain fruit cocktail well.
- 2 Prepare mix according to instructions on container.



**FRUIT COCKTAIL UPSIDE DOWN CAKE**

**Yield** 100

**Portion** 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
322 cal	47 g	4 g	14 g	60 mg	341 mg	87 mg

**Ingredient**

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS  
 BUTTER,MELTED  
 SUGAR,BROWN,PACKED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Drain fruit cocktail well. Set fruit aside for use in Step 3.
- 2 Pour 1-1/2 cups butter or margarine in each pan. Sprinkle 3-1/4 cups brown sugar evenly over butter or margarine.
- 3 Spread 1-1/2 quart fruit cocktail evenly over mixture in each pan. Set aside for use in Step 5.
- 4 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 5 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 6 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed about 2 minutes. Scrape down bowl. Beat at medium speed 3 minutes.
- 7 Pour 3-1/2 quarts batter evenly over fruit in each pan.
- 8 Using a convection oven, bake at 325 F. 25-30 minutes on low fan, open vent or until done.
- 9 Remove cakes from pans while still hot. Cut 6 by 9. Serve fruit side up.

**DESSERTS (CAKES AND FROSTINGS) No.G 030 00**  
**WHITE CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
306 cal	49 g	3 g	11 g	0 mg	338 mg	89 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGG WHITES,FROZEN,THAWED  
 WATER  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients. Beat at low speed 1 minute or until blended; continue beating at medium speed 2 minutes. Scrape down bowl.
- 3 Combine egg whites, water, and vanilla. Add slowly to mixture while beating at low speed. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 1 gallon batter into each greased and floured pan.
- 5 Using a convection oven, bake at 300 F. for 25 to 35 minutes on low fan, open vent or until done.
- 6 Cool; frost if desired. Cut 6 by 9.

**WHITE CAKE (WHITE CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
288 cal	50 g	2 g	9 g	0 mg	299 mg	16 mg

**Ingredient**

CAKE MIX,WHITE

**Weight**

10 lbs

**Measure**

1 gal 3-3/8 qts

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Frost if desired.

LEMON FILLED CAKE (WHITE CAKE MIX)

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
361 cal	64 g	2 g	11 g	12 mg	370 mg	23 mg

**Ingredient**

CAKE MIX,WHITE  
 PIE FILLING,LEMON,PREPARED  
 COCONUT BUTTER CREAM FROSTING

**Weight**

10 lbs  
 5 lbs  
 3-1/2 kg

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add lemon filling to cake. Frost if desired.

**RASPBERRY FILLED CAKE (WHITE CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
286 cal	42 g	3 g	12 g	0 mg	299 mg	28 mg

**Ingredient**

CAKE MIX,WHITE  
 RASPBERRY BAKERY FILLING  
 WHIPPED TOPPING (DEHYDRATED)

**Weight**

10 lbs  
 4-1/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add raspberry filling. Frost or top with whipped topping if desired.

**STRAWBERRY FILLED CAKE (WHITE CAKE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
313 cal	50 g	3 g	12 g	0 mg	296 mg	27 mg

**Ingredient**

CAKE MIX,WHITE  
 JAM,STRAWBERRY  
 WHIPPED TOPPING (DEHYDRATED)

**Weight**

10 lbs  
 4 lbs

**Measure**

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

**Issue**

**Method**

- 1 Prepare according to instructions on container. Add strawberry jam. Frost or top with whipped topping if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 031 00**  
**COCONUT PECAN FROSTING**

**Yield** 100

**Portion** 3 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
14029 cal	1269 g	152 g	978 g	2326 mg	7540 mg	2852 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 BUTTER  
 EGGS,WHOLE,FROZEN  
 SUGAR,GRANULATED  
 EXTRACT,VANILLA  
 PECANS,CHOPPED  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk.
- 2 Add butter, eggs and sugar to milk; blend well.
- 3 Cook mixture over low heat stirring constantly about 15 minutes until thickened and just begins to bubble around edge. Remove from heat.
- 4 Add vanilla, nuts and coconut. Stir to mix thoroughly.
- 5 Chill thoroughly, about 1 hour, before spreading on cooled cakes. Refrigerate cakes after frosting.

**DESSERTS (CAKES AND FROSTINGS) No.G 032 00**  
**YELLOW CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
323 cal	50 g	4 g	12 g	45 mg	300 mg	75 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 3 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed about 2 minutes. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 3-1/2 quarts batter into each sprayed and floured pan.
- 5 Using a convection oven, bake at 325 F. for 30 minutes or until done on low fan, open vent.
- 6 Cool; frost if desired. Cut 6 by 9.



**DESSERTS (CAKES AND FROSTINGS) No.G 032 01**  
**BANANA-FILLED LAYER CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
369 cal	60 g	4 g	13 g	57 mg	352 mg	80 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK  
 BUTTER CREAM FROSTING  
 BANANA,FRESH,SLICED

**Weight**

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

**Measure**

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

**Issue**

3-7/8 lbs

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 3 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 3-1/2 quarts batter into each sprayed and floured pan.
- 5 Using a convection oven, bake at 325 F. for 30 minutes or until done on low fan, open vent.
- 6 Cool. Prepare Butter Cream Frosting, Recipe No. G 022 00. Spread frosting over 1 sheet cake. Thinly slice bananas; spread over frosting. Top with second sheet cake; spread remaining frosting evenly over sides and top of cake. Cut 4 by 25.

**DESSERTS (CAKES AND FROSTINGS) No.G 032 02**  
**BOSTON CREAM PIE**

**Yield** 100

**Portion** 1 Slice

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
330 cal	57 g	4 g	10 g	48 mg	457 mg	101 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK  
 VANILLA CREAM PUDDING (INSTANT)  
 CHOCOLATE GLAZE FROSTING  
 SUGAR,POWDERED

**Weight**

4-3/8 lbs  
 4 lbs  
 1-1/2 oz  
 3-1/4 oz  
 3 oz  
 1-1/2 lbs  
 2-1/3 lbs  
 2-1/4 lbs  
 12-1/2 oz  
 1-7/8 oz  
 2 oz  
 10-5/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 3 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed about 2 minutes. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 2-1/3 cups batter into each sprayed and floured 9-inch pie pan.
- 5 Using a convection oven, bake at 325 F. for 20 to 25 minutes or until done on low fan, open vent.
- 6 Cool. Split cooled cakes. Prepare Vanilla Pudding, Recipe No. J 014 00 for filling; spread 1 cup filling over bottom half of each cake. Top with other half of cake. Prepare Chocolate Glaze Frosting, Recipe No. G 024 00; spread 1/3 cup over each cake, or use powdered sugar; sprinkle 3-1/3 tablespoons over each cake. Cut 8 wedges per pie.

**DESSERTS (CAKES AND FROSTINGS) No.G 032 03**  
**MARBLE CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
321 cal	50 g	4 g	13 g	47 mg	329 mg	54 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 DEVIL'S FOOD CAKE (1 PIECE)

**Weight**

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

**Measure**

2 qts  
 1 qts 1/2 cup  
 1 tbsp  
 3-1/3 tbsp  
 3/4 cup  
 1-1/2 cup  
 2-1/4 cup  
 2-1/8 cup  
 3/4 cup  
 2 tbsp  
 50 unit

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 3 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Prepare Devil's Food Cake, Recipe Nos. G 012 00 or G 012 01.
- 5 Pan, alternating light and dark batters. With knife, cut carefully through batter zig-zagging to give marble effect. Using a convection oven, bake at 325 F. for 30 minutes on low fan, open vent.
- 6 Cool; frost if desired. Cut 6 by 9.

**DESSERTS (CAKES AND FROSTINGS) No.G 032 04**  
**COCONUT CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
305 cal	42 g	4 g	14 g	52 mg	330 mg	83 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK  
 BUTTER,MELTED  
 SUGAR,BROWN,PACKED  
 MILK,NONFAT,DRY  
 COCONUT,PREPARED,SWEETENED FLAKES  
 WATER

**Weight**

4-3/8 lbs  
 4 lbs  
 1-1/2 oz  
 3-1/4 oz  
 3 oz  
 1-1/2 lbs  
 2-1/3 lbs  
 2-1/4 lbs  
 12-1/2 oz  
 1-7/8 oz  
 2 oz  
 12 oz  
 13-5/8 oz  
 7/8 oz  
 1-5/8 lbs  
 7-1/3 oz

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 3 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Pour 3-1/2 quarts of batter into each sprayed and floured 9-inch pie pan.
- 5 Using a convection oven, bake at 325 F. for 25 to 30 minutes or until done on low fan, open vent.
- 6 Combine melted butter or margarine, brown sugar, non-fat dry milk, prepared sweetened coconut flakes, and water. As soon as cakes are removed from oven, spread about 1 quart coconut mixture over each cake. Increase oven temperature to 400 F. ; return to oven about 7 minutes or until coconut peaks are lightly browned.
- 7 Cool. Cut 6 by 9.

**DESSERTS (CAKES AND FROSTINGS) No.G 032 06**  
**DUTCH APPLE CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
590 cal	120 g	4 g	12 g	54 mg	342 mg	79 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 PIE FILLING,APPLE,PREPARED  
 VANILLA GLAZE

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 3 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Pour apple pie filling evenly over batter in each pan.
- 5 Using a convection oven, bake at 325 F. for 25 to 30 minutes or until done on low fan, open vent.
- 6 Cool. Top each portion with 1/4 cup Vanilla Glaze, Recipe No. D 046 00. Cut 6 by 9.

FILLED CAKE (WASHINGTON PIE)

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
308 cal	56 g	4 g	8 g	45 mg	290 mg	76 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK  
 JELLY  
 SUGAR,POWDERED

**Weight**

4-3/8 lbs  
 4 lbs  
 1-1/2 oz  
 3-1/4 oz  
 3 oz  
 1-1/2 lbs  
 2-1/3 lbs  
 2-1/4 lbs  
 12-1/2 oz  
 1-7/8 oz  
 2 oz  
 6 lbs  
 10-5/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 3 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Lightly spray pie pans with non-stick cooking spray. Flour 9-inch pie pans. Pour 2-3/4 cups batter into each pan.
- 5 Using a convection oven, bake at 325 F. for 20 to 25 minutes or until done on low fan, open vent.
- 6 Cool. Split cooled cakes. Spread 3/4 cup jam or jelly over bottom half of each cake. Top with other half of cake. Sprinkle about 3-1/3 tablespoon powdered sugar over each cake. Slice each layered cake into 8 slices.

**DESSERTS (CAKES AND FROSTINGS) No.G 032 08**  
**YELLOW CAKE (CRUMBS)**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
223 cal	34 g	4 g	8 g	45 mg	280 mg	74 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, sugar, salt, baking powder, and milk into mixer bowl.
- 2 Add shortening and water to dry ingredients; beat at low speed 1 minute until blended. Scrape down bowl; continue beating 2 minutes.
- 3 Combine eggs, water, and vanilla. Add slowly to mixture while beating at low speed about 2 minutes. Scrape down bowl. Beat at medium speed 3 minutes.
- 4 Pour about 7 pound 10 ounces of batter into each greased and floured pan.
- 5 Bake at 25 to 30 minutes or until done.
- 6 Cool; crumble into crumbs.

**DESSERTS (CAKES AND FROSTINGS) No.G 033 00**  
**JELLY ROLL**

**Yield** 100

**Portion** 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
240 cal	53 g	3 g	2 g	59 mg	120 mg	32 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN,BEATEN,ROOM TEMPERATURE  
 SUGAR,GRANULATED  
 WATER,WARM  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK  
 SUGAR,POWDERED,SIFTED  
 JELLY

**Weight**

3 lbs  
 1-1/8 oz  
 1/2 oz  
 3 lbs  
 3 lbs  
 1 lbs  
 1-7/8 oz  
 2 oz  
 12-2/3 oz  
 8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Sift together flour, baking powder and salt. Set aside for use in Step 4.
- 2 Combine eggs and sugar in mixer bowl. Using whip, beat at high speed 10 minutes or until mixture is light and fluffy, lemon colored, and thick enough to hold a crease.
- 3 Combine water and vanilla; add slowly to egg mixture while beating at low speed. Beat at low speed. DO NOT OVER MIX.
- 4 Add dry ingredients gradually to egg mixture while beating at low speed; beat only until ingredients are blended.
- 5 Lightly spray each pan with non-stick cooking spray. Pour about 2-1/4 quarts batter into each lightly sprayed, paper-lined pan.
- 6 Cakes should be put in oven at 5 minute intervals to allow time to roll each cake while hot. Bake 9 to 10 minutes or until done in 375 F. oven.
- 7 Prepare work table for rolling jelly roll while cake is baking. Place 4 sheets of paper, slightly larger than sheet pan, horizontally on work table; sprinkle generously with powdered sugar.
- 8 Turn baked cake upside down immediately onto paper covered with powdered sugar. Remove paper liner and pan as quickly as possible. Be careful not to tear cake. Spread 3 cups jelly evenly on each cake.
- 9 While cake is still hot, roll tightly, using paper to assist in shaping and molding an even roll. Cool.
- 10 When ready to serve, remove paper; sprinkle cake with powdered sugar. Cut 25 slices, about 1-inch thick, per roll.



**DESSERTS (CAKES AND FROSTINGS) No.G 034 00**  
**YELLOW CUPCAKES MIX**

**Yield** 100

**Portion** 1 Cupcake

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
276 cal	52 g	3 g	7 g	11 mg	311 mg	26 mg

**Ingredient**

CAKE MIX,YELLOW

WATER

COOKING SPRAY,NONSTICK

**Weight**

10 lbs

5 lbs

2 oz

**Measure**

2 qts 1-1/2 cup

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Lightly spray each muffin cup with non-stick cooking spray. Fill each sprayed muffin cup 2/3 full.
- 3 Using a convection oven, bake at 325 F. for 20 to 25 minutes or until done on low fan open vent.
- 4 Cool; frost or dust with powdered sugar, if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 034 01**  
**CHOCOLATE CUPCAKES MIX**

**Yield** 100

**Portion** 1 Cupcake

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
286 cal	48 g	3 g	10 g	7 mg	376 mg	115 mg

**Ingredient**

CAKE MIX,DEVILS FOOD  
 COOKING SPRAY,NONSTICK

**Weight**

10 lbs  
 2 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Lightly spray each muffin cup with non-stick cooking spray. Fill each sprayed muffin cup 2/3 full.
- 3 Using a convection oven, bake at 325 F. for 20 to 25 minutes or until done on low fan open vent.
- 4 Cool; frost or dust with powdered sugar, if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 034 02**  
**SPICE CAKE CUPCAKES MIX**

**Yield** 100

**Portion** 1 Cupcake

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
278 cal	52 g	3 g	7 g	11 mg	311 mg	30 mg

**Ingredient**

CAKE MIX, YELLOW  
 CINNAMON, GROUND  
 CLOVES, GROUND  
 ALLSPICE, GROUND  
 COOKING SPRAY, NONSTICK

**Weight**

10 lbs  
 1 oz  
 1/2 oz  
 1/4 oz  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add cinnamon, cloves, and allspice. Mix well.
- 2 Lightly spray each muffin cup with non-stick cooking spray. Fill each sprayed muffin cup 2/3 full.
- 3 Using a convection oven, bake at 325 F. for 20 to 25 minutes or until done on low fan open vent.
- 4 Cool; frost or dust with powdered sugar, if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 034 03**  
**GINGERBREAD CUPCAKES MIX**

**Yield** 100

**Portion** 1 Cupcake

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
298 cal	50 g	2 g	10 g	0 mg	318 mg	43 mg

**Ingredient**

GINGERBREAD MIX  
 COOKING SPRAY, NONSTICK

**Weight**

10 lbs  
 2 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Lightly spray each muffin cup with non-stick cooking spray. Fill each sprayed muffin cup 2/3 full.
- 3 Using a convection oven, bake at 325 F. for 20 to 25 minutes or until done on low fan open vent.
- 4 Cool; frost or dust with powdered sugar, if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 034 04**  
**VANILLA CUPCAKES**

**Yield** 100

**Portion** 1 Cupcake

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
292 cal	50 g	2 g	9 g	0 mg	299 mg	16 mg

**Ingredient**

CAKE MIX,WHITE  
COOKING SPRAY,NONSTICK

**Weight**

10 lbs  
2 oz

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Lightly spray each muffin cup with non-stick cooking spray. Fill each well-greased muffin cup 2/3 full.
- 3 Using a convection oven, bake at 325 F. for 20 to 25 minutes or until done on low fan open vent.
- 4 Cool; frost or dust with powdered sugar, if desired.

**DESSERTS (CAKES AND FROSTINGS) No.G 035 00**  
**CHOCO-LITE CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
225 cal	50 g	5 g	2 g	0 mg	234 mg	78 mg

**Ingredient**

APPLESAUCE,CANNED,UNSWEETENED  
 EGG WHITES,FROZEN,THAWED  
 YOGURT,VANILLA,NONFAT  
 WATER  
 CHOCOLATE,COOKING,UNSWEETENED,MELTED  
 EXTRACT,VANILLA  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 COCOA  
 CORNSTARCH  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 CINNAMON,GROUND  
 SALT  
 BAKING SODA  
 COOKING SPRAY,NONSTICK  
 CORN SYRUP,LIGHT  
 WATER  
 SUGAR,POWDERED,SIFTED  
 COCOA

**Weight**

3 lbs  
 2-7/8 lbs  
 1-1/8 lbs  
 12-1/2 oz  
 5-7/8 oz  
 7/8 oz  
 4-5/8 lbs  
 3-5/8 lbs  
 12-1/8 oz  
 9 oz  
 4 oz  
 2-5/8 oz  
 1 oz  
 5/8 oz  
 2/3 oz  
 2 oz  
 8-2/3 oz  
 6-1/4 oz  
 1-1/4 lbs  
 3 oz

**Measure**

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

**Issue**

**Method**

- 1 Place applesauce, egg whites, yogurt, water, melted chocolate and vanilla in mixer bowl. Mix at low speed 1 minute to blend. Mix at high speed 1 minute.
- 2 Sift together sugar, flour, cocoa, cornstarch, milk, baking powder, cinnamon, salt, and baking soda.
- 3 Add dry ingredients to mixer bowl. Mix at low speed 2 minutes. Scrape down bowl. Mix at medium speed 2 minutes or until batter is smooth.
- 4 Lightly spray pans with non-stick cooking spray. Pour 1 gallon batter into each pan.
- 5 Using a convection oven bake at 325 F. for 20-25 minutes or until done on low fan, open vent.
- 6 To make glaze, place syrup and water in mixer bowl. Using a wire whip, mix at low speed 1 minute.
- 7 Sift sugar and cocoa together.
- 8 Add to syrup and water mixture. Mix at low speed 1 minute; scrape bowl. Mix at high speed 2 minutes.
- 9 Spread 1-1/2 cups chocolate glaze over each warm cake. Cool. Cut 6 by 9.

**DESSERTS (CAKES AND FROSTINGS) No.G 036 00**  
**LITE CHEESE CAKE**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
262 cal	44 g	9 g	6 g	4 mg	424 mg	101 mg

**Ingredient**

MARGARINE,MELTED  
 CRACKERS,GRAHAM,LOW FAT,GROUND  
 SUGAR,GRANULATED  
 CHEESE,CREAM,FAT FREE  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 SALT  
 EGG WHITES,FROZEN,THAWED  
 WATER  
 JUICE,ORANGE,FRESH  
 JUICE,LEMON,FRESH  
 EXTRACT,VANILLA  
 ORANGE,RIND,GRATED  
 LEMON RIND,GRATED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine margarine or butter, crumbs, and sugar in mixer bowl. Blend thoroughly at low speed, about 1 minute.
- 2 Press about 2-1/4 quarts crumb mixture firmly into bottom of each pan. Using a convection oven, bake at 325 F. 3 minutes on low fan, open vent. Cool; set aside for use in Step 8.
- 3 Place cream cheese in mixer bowl. Whip at high speed until fluffy, about 3 minutes.
- 4 Combine sugar, flour, milk, and salt. Mix well.
- 5 Add to cream cheese; whip at medium speed until blended, about 2 minutes; scrape down bowl; whip at high speed until smooth, about 1 minute.
- 6 Add egg whites gradually while mixing at low speed 1 minute. Scrape down bowl. Whip at high speed until smooth, about 1 minute.
- 7 Combine water, orange and lemon juices, vanilla, orange and lemon rinds; add to cheese mixture. Whip at medium speed until well blended, about 2 minutes.
- 8 Pour about 1-1/4 gallons cheese filling evenly over crust in each pan. Spread evenly.
- 9 Using a convection oven bake at 325 F. 25 to 30 minutes or until firm and lightly browned on low fan, open vent.
- 10 CCP: Hold for service at 41 F. or lower. Cut 6 by 9. Cheesecake may be served with cherry or blueberry pie filling as topping.

**GENERAL INFORMATION REGARDING COOKIES****TYPES:**

1. Sliced cookies are made from a stiff dough that is generally formed into a roll, sliced, and baked on sheet pans. Care should be taken not to overmix the dough or incorporate extra flour during mixing because this will toughen the cookies. These cookies also can be rolled out and cut into squares, circles, or fancy shapes. The method of forming the dough into a roll and then slicing the roll into uniform pieces saves time and eliminates the problem of leftover dough. It is very important that the roll be uniform and that the slices be of the same thickness to ensure even baking of the cookies.
2. Drop cookies are made from a soft dough. A spoon or pastry bag may be used to drop the cookies onto the sheet pans. Drop cookies should all be the same size to ensure even baking.
3. Bars are baked and then generally cut while warm to avoid breakage. They may be formed from rolls of dough flattened in a sheet pan or from dough spread into a sheet pan before baking.
4. Brownies are very rich cookies. The batter is quite heavy and must be smoothed in the sheet pan to ensure an even thickness.

**GUIDELINES FOR SUCCESSFUL COOKIE BAKING**

1. DO NOT use warped or bent baking pans. Use only lightweight sheet pans (weighing about 4 lb) designed for baking.
2. Follow the recipe instructions regarding greasing pans as some cookies require a greased pan for baking but other cookies have enough fat in the dough to eliminate the need for greasing the pan. Heavy greasing encourages spreading of the cookies. Use cool, clean sheet pans because cookie dough will melt and spread too much if a hot sheet pan is used.



3. If cookies are to be cut into special shapes, the dough should be rolled out to 1/4 to 1/2 inch thickness on a lightly floured board, cut into the desired shapes, and baked as directed in the basic recipe. If cookie cutters are not available, an empty can of the desired size may be used. The can should have both ends removed, be thoroughly cleaned, and have the edges smoothed before it is used.
4. To cut a roll of cookie dough into even slices, it is suggested that a clean piece of wood or metal be notched according to the width desired for each cookie, and be used as a guide in slicing. For sliced cookies, a dough scraper should be used to cut the roll of cookie dough.
5. Make each cookie the same size and thickness. Space them evenly on the pan to ensure uniform baking. Cookies may be flattened with the bottom of a small can or glass dipped in sugar. Cookies may also be flattened with a fork to make a crisscross design on the top.
6. If less than a full pan of cookies is to be baked, the cookies should be spaced evenly in the center of the pan to ensure even baking.
7. Avoid overbaking cookies. Always test for doneness. Overbaked cookies become dry and lose their flavor rapidly.
8. Most cookies should be loosened from the pans and removed to other pans or racks to cool. Cookies will continue to bake if left on the hot pans and will be difficult to remove when cool.

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## APPLE CAKE BROWNIES

Yield 100

Portion 1 Brownie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
257 cal	36 g	4 g	11 g	24 mg	246 mg	33 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING POWDER  
 BAKING SODA  
 CINNAMON,GROUND  
 SHORTENING  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN,BEATEN,ROOM TEMPERATURE  
 EXTRACT,VANILLA  
 APPLES,CANNED,SLICED,DRAINED  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 RAISINS  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, salt, baking powder, baking soda, and cinnamon. Set aside for use in Step 4.
- 2 Cream shortening and sugar in mixer bowl for 4 minutes at medium speed.
- 3 Add eggs and vanilla to creamed mixture and beat for 2 minutes at medium speed. Scrape down bowl.
- 4 Add dry ingredients to creamed mixture while beating at low speed.
- 5 Add apples, nuts and raisins to mixture. DO NOT OVERMIX. Mixture will be thick.
- 6 Lightly spray each pan with non-stick cooking spray. Spread one half of mixture into sprayed and floured pans.
- 7 Bake about 40 minutes or until done at 350 F.
- 8 Cool and cut 6 by 9.

**Notes**

- 1 In Step 5, 3 pound 6 ounces canned applesauce or 11 ounces canned instant applesauce rehydrated with 4-1/2 cups of water may be used per 100 portions.

## APPLE CAKE BROWNIES (GINGERBREAD CAKE MIX)

Yield 100

Portion 1 Brownie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
261 cal	41 g	4 g	10 g	0 mg	299 mg	50 mg

**Ingredient**

GINGERBREAD MIX  
 APPLES,CANNED,SLICED,DRAINED  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 RAISINS  
 COOKING SPRAY,NONSTICK

**Weight**

10 lbs  
 6 lbs  
 1-1/4 lbs  
 7-2/3 oz  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Use Gingerbread Mix. Prepare mix according to instructions on container.
- 2 Add apples, nuts and raisins to mixture. DO NOT OVERMIX. Mixture will be thick.
- 3 Lightly spray each pan with non-stick cooking spray. Spread one half of mixture into greased and floured pans.
- 4 Bake about 40 minutes or until done at 350 F.
- 5 Cool and cut 6 by 9.

**Notes**

- 1 In Step 2, 3 pounds 6 ounces canned applesauce or 11 ounces canned instant applesauce rehydrated with 4-1/4 cups of water may be used per 100 portions.

**BROWNIES**

Yield 100

Portion 1 Brownie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
364 cal	46 g	6 g	19 g	55 mg	132 mg	45 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 COCOA  
 BAKING POWDER  
 SALT  
 SHORTENING  
 EGGS,WHOLE,FROZEN  
 SYRUP  
 EXTRACT,VANILLA  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place flour, sugar, cocoa, baking powder and salt in mixer bowl; blend well at low speed for 1 minute.
- 2 Add shortening, eggs, syrup and vanilla to dry ingredients. Mix at low speed for 1 minute then scrape down bowl. Mix at medium speed for 2 minutes or until thoroughly blended.
- 3 Add nuts to batter; mix at low speed for 30 seconds.
- 4 Lightly spray each pan with non-stick cooking spray. Spread 4-3/4 quarts batter in sprayed pans.
- 5 Using a convection oven, bake for 25 to 30 minutes or until done at 325 F. on high fan, open vent. DO NOT OVERBAKE. Brownies are done when a toothpick inserted in the center of baked brownies comes out clean.
- 6 Cool and cut 6 by 9.

**BROWNIES (CHOCOLATE BROWNIE MIX)**

**Yield** 100

**Portion** 1 Brownie

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
375 cal	52 g	3 g	19 g	0 mg	206 mg	13 mg

**Ingredient**

BROWNIE MIX

**Weight**

15 lbs

**Measure**

2 gal 3-1/8 qts

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.

## PEANUT BUTTER BROWNIES

Yield 100

Portion 1 Brownie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
377 cal	49 g	10 g	18 g	55 mg	195 mg	50 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 COCOA  
 BAKING POWDER  
 SALT  
 SHORTENING  
 PEANUT BUTTER  
 EGGS,WHOLE,FROZEN  
 SYRUP  
 EXTRACT,VANILLA  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place flour, sugar, cocoa, baking powder and salt in mixer bowl; blend well at low speed for 1 minute.
- 2 Add shortening, peanut butter, eggs, syrup and vanilla to dry ingredients. Mix at low speed for 1 minute and scrape down bowl. Mix at medium speed for 2 minutes or until thoroughly blended.
- 3 Add nuts to batter and mix at low speed for 30 seconds.
- 4 Lightly spray each pan with non-stick cooking spray. Spread 4-1/4 quarts batter into each sprayed sheet pan.
- 5 Using a convection oven, bake at 325 F. for 25 to 30 minutes or until done on high fan, open vent. DO NOT OVERBAKE. Brownies are done when a toothpick inserted into center comes out clean.
- 6 Cool and cut 6 by 9.



**BUTTERSCOTCH BROWNIES**

Yield 100

Portion 1 Brownie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
328 cal	39 g	6 g	17 g	57 mg	287 mg	108 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 SALT  
 SUGAR,BROWN,PACKED  
 BUTTER,MELTED  
 EGGS,WHOLE,FROZEN  
 EXTRACT,VANILLA  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, baking powder, and salt. Set aside for use in Step 3.
- 2 Place brown sugar in mixer bowl; add hot butter or margarine. Beat about 2 minutes at low speed until smooth and well blended.
- 3 Add eggs and vanilla; beat at medium speed for 8 minutes. Scrape down bowl and add dry ingredients to mixture in mixer bowl. Beat for 2 minutes at low speed or until well blended. Scrape down bowl.
- 4 Fold nuts into batter.
- 5 Lightly spray each pan with non-stick cooking spray. Spread 3-1/4 quarts batter into sprayed and floured pans.
- 6 Using a convection oven, bake at 300 F. 40 to 45 minutes or until done on low fan, closed vent. DO NOT OVERBAKE. Brownies are done when a toothpick inserted into center comes out clean.
- 7 Cut 6 by 9 while warm.

## CHEWY NUT BARS

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	25 g	5 g	12 g	63 mg	178 mg	58 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 SUGAR,BROWN,PACKED  
 EXTRACT,VANILLA  
 WALNUTS,SHELLED,CHOPPED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, baking powder and salt. Set aside for use in Step 3.
- 2 Place brown sugar, eggs, and vanilla in mixer bowl. Beat at low speed for 1 minute, then at medium speed for 2 to 3 minutes or until smooth.
- 3 Add flour mixture; mix at low speed for 1 minute or until well blended.
- 4 Add nuts; mix for 1 minute at low speed.
- 5 Lightly spray each pan with non-stick cooking spray. Spread about 3-1/4 quarts batter into sprayed pans.
- 6 Using a convection oven, bake at 325 F. for 20 minutes or until done on low fan, open vent.
- 7 Cook; cut 6 by 18.

## CONGO BARS

Yield 100

Portion 2 Bars

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
240 cal	31 g	4 g	12 g	41 mg	175 mg	55 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 SALT  
 EGGS,WHOLE,FROZEN  
 OIL,SALAD  
 SUGAR,BROWN,PACKED  
 EXTRACT,VANILLA  
 WALNUTS,SHELLED,CHOPPED  
 CHOCOLATE,COOKING CHIPS,SEMISWEET  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, baking powder and salt. Set aside for use in Step 3.
- 2 Place eggs, brown sugar, vanilla and oil in mixer bowl. Beat at low speed for 1 minute, then at medium speed for 2 to 3 minutes until smooth.
- 3 Add flour mixture; mix at low speed 1 minute or until well blended.
- 4 Add nuts and chocolate chips; mix for 1 minute at low speed.
- 5 Lightly spray each pan with non-stick cooking spray. Spread about 6 pounds 11 ounces batter into sprayed sheet pans.
- 6 Using a convection oven, bake at 325 F. for 25 minutes or until done on low fan, open vent.
- 7 Cool; cut 6 by 18.

**SHORTBREAD COOKIES**

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	31 g	3 g	15 g	40 mg	151 mg	9 mg

**Ingredient**

BUTTER,SOFTENED  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE

**Weight**

4 lbs  
 2-1/4 lbs  
 6 lbs

**Measure**

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

**Issue****Method**

- 1 Place butter in mixer bowl; beat at medium speed until creamy.
- 2 Gradually add sugar; continue beating until light and fluffy, about 5 minutes.
- 3 Add flour; mix until blended.
- 4 Divide dough into 10 pieces, about 1 pound 2 ounce each. Form into rolls; chill and slice each roll into 20 pieces.
- 5 Place in rows, 5 by 7, on ungreased pans.
- 6 Bake at 350 F. for 18 minutes or until cookies are firm but not browned.

**CRISP TOFFEE BARS**

Yield 100

Portion 2 Bars

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
223 cal	21 g	4 g	14 g	26 mg	102 mg	27 mg

**Ingredient**

BUTTER  
 SUGAR,BROWN,PACKED  
 EXTRACT,VANILLA  
 FLOUR,WHEAT,GENERAL PURPOSE  
 CHOCOLATE,COOKING CHIPS,SEMISWEET  
 NUTS,UNSALTED,CHOPPED,COARSELY

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place butter or margarine in mixer bowl; cream at medium speed for 5 minutes. Add brown sugar and vanilla; continue to beat for 5 minutes or until light and fluffy.
- 2 Add flour to mixture. Mix 1 minute at low speed or until thoroughly blended. Mixture will be stiff.
- 3 Fold chips and nuts into mixture.
- 4 Spread 2-3/4 quarts mixture into each ungreased pan. Press mixture evenly into pans.
- 5 Bake at 350 F. for 25 minutes or until lightly browned.
- 6 Cut 6 by 18 while still warm. When cool, remove from pans.

## OATMEAL COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	43 g	6 g	12 g	16 mg	169 mg	48 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING SODA  
 BAKING POWDER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 SHORTENING  
 SUGAR,GRANULATED  
 SUGAR,BROWN,PACKED  
 CEREAL,OATMEAL,ROLLED  
 RAISINS  
 COOKING SPRAY,NONSTICK

**Weight**

2-1/4 lbs  
 7/8 oz  
 3/8 oz  
 1-1/3 oz  
 12-7/8 oz  
 4-1/8 oz  
 7/8 oz  
 2 lbs  
 1-1/2 lbs  
 1-1/3 lbs  
 5-1/8 lbs  
 1-7/8 lbs  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Sift together flour, salt, baking soda, and baking powder; set aside for use in Step 2.
- 2 Place eggs, water, vanilla, shortening, and sugars in mixer bowl. Beat at low speed for 1 to 2 minutes or until well blended. Add dry ingredients; mix at low speed for 2 to 3 minutes or until smooth.
- 3 Add rolled oats and raisins; mix about 1 minute.
- 4 Lightly spray each pan with non-stick cooking spray. Drop about 1 tablespoon dough in rows of 5 by 7, on lightly sprayed pans.
- 5 Using a convection oven, bake at 325 F. for 13 to 15 minutes or until lightly browned on high fan, open vent.
- 6 Loosen cookies from pans while still warm.

## OATMEAL CHOCOLATE CHIP COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
322 cal	42 g	6 g	15 g	18 mg	177 mg	63 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING SODA  
 BAKING POWDER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 SHORTENING  
 SUGAR,GRANULATED  
 SUGAR,BROWN,PACKED  
 CEREAL,OATMEAL,ROLLED  
 CHOCOLATE,COOKING CHIPS,SEMISWEET  
 COOKING SPRAY,NONSTICK

**Weight**

2-1/4 lbs  
 7/8 oz  
 3/8 oz  
 1-1/3 oz  
 12-7/8 oz  
 4-1/8 oz  
 7/8 oz  
 2 lbs  
 1-1/2 lbs  
 1-1/3 lbs  
 5-1/8 lbs  
 2-1/4 lbs  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Sift together flour, salt, baking soda, and baking powder; set aside for use in Step 2.
- 2 Place eggs, water, vanilla, shortening, and sugars in mixer bowl. Beat at low speed for 1 to 2 minutes or until well blended. Add dry ingredients; mix at low speed for 2 to 3 minutes or until smooth.
- 3 Add rolled oats and semisweet chocolate chips or chocolate flavored baking chips; mix about 1 minute.
- 4 Lightly spray each pan with non-stick cooking spray. Drop about 1 tablespoon dough in rows of 5 by 7, on lightly sprayed pans.
- 5 Using a convection oven, bake at 325 F. for 13 to 15 minutes or until lightly browned on high fan, open vent.
- 6 Loosen cookies from pans while still warm.

## OATMEAL NUT COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	37 g	7 g	14 g	16 mg	169 mg	47 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING SODA  
 BAKING POWDER  
 EGGS,WHOLE,FROZEN  
 WATER  
 EXTRACT,VANILLA  
 SHORTENING  
 SUGAR,GRANULATED  
 SUGAR,BROWN,PACKED  
 CEREAL,OATMEAL,ROLLED  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 COOKING SPRAY,NONSTICK

**Weight**

2-1/4 lbs  
 7/8 oz  
 3/8 oz  
 1-1/3 oz  
 12-7/8 oz  
 4-1/8 oz  
 7/8 oz  
 2 lbs  
 1-1/2 lbs  
 1-1/3 lbs  
 5-1/8 lbs  
 1 lbs  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Sift together flour, salt, baking soda, and baking powder; set aside for use in Step 2.
- 2 Place eggs, water, vanilla, shortening, and sugars in mixer bowl. Beat at low speed for 1 to 2 minutes or until well blended. Add dry ingredients; mix at low speed for 2 to 3 minutes or until smooth.
- 3 Add rolled oats and unsalted nuts; mix about 1 minute.
- 4 Lightly spray each pan with non-stick cooking spray. Drop about 1 tablespoon dough in rows of 5 by 7, on lightly sprayed pans.
- 5 Using a convection oven, bake at 325 F. for 13 to 15 minutes or until lightly browned on high fan, open vent.
- 6 Loosen cookies from pans while still warm.



**GINGERBREAD COOKIES (MIX)**

**Yield** 100

**Portion** 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
222 cal	33 g	2 g	9 g	0 mg	244 mg	25 mg

**Ingredient**

GINGERBREAD MIX  
 COOKIE MIX,SUGAR  
 SHORTENING  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place Gingerbread Cake Mix, Sugar Cookie Mix, and shortening in mixer bowl. Mix at low speed for 1 minute.
- 2 Add water gradually to mixture while still beating at low speed for 1 minute until sides of bowl become clean. Scrape down bowl; mix at low speed for 1 minute.
- 3 Divide dough into 10 pieces, about 1 pound 2 ounce each. Form into rolls about 20 inches long; slice each roll into 20 pieces.
- 4 Lightly spray each pan with non-stick cooking spray. Place in rows 4 by 6 on lightly sprayed sheet pans. Flatten cookies to 1/4-inch thickness.
- 5 Using a convection oven, bake at 350 F. for 9 minutes or until done on low fan, open vent.
- 6 Loosen cookies from pans while still warm.

OATMEAL COOKIES (OATMEAL COOKIE MIX)

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
253 cal	32 g	3 g	15 g	31 mg	63 mg	63 mg

**Ingredient**

COOKIE MIX,OATMEAL  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

9 lbs  
 1 lbs  
 2 oz

**Measure**

2 cup  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place Oatmeal Cookie Mix and contents of soda pouches in mixer bowl. Mix to combine cookie mix and soda; add water; mix at low speed about 1 minute. Scrape down bowl once during mixing.
- 2 Lightly spray each pan with non-stick cooking spray. Drop about 1 level tablespoon of dough in rows, 5 by 7, on lightly sprayed pans.
- 3 Using a convection oven, bake at 325 F. for 12 to 14 minutes or until lightly browned on high fan, open vent.
- 4 Loosen cookies from pans while still warm.

OATMEAL RAISIN BARS (OATMEAL COOKIE MIX)

Yield 100

Portion 2 Bars

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
125 cal	22 g	2 g	5 g	17 mg	34 mg	37 mg

**Ingredient**

COOKIE MIX,OATMEAL  
 RAISINS  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

9 lbs  
 1-1/2 lbs  
 1 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Combine cookie mix and soda with raisins; mix until blended. Add water; mix.
- 2 Lightly spray each pan with non-stick cooking spray. Place about 5 pounds 11 ounces dough onto each lightly sprayed sheet pan. Roll evenly to 1/2-inch thickness with lightly floured rolling pin.
- 3 Using a convection oven, bake at 325 F. for 12 to 14 minutes or until lightly browned on high fan, open vent. DO NOT OVERBAKE.
- 4 Cut 6 by 18 while still warm.

OATMEAL CHOCOLATE CHIP COOKIES (OATMEAL COOKIE MIX)

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	21 g	2 g	14 g	18 mg	39 mg	46 mg

**Ingredient**

COOKIE MIX,OATMEAL  
 CHOCOLATE,COOKING CHIPS,SEMISWEET  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

9 lbs  
 1-1/2 lbs  
 1 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Combine cookie mix and soda with chocolate chips; mix until blended. Add water; mix.
- 2 Lightly spray each pan with non-stick cooking spray. Drop about 1 level tablespoon dough in rows, 5 by 7, on lightly sprayed pans.
- 3 Using a convection oven, bake at 325 F. for 12 to 14 minutes or until lightly browned on high fan, open vent.
- 4 Loosen cookies from pans while still warm.

OATMEAL RAISIN COOKIES (OATMEAL COOKIE MIX)

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
125 cal	22 g	2 g	5 g	17 mg	34 mg	37 mg

**Ingredient**

COOKIE MIX,OATMEAL  
 RAISINS  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

9 lbs  
 1-1/2 lbs  
 1 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Combine cookie mix and soda with raisins; mix until blended. Add water; mix.
- 2 Lightly spray each pan with non-stick cooking spray. Drop about 1 level tablespoon dough in rows, 5 by 7, on lightly sprayed pans.
- 3 Using a convection oven, bake at 325 F. for 12 to 14 minutes or until lightly browned on high fan, open vent.
- 4 Loosen cookies from pans while still warm.

## SPICED OATMEAL NUT COOKIES (OATMEAL COOKIE MIX)

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
172 cal	21 g	2 g	10 g	17 mg	34 mg	41 mg

**Ingredient**

COOKIE MIX,OATMEAL

RAISINS

CINNAMON,GROUND

NUTMEG,GROUND

CLOVES,GROUND

NUTS,UNSALTED,CHOPPED,COARSELY

WATER

COOKING SPRAY,NONSTICK

**Weight**

9 lbs

1 lbs

5/8 oz

2/3 oz

1/4 oz

8 oz

1 lbs

2 oz

**Measure**

3 cup

2-2/3 tbsp

2-2/3 tbsp

1 tbsp

1-1/2 cup

2 cup

1/4 cup 1/3 tbsp

**Issue****Method**

- 1 Combine cookie mix and soda with raisins, ground cinnamon, nutmeg, cloves, and chopped nuts; mix until blended. Add water; mix.
- 2 Lightly spray each pan with non-stick cooking spray. Drop about 1 level tablespoon dough in rows, 5 by 7, on lightly sprayed pans.
- 3 Using a convection oven, bake at 325 F. for 12 to 14 minutes or until lightly browned on high fan, open vent.
- 4 Loosen cookies from pans while still warm.

## CRISP CHOCOLATE COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
338 cal	47 g	4 g	16 g	34 mg	167 mg	35 mg

**Ingredient**

SHORTENING  
EGGS,WHOLE,FROZEN,BEATEN,ROOM TEMPERATURE  
WATER  
SUGAR,GRANULATED  
SALT  
BAKING POWDER  
COCOA  
FLOUR,WHEAT,GENERAL PURPOSE

**Weight**

3-1/8 lbs  
1-3/4 lbs  
4-1/8 oz  
5-3/4 lbs  
1 oz  
1-1/3 oz  
12-1/8 oz  
5-1/2 lbs

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Mix at low speed 1 to 2 minutes or until thoroughly blended. Scrape down bowl once during mixing.
- 2 Divide dough into 1 pound 10 ounce pieces. Form into rolls 2 inches thick. Wrap in waxed paper and chill at least 3 hours.
- 3 Slice each roll into 20 pieces. Place in rows, 5 by 7, on ungreased pans.
- 4 Bake about 10 minutes or until done in 350 F. oven.
- 5 Loosen cookies from pans while still warm.

CHOCOLATE COOKIES (CHOCOLATE COOKIE MIX)

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
277 cal	35 g	2 g	16 g	0 mg	137 mg	9 mg

**Ingredient**

COOKIE MIX,CHOCOLATE

**Weight**

10 lbs

**Measure**

**Issue**

**Method**

- 1 Prepare Chocolate Cookie Mix in mixer bowl. Prepare according to instructions on container.



**DOUBLE CHOCOLATE CHIP BARS (CHOCOLATE COOKIE MIX)**

**Yield** 100

**Portion** 2 Bars

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
254 cal	41 g	2 g	10 g	2 mg	146 mg	28 mg

**Ingredient**

COOKIE MIX,CHOCOLATE  
 WATER  
 COOKING SPRAY,NONSTICK  
 CHOCOLATE,COOKING CHIPS,SEMISWEET

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place Chocolate Cookie Mix and water in mixer bowl. Beat at medium speed 1 minute. Add chocolate chips or chocolate flavored baking chips; mix at low speed. Lightly spray each pan with non-stick cooking spray. Spread 7 pounds batter in each sprayed sheet pan.
- 2 Bake for 25 to 30 minutes in 350 F. Cut 6 by 18 per pan while warm.

**DOUBLE CHOCOLATE CHIP COOKIES (CHOC COOKIE MIX)**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
254 cal	41 g	2 g	10 g	2 mg	146 mg	28 mg

**Ingredient**

COOKIE MIX,CHOCOLATE

WATER

CHOCOLATE,COOKING CHIPS,SEMISWEET

COOKING SPRAY,NONSTICK

**Weight**

10 lbs

1-5/8 lbs

2-1/4 lbs

2 oz

**Measure**

3 cup

1 qts 2-1/8 cup

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place Chocolate Cookie Mix and water in mixer bowl. Mix at medium speed 1 minute. Add chocolate chips or chocolate flavored baking chips; mix on low speed. Lightly spray each pan with non-stick cooking spray. Drop by rounded tablespoon, in rows 5 by 7 on sprayed pans.
- 2 Bake at 375 F. for 12 to 14 minutes.
- 3 Loosen cookies from pans while still warm.

## PEANUT BUTTER COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
257 cal	27 g	5 g	15 g	24 mg	211 mg	14 mg

**Ingredient**

SHORTENING  
 SUGAR, GRANULATED  
 SUGAR, BROWN, PACKED  
 EGGS, WHOLE, FROZEN  
 EXTRACT, VANILLA  
 PEANUT BUTTER  
 FLOUR, WHEAT, GENERAL PURPOSE  
 BAKING SODA  
 SALT

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Mix at low speed 1 to 2 minutes or until smooth. Scrape down bowl once during mixing.
- 2 Divide dough into 10 pieces about 1 pound 3 ounces each. Form into rolls 1-3/4x20x1-1/4-inches; slice each roll into 20 pieces, about 1 ounce each.
- 3 Place in rows, 4 x 6, on ungreased sheet pans; using a fork, flatten to 1/4-inch thickness, forming a crisscross pattern.
- 4 Using a convection oven, bake at 325 F. for 10 minutes or until lightly browned on high fan, open vent.
- 5 Loosen cookies from pans while still warm.

**PEANUT BUTTER COOKIES (SUGAR COOKIE MIX)**

**Yield** 100

**Portion** 2 Cookies

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
287 cal	34 g	4 g	16 g	0 mg	245 mg	12 mg

**Ingredient**

COOKIE MIX,SUGAR  
 WATER  
 PEANUT BUTTER

**Weight**

10 lbs  
 1-5/8 lbs  
 2-1/2 lbs

**Measure**

3 cup  
 1 qts 1/2 cup

**Issue**

**Method**

- 1 Prepare sugar cookie mix according to package directions. Add water and peanut butter. Mix at low speed 1 minute. DO NOT OVERMIX.
- 2 Drop by slightly rounded tablespoons. Place in rows, 4 by 6, on ungreased pans; using a fork, flatten to 1/4-inch thickness, forming a crisscross pattern.
- 3 Using a convection oven, bake at 325 F. for 10 to 12 minutes or until lightly browned on high fan, open vent.
- 4 Loosen cookies from pans while still warm.

**PEANUT BUTTER BARS (SUGAR COOKIE MIX)**

**Yield** 100

**Portion** 2 Bars

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
287 cal	34 g	4 g	16 g	0 mg	245 mg	12 mg

**Ingredient**

COOKIE MIX,SUGAR  
 WATER  
 PEANUT BUTTER

**Weight**

10 lbs  
 1-1/3 lbs  
 2-1/2 lbs

**Measure**

2-1/2 cup  
 1 qts 1/2 cup

**Issue**

**Method**

- 1 Prepare sugar cookies according to package directions. Add water and peanut butter; beat on medium speed 1 minute. DO NOT OVERMIX.
- 2 Spread approximately 6 pounds 14 ounces dough evenly into each pan.
- 3 Using a convection oven, bake at 325 F. for 20 for 25 minutes until lightly browned on low fan, closed vent. DO NOT OVERBAKE. Cut 6 by 18 while still warm.

## CHOCOLATE DROP COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
241 cal	30 g	4 g	13 g	20 mg	158 mg	27 mg

**Ingredient**

SHORTENING  
 EGGS,WHOLE,FROZEN,BEATEN  
 WATER  
 SUGAR,BROWN,PACKED  
 MILK,NONFAT,DRY  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING SODA  
 SALT  
 COCOA  
 EXTRACT,VANILLA  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Mix at low speed 1 to 2 minutes or until thoroughly blended. Scrape down bowl once during mixing.
- 2 Lightly spray each pan with non-stick cooking spray. Drop about 2 tablespoons dough in rows, 4 x 6, on sprayed sheet pans.
- 3 Using a convection oven, bake at 325 F. for 12 minutes or until done on low fan, open vent.
- 4 Loosen cookies from pans while still warm.

**CHOCOLATE DROP COOKIES (CHOCOLATE BROWNIE MIX)**

**Yield** 100

**Portion** 2 Cookies

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
241 cal	35 g	2 g	12 g	0 mg	138 mg	9 mg

**Ingredient**

BROWNIE MIX

WATER

COOKING SPRAY, NONSTICK

**Weight**

10 lbs

1-5/8 lbs

2 oz

**Measure**

1 gal 3-3/8 qts

3 cup

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place Brownie Mix, contents of soda pouches and water in mixer bowl. Mix at medium speed 1 minute.
- 2 Lightly spray each pan with non-stick cooking spray. Drop about 1 tablespoon dough in rows, 4 by 6, on sprayed sheet pans.
- 3 Bake at 375 F. for 10 to 12 minutes or until done.
- 4 Loosen cookies from pans while still warm.

## SUGAR COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
243 cal	40 g	3 g	8 g	20 mg	223 mg	63 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 SHORTENING  
 WATER  
 EXTRACT,VANILLA  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Beat at low speed for 1 to 2 minutes or until smooth. Scrape down bowl once during mixing.
- 2 Divide dough into 1-1/4 pound pieces. Roll into rolls; slice each roll into 20 pieces.
- 3 Lightly spray each pan with non-stick cooking spray. Dip each piece in sugar; place sugared side up in rows, 4 by 6, on sprayed sheet pans.
- 4 Flatten cookies to about 1/4-inch thickness.
- 5 Using a convection oven, bake at 350 F. for 8 to 10 minutes or until lightly browned on low fan, open vent. DO NOT OVER BAKE.
- 6 Loosen cookies from pans while still warm.



SUGAR COOKIES (SUGAR COOKIE MIX)

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
218 cal	32 g	1 g	10 g	0 mg	191 mg	8 mg

**Ingredient**

COOKIE MIX,SUGAR

**Weight**

10 lbs

**Measure**

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Using a convection oven, bake at 325 F. for 8 to 10 minutes on low fan, open vent.

## SNICKERDOODLE COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
246 cal	41 g	3 g	8 g	20 mg	223 mg	68 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 SHORTENING  
 WATER  
 EXTRACT,VANILLA  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING POWDER  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 CINNAMON,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Beat at low speed 1 to 2 minutes or until smooth. Scrape down bowl once during mixing.
- 2 Divide dough into 1-1/4 pound pieces. Roll into rolls; slice each roll into 20 pieces.
- 3 Lightly spray each pan with non-stick cooking spray. Combine granulated sugar and ground cinnamon. Dip each piece in sugar and cinnamon mixture; place sugared side up in rows, 4 by 6, on sprayed sheet pans.
- 4 Flatten cookies to about 1/4-inch thickness.
- 5 Using a convection oven, bake at 350 F. for 8 to 10 minutes or until lightly browned on low fan, open vent. DO NOT OVER BAKE.
- 6 Loosen cookies from pans while still warm.

## SNICKERDOODLE COOKIES (SUGAR COOKIE MIX)

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
231 cal	34 g	1 g	10 g	0 mg	191 mg	12 mg

**Ingredient**

COOKIE MIX,SUGAR  
 CINNAMON,GROUND  
 SUGAR,GRANULATED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Prepare mix according to instructions on container.
- 2 Combine sugar and ground cinnamon. Dip each piece in sugar and cinnamon.
- 3 Lightly spray cookie pans with non-stick cooking spray. Place cookies 4 by 6.
- 4 Using a convection oven, bake at 325 F. for 8 to 10 minutes on low fan, open vent.

## COCONUT RAISIN DROP COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
192 cal	25 g	3 g	9 g	8 mg	102 mg	43 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 SHORTENING  
 MOLASSES  
 WATER  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 BAKING POWDER  
 BAKING SODA  
 COCONUT,PREPARED,SWEETENED FLAKES  
 RAISINS  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 COOKING SPRAY,NONSTICK

**Weight**

6-3/8 oz  
 1 lbs  
 1-5/8 lbs  
 1 lbs  
 2-3/4 lbs  
 1 lbs  
 7/8 oz  
 3/4 oz  
 3/4 oz  
 9-7/8 oz  
 1 lbs  
 1-1/4 lbs  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Mix at low speed 2 minutes or until thoroughly blended.
- 2 Lightly spray each pan with non-stick cooking spray. Drop about 1 ounce of dough per cookie in rows, 4 by 6, on sprayed pans.
- 3 Bake at 375 F. for 10 minutes or until done.

**CRISP DROP COOKIES**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
249 cal	37 g	3 g	10 g	6 mg	233 mg	9 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SUGAR,GRANULATED  
 SYRUP  
 SHORTENING  
 SALT  
 EGGS,WHOLE,FROZEN  
 EXTRACT,VANILLA  
 MILK,NONFAT,DRY  
 WATER,WARM  
 BAKING SODA  
 COOKING SPRAY,NONSTICK

**Weight**

5-1/2 lbs  
 12-1/3 oz  
 3 lbs  
 2-3/4 oz  
 2 lbs  
 1-1/4 oz  
 4-7/8 oz  
 7/8 oz  
 1-1/4 oz  
 1-1/2 lbs  
 1-1/8 oz  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Sift together flour and sugar. Set aside for use in Step 4.
- 2 Cream sugar, syrup, shortening, salt, eggs, and vanilla at low speed 5 minutes or until light and fluffy.
- 3 Reconstitute milk; add soda; add to creamed mixture. Blend thoroughly.
- 4 Add dry ingredients to mixture; mix only until ingredients are combined. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick cooking spray. Drop by tablespoons, or through size 10 plain pastry tube, in rows 5 by 7, onto lightly sprayed pans.
- 6 Bake at 375 F. for 14 to 16 minutes or until lightly browned.
- 7 Loosen cookies from pans while still warm.

## COCONUT CEREAL COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
241 cal	31 g	3 g	12 g	20 mg	177 mg	12 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING SODA  
 SHORTENING  
 SUGAR,GRANULATED  
 SUGAR,BROWN,PACKED  
 EGGS,WHOLE,FROZEN  
 EXTRACT,VANILLA  
 COCONUT,PREPARED,SWEETENED FLAKES  
 CEREAL,OATMEAL,ROLLED  
 CEREAL,CORN FLAKES,BULK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift flour, salt and soda together. Set aside for use in Step 3.
- 2 Cream shortening and sugars in mixer bowl at low speed 1 minute. Mix at medium speed 3 minutes or until light and fluffy.
- 3 Add eggs and vanilla to creamed mixture. Beat at low speed 1 minute or until well blended. At low speed, add dry ingredients. Scrape bowl; mix at low speed 1 minute or until combined.
- 4 Add coconut and cereals to dough; mix at low speed only until ingredients are combined. Let dough stand about 30 minutes.
- 5 Divide dough into 10 pieces, about 1 pound 1 ounce each. Form into rolls; slice each roll into 20 pieces.
- 6 Place in rows, 4 by 6, on ungreased pans; flatten to 1/4-inch thickness.
- 7 Using a convection oven, bake at 325 F. for 8 to 10 minutes or until lightly browned on high fan, open vent.
- 8 Loosen cookies from pans while still warm.

**Notes**

- 1 In Step 4, other prepared cereals such as bran flakes, wheat flakes, puffed rice, puffed corn, or puffed wheat, or combination may be used for corn flakes.

## HERMITS

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
229 cal	39 g	3 g	7 g	17 mg	50 mg	22 mg

**Ingredient**

SUGAR, GRANULATED  
 SHORTENING  
 BAKING SODA  
 EGGS, WHOLE, FROZEN  
 NUTMEG, GROUND  
 CINNAMON, GROUND  
 MOLASSES  
 WATER  
 RAISINS  
 FLOUR, WHEAT, GENERAL PURPOSE  
 COOKING SPRAY, NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Blend sugar, shortening, baking soda, eggs, nutmeg and cinnamon in mixer bowl at low speed 1 to 2 minutes or until well blended. Scrape down bowl.
- 2 Add molasses, water, and raisins; mix at medium speed about 1 minute or until blended.
- 3 Add flour gradually; mix at low speed only until ingredients are combined.
- 4 Lightly spray each pan with non-stick cooking spray. Divide dough into 12 pieces, weighing about 1 pounds each; form into strips about 22 inches long. Place 3 strips on each lightly greased sheet pan. Press strips down until each is 3 inches wide, and 3/8 inches thick.
- 5 Using a convection oven, bake at 325 F. for 10 to 12 minutes or until done on low fan, open vent.
- 6 Loosen baked strips from pans while still warm; cut each strip into 16 bars.

## RAISIN NUT BARS

Yield 100

Portion 1 Bar

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
275 cal	37 g	6 g	12 g	18 mg	191 mg	30 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 WATER  
 SHORTENING  
 SUGAR,BROWN,PACKED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 SALT  
 BAKING SODA  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 RAISINS  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 COOKING SPRAY,NONSTICK  
 EGGS,WHOLE,FROZEN,BEATEN  
 WATER  
 SUGAR,GRANULATED

**Weight**

12-7/8 oz  
 12-1/2 oz  
 1-1/2 lbs  
 2-1/8 lbs  
 5-1/4 lbs  
 5/8 oz  
 1 oz  
 3/4 oz  
 1/2 oz  
 1/8 oz  
 1-7/8 lbs  
 1-7/8 lbs  
 2 oz  
 1-5/8 oz  
 2-1/8 oz  
 3-1/2 oz

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Beat at low speed 1 to 2 minutes or until thoroughly blended. Scrape down bowl once during mixing.
- 2 Lightly spray each pan with non-stick cooking spray. Divide dough into 1 pound 9 ounce pieces. Form into strips about 22 inches long on lightly sprayed pans. Place 3 strips per pan. Press strips down until each strip is about 4 inches wide and 3/8 inches thick.
- 3 Mix egg and water together. Brush top of each strip of dough with egg and water mixture.
- 4 Sprinkle about 2-1/2 teaspoons sugar over each strip.
- 5 Using a convection oven, bake at 325 F. for 10 to 12 minutes or until done on low fan, open vent.
- 6 While still warm, cut each strip into 12 bars, about 1-3/4 inches wide.



**GINGER RAISIN BARS (OATMEAL COOKIE & GINGRBRD MIX)**

Yield 100

Portion 1 Bar

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
100 cal	19 g	1 g	3 g	8 mg	48 mg	25 mg

**Ingredient**

COOKIE MIX,OATMEAL  
 GINGERBREAD MIX  
 WATER  
 RAISINS  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Prepare mix according to instructions on container.
- 2 Divide dough into 9 pieces, about 1-1/2 pounds each. Form strips about 22 inches long on lightly greased pans, 3 strips per pan. Press strips down until each strip is about 4 inches wide and 3/8 inch thick.
- 3 Using a convection oven, bake 16 to 18 minutes or until done on low fan, open vent. While still warm, cut each strip into 12 bars.

**GINGER MOLASSES COOKIES (SUGAR COOKIE MIX)**

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
231 cal	34 g	1 g	10 g	0 mg	192 mg	15 mg

**Ingredient**

COOKIE MIX,SUGAR  
 GINGER,GROUND  
 CINNAMON,GROUND  
 MOLASSES  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Mix cookie mix and contents of soda pouches.
- 2 Add ginger, cinnamon, molasses and water. Beat at medium speed 2 minutes or until blended.
- 3 Lightly spray cooking pans with non-stick cooking spray. Drop by tablespoons in rows of 4 by 6, on lightly sprayed pans.
- 4 Bake at 375 F. for 11 to 13 minutes or until done.
- 5 Loosen cookies from pans while still warm.

**GINGER MOLASSES BARS (SUGAR COOKIE MIX)**

**Yield** 100

**Portion** 2 Bars

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
231 cal	34 g	1 g	10 g	0 mg	192 mg	15 mg

**Ingredient**

COOKIE MIX,SUGAR  
 GINGER,GROUND  
 CINNAMON,GROUND  
 MOLASSES  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Prepare cookie mix according to instructions on container.
- 2 Add ginger, cinnamon, molasses, and water. Beat at medium speed 1 minute. DO NOT OVERMIX.
- 3 Lightly spray pans with non-stick cooking spray. Spread dough evenly into each pan. Bake at 350 F. for 25 minutes. Cut 6 by 18 while still warm.

**CHOCOLATE CHIP COOKIES**

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
266 cal	30 g	3 g	15 g	22 mg	196 mg	29 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING SODA  
 SALT  
 SHORTENING  
 SUGAR,BROWN,PACKED  
 SUGAR,GRANULATED  
 EGGS,WHOLE,FROZEN  
 WATER,WARM  
 EXTRACT,VANILLA  
 CHOCOLATE,COOKING CHIPS,SEMISWEET

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, baking soda, and salt. Set aside for use in Step 4.
- 2 Cream shortening in mixer bowl at medium speed about 1 minute. Gradually add sugars; mix at medium speed 3 minutes or until light and fluffy. Scrape down bowl.
- 3 Combine slightly beaten eggs and water; add gradually to creamed mixture. Blend thoroughly about 1 minute. Add vanilla. Mix thoroughly.
- 4 Add dry ingredients; mix only until ingredients are combined about 1 minute.
- 5 Add chocolate chips; mix on low speed about 1 minute or until evenly distributed.
- 6 Drop by tablespoons in rows, 4 by 6, on ungreased pans.
- 7 Using a convection oven, bake at 325 F. for 10 to 12 minutes or until lightly browned on high fan, open vent.
- 8 Loosen cookies from pans while still warm.

**CHOCOLATE CHIP COOKIES (SUGAR COOKIE MIX)**

**Yield** 100

**Portion** 2 Cookies

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
223 cal	32 g	1 g	10 g	0 mg	191 mg	8 mg

**Ingredient**

COOKIE MIX,SUGAR

WATER

COOKING SPRAY,NONSTICK

**Weight**

10 lbs

1-5/8 lbs

2 oz

**Measure**

3 cup

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add water.
- 2 Beat at medium speed 1 minute. DO NOT OVERMIX.
- 3 Add chocolate chips; mix on low speed about 1 minute or until evenly distributed.
- 4 Lightly spray sheets with non-stick cooking spray. Drop 1 tablespoon of mix onto lightly sprayed cookie sheets in rows 4 by 6.
- 5 Bake 12 to 14 minutes or until done. Loosen cookies from pans while still warm.

**CHOCOLATE CHIP BARS (SUGAR COOKIE MIX)**

**Yield** 100

**Portion** 2 Cookies

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
223 cal	32 g	1 g	10 g	0 mg	191 mg	8 mg

**Ingredient**

COOKIE MIX,SUGAR  
 WATER  
 COOKING SPRAY,NONSTICK

**Weight**

10 lbs  
 1-5/8 lbs  
 2 oz

**Measure**

3 cup  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare mix according to instructions on container. Add water.
- 2 Beat at medium speed 1 minute. DO NOT OVERMIX.
- 3 Add chocolate chips; mix on low speed about 1 minute or until evenly distributed.
- 4 Lightly spray sheets with non-stick cooking spray. Place dough in lightly greased sheet pans. Roll evenly into 1/2 thickness with lightly floured rolling pin.
- 5 Using a convection oven, bake at 325 F. for 20 to 25 minutes or until lightly browned on low fan, open vent. DO NOT OVERBAKE. Cut 6 by 18 while still warm.

## LEMON COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
310 cal	38 g	4 g	16 g	52 mg	231 mg	11 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 SHORTENING  
 BUTTER  
 FLAVORING,LEMON  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING SODA  
 SUGAR,POWDERED,SIFTED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Beat at low speed 1 to 2 minutes or until smooth. Scrape down bowl once during mixing.
- 2 Divide dough into ten 1-1/4 pound pieces. Roll into powdered sugar forming rolls 2 inches thick.
- 3 Lightly spray each pan with non-stick cooking spray. Slice each roll into 20 pieces. Dip top of each piece in powdered sugar; place in rows, 4 by 6 on sprayed pans. Do not flatten cookies.
- 4 Bake at 375 F. for 12 to 14 minutes or until done.
- 5 Loosen cookies from pans while still warm.

## ALMOND COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
310 cal	38 g	4 g	16 g	52 mg	231 mg	11 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 SHORTENING  
 BUTTER  
 FLAVORING,ALMOND  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING SODA  
 SUGAR,POWDERED,SIFTED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Beat at low speed 1 to 2 minutes or until smooth. Scrape down bowl once during mixing.
- 2 Divide dough into ten 1-1/4 pound pieces. Roll into powdered sugar forming rolls 2 inches thick.
- 3 Lightly spray each pan with non-stick cooking spray. Slice each roll into 20 pieces. Dip top of each piece in powdered sugar; place in rows, 4 by 6 on sprayed pans. Do not flatten cookies.
- 4 Bake at 375 F. for 12 to 14 minutes or until done.
- 5 Loosen cookies from pans while still warm.



## ORANGE COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
310 cal	38 g	4 g	16 g	52 mg	231 mg	11 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 SHORTENING  
 BUTTER  
 FLAVORING,ORANGE  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING SODA  
 ORANGE,RIND,GRATED  
 SUGAR,POWDERED,SIFTED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Add orange rind if desired (optional). Beat at low speed 1 to 2 minutes or until smooth. Scrape down bowl once during mixing.
- 2 Divide dough into ten 1-1/4 pound pieces. Roll into powdered sugar forming rolls 2 inches thick.
- 3 Lightly spray each pan with non-stick cooking spray. Slice each roll into 20 pieces. Dip top of each piece in powdered sugar; place in rows, 4 by 6 on sprayed pans. Do not flatten cookies.
- 4 Bake at 375 F. for 12 to 14 minutes or until done.
- 5 Loosen cookies from pans while still warm.

## VANILLA COOKIES

Yield 100

Portion 2 Cookies

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
310 cal	38 g	4 g	16 g	52 mg	231 mg	11 mg

**Ingredient**

EGGS,WHOLE,FROZEN  
 SHORTENING  
 BUTTER  
 EXTRACT,VANILLA  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BAKING SODA  
 SUGAR,POWDERED,SIFTED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place ingredients in mixer bowl in order listed. Beat at low speed 1 to 2 minutes or until smooth. Scrape down bowl once during mixing.
- 2 Divide dough into ten 1-1/4 pound pieces. Roll into powdered sugar forming rolls 2 inches thick.
- 3 Lightly spray each pan with non-stick cooking spray. Slice each roll into 20 pieces. Dip top of each piece in powdered sugar; place in rows, 4 by 6 on sprayed pans. Do not flatten cookies.
- 4 Bake at 375 F. for 12 to 14 minutes or until done.
- 5 Loosen cookies from pans while still warm.

## FUDGY BROWNIES

Yield 100

Portion 1 Brownie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
232 cal	50 g	5 g	4 g	0 mg	234 mg	63 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 COCOA  
 BAKING POWDER  
 BAKING SODA  
 SALT  
 WATER  
 PRUNE PUREE  
 CHOCOLATE,COOKING,UNSWEETENED,MELTED  
 EXTRACT,VANILLA  
 EGG WHITES,FROZEN,THAWED  
 COOKING SPRAY,NONSTICK

**Weight**

3-1/3 lbs  
 5-1/4 lbs  
 1-1/2 lbs  
 2-5/8 oz  
 2/3 oz  
 3/4 oz  
 2-1/2 lbs  
 3-1/3 lbs  
 12-3/8 oz  
 2-5/8 oz  
 2-1/2 lbs  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Sift together flour, sugar, cocoa, baking powder, baking soda, and salt. Set aside for use in Step 3.
- 2 Place prune puree, water, melted chocolate, and vanilla in mixer bowl; blend well at low speed for 1 minute. Add egg whites; mix at low speed for 30 seconds; scrape down bowl.
- 3 Add dry ingredients to mixer bowl; mix at low speed 1 minute. Scrape down bowl; mix at low speed 2 minutes or until thoroughly blended.
- 4 Lightly spray each pan with non-stick cooking spray. Spread 4-1/2 quarts into each lightly sprayed pan.
- 5 Using a convection oven, bake at 325 F. 18-20 minutes or until done on high fan, open vent. Do not over bake.
- 6 Cool; cut 6 by 9.

**CRISPY MARSHMALLOW SQUARES**

Yield 100

Portion 2 Bars

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	52 g	2 g	6 g	0 mg	364 mg	6 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 MARGARINE  
 MARSHMALLOWS, MINIATURE  
 EXTRACT, VANILLA  
 CEREAL, RICE KRISPIES, BULK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Lightly spray sheet pans with non-stick spray.
- 2 Melt margarine in steam-jacketed kettle.
- 3 Add marshmallows and vanilla. Stir constantly until marshmallows are completely melted, about 5 to 6 minutes.
- 4 Turn off heat; add cereal to marshmallow mixture; stir vigorously until cereal is well coated.
- 5 Turn 6 pounds 14 ounces mixture into each lightly sprayed sheet pan. Using a lightly sprayed rolling pin, roll mixture firmly to spread evenly in each pan. Cut 9 by 12. Remove from pan when cool.

**BANANA SPLIT BROWNIES**

**Yield** 100

**Portion** 1 Brownie

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
250 cal	53 g	3 g	4 g	0 mg	190 mg	16 mg

**Ingredient**

WATER,WARM  
 BROWNIE MIX, LOWFAT CHOCOLATE  
 BANANA,FRESH,CHOPPED  
 CHERRIES,MARASCHINO,CHOPPED  
 COOKING SPRAY,NONSTICK

**Weight**

3-2/3 lbs  
 12 lbs  
 5 lbs  
 1-7/8 lbs  
 2 oz

**Measure**

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

**Issue**

7-2/3 lbs

**Method**

- 1 Place water in mixer bowl. Add brownie mix; mix on low speed 1 minute. Scrape down bowl. Mix on low speed 1-1/2 minutes.
- 2 Cut bananas 1/2 lengthwise and in 1/4 inch slices. Add bananas and cherries. Mix on low speed 15 seconds.
- 3 Lightly spray each sheet pan with non-stick cooking spray. Pour 4-1/2 quarts of batter into each pan. Spread evenly.
- 4 Using a convection oven, bake at 325 F. for 22 to 25 minutes or until done on high fan, open vent. Do not over bake.
- 5 Cut 6 by 9.

**Notes**

- 1 If the brownie mix package directions call for eggs, use an equal amount of egg whites. If the mix calls for oil, use an equal volume of water.

## ABRACADABRA BARS

Yield 100

Portion 2 Bars

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
218 cal	42 g	3 g	4 g	0 mg	205 mg	13 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING SODA  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 CLOVES,GROUND  
 GINGER,GROUND  
 SWEET POTATOES,CANNED,W/SYRUP  
 SUGAR,GRANULATED  
 SHORTENING  
 EXTRACT,VANILLA  
 RAISINS  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Combine flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger.
- 2 Drain sweet potatoes, mash and set aside. Cream sugar and shortening. Add sweet potatoes and vanilla to the creamed sugar and shortening, beat on medium speed 1 minute; scrape down bowl. Beat with paddle on high speed 1 minute or until light and fluffy. Scrape down bowl.
- 3 Gradually add dry ingredients to sweet potato mixture, while mixing on low speed 1 minutes. Scrape down bowl; mix on medium speed 30 seconds or until just blended.
- 4 Fold in raisins at low speed 30 seconds.
- 5 Spray sheet pans very lightly with non-stick cooking spray. Using a rolling pin, spread 7 pounds 5 ounces mixture evenly in each pan.
- 6 Using a convection oven, bake at 325 F. 16 to 18 minutes until bars are lightly browned on low fan open vent. Cool. Cut into bars 6 by 18.

**MAKING ONE-CRUST PIES****BAKED PIE SHELLS**

1. **PREPARE AND DIVIDE DOUGH:** Prepare 1/2 recipe Pie Crust (Recipe No. I-1). Divide dough into thirteen 7-1/2 oz pieces; place on lightly floured board.
2. **ROLL DOUGH:** Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together.
3. **PLACE DOUGH IN PAN:** Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough.
4. **REMOVE EXCESS DOUGH:** Trim ragged edges about 1/2 inch beyond edge of pan using knife or spatula. (Incorporate excess dough into next crust, if needed). Fold extra dough back and under; crimp with the thumb and forefinger to make a high fluted edge. Dock or prick dough on bottom and sides to prevent puffing during baking. If available, place an empty pie pan inside of shell before baking to help prevent shrinking and puffing.
5. **BAKE:** Bake at 450° F. about 10 minutes or until golden brown or in 400° F. convection oven 8 to 10 minutes or until golden brown on high fan, open vent.
6. **FILL CRUST:** Fill as specified on individual recipe card.

**UNBAKED SHELL**

1. Follow Steps 1 through 4; omit docking or pricking of dough in Step 4.
2. Fill and bake according to instructions on specified recipe.

**MAKING TWO-CRUST PIES**

1. **PREPARE AND DIVIDE DOUGH:** Prepare 1 recipe Pie Crust (Recipe No. I-1). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board.
2. **ROLL DOUGH:** Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together.
3. **BOTTOM CRUST:** Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough.
4. **FILL CRUST:** Fill as specified on individual recipe card.
5. **TOP CRUST:** Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly.
6. **REMOVE EXCESS DOUGH:** Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough.
7. **SEAL PIE:** Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge.
8. **WASHED TOP:** For a washed top, brush pies with appropriate wash as follows:  
Egg and Milk Wash - This wash is used for fruit pies (apple, blueberry, cherry, peach, pineapple) that are baked 30 to 35 minutes. It SHOULD NOT be used for pies requiring longer baking time as the crust will brown excessively. See Recipe No. I-4.  
Egg and Water Wash - This wash is used for berry and mincemeat pies that are baked 40 to 45 minutes. It SHOULD NOT be used for pies that are baked 30 to 35 minutes as the crusts will be too pale. Allow glaze to dry on crust before baking to eliminate dark spots. See Recipe No. I-4-1.
9. **BAKE:** Bake as specified on individual recipe card.



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I 001 01	Pie Crust (Dough Rolling Machine)	I 010 01	Peach Cobbler
I 001 02	Pie Crust (Manual Mixing Method)	I 010 02	Blueberry Cobbler
I 002 00	Graham Cracker Crust	I 010 03	Cherry Cobbler
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I 003 00	Mincemeat Pie	I 011 00	Chocolate Mousse Pie
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I 006 00	Vanilla Cream Pie	I 017 00	Blueberry Pie (Canned Blueberries-Cornstarch)
I 006 01	Banana Cream Pie	I 017 01	Blueberry Pie (Prepared Filling)
I 007 00	Vanilla Cream Pie (Dessert Powder, Instant)	I 019 00	Butterscotch Cream Pie (Dessert Powder, Instant)
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## I. DESSERTS (PASTRY AND PIES) No. 0 (1)

Card No.		Card No.
I 026 02	Ambrosia Pie	
I 027 00	Cherry Crumble Pie	
I 028 00	Chocolate Cream Pie	
I 028 01	Chocolate Cream Pie (Dessert Powder, Instant)	
I 029 00	Chocolate And Vanilla Cream Pie (Instant)	
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I 031 01	Walnut Pie	
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I 033 01	Lemon Meringue Pie (Pie Filling Prepared)	
I 034 00	Fruit Turnovers	
I 035 00	Fruit Dumplings	
I 500 00	Key Lime Pie	
I 800 00	Pies, Frozen	
I 801 00	Elephant Ears (Frozen Puff Pastry)	

## PIE CRUST

Yield 100

Portion 1 Crust

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
995 cal	92 g	12 g	64 g	0 mg	808 mg	19 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
SALT  
SHORTENING  
WATER,COLD

**Weight**

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

**Measure**

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

**Issue****Method**

- Sift together flour and salt in mixer bowl.
- Add shortening to dry ingredients. Using pastry knife attachment, mix at low speed 30 seconds or until shortening is evenly distributed and mixture is granular in appearance.
- Add water; mix at low speed 1 minute until dough is just formed.
- Chill dough for at least 1 hour for ease in handling.
- DIVIDE DOUGH:** Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. **ROLL DOUGH:** Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. **BOTTOM CRUST:** Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. **TOP CRUST:** Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. **REMOVE EXCESS DOUGH:** Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. **SEAL PIE:** Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. **WASHED TOP:** For a washed top, brush pies with appropriate wash as follows: Egg and Milk Wash - This wash is used for fruit pies (apple, blueberry, cherry, peach, pineapple) that are baked 30 to 35 minutes. It SHOULD NOT be used for pies requiring longer baking time as the crust will brown excessively. Egg and Water Wash - This wash is used for berry and mincemeat pies that are baked 40 to 45 minutes. It SHOULD NOT be used for pies that are baked 30 to 35 minutes as the crusts will be too pale. Allow glaze to dry on crust before baking to eliminate dark spots. **BAKING INSTRUCTIONS FOR COOKED PIES:** Bake as specified on individual recipe card. **BAKING INSTRUCTIONS FOR UNCOOKED PIES:** Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.

**Notes**

- Pie crust mix may be used. Omit steps 1 through 3. Follow manufacturer's directions for preparation. Follow steps 4 and 5. Quantity of pie crust mix required: 5 pounds pie crust mix yields 13-one crust pies; 10 pounds pie crust mix yields 13-two crust pies.

**PIE CRUST (DOUGH ROLLING MACHINE)**

Yield 100

Portion 1 Crust

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
982 cal	87 g	14 g	65 g	0 mg	1260 mg	28 mg

**Ingredient**

FLOUR,WHEAT,BREAD  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 SUGAR,GRANULATED  
 MILK,NONFAT,DRY  
 SHORTENING  
 WATER,COLD

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Combine sifted bread flour, sifted general purpose flour, salt, granulated sugar and nonfat dry milk in mixer bowl.
- 2 Add shortening to dry ingredients. Using pastry knife attachment, mix at low speed 30 seconds or until shortening is evenly distributed and mixture is granular in appearance.
- 3 Add water; mix at low speed 1 minute until dough is just formed.
- 4 Chill dough for at least 1 hour, preferably 24 hours, at 40 F. for ease in handling. Follow the equipment manufacturer's instructions for feeding/loading the dough into the machine.
- 5 **DIVIDE DOUGH:** Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. **ROLL DOUGH:** Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. **BOTTOM CRUST:** Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. **TOP CRUST:** Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. **REMOVE EXCESS DOUGH:** Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. **SEAL PIE:** Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. **WASHED TOP:** For a washed top, brush pies with appropriate wash as follows: Egg and Milk Wash - This wash is used for fruit pies (apple, blueberry, cherry, peach, pineapple) that are baked 30 to 35 minutes. It **SHOULD NOT** be used for pies requiring longer baking time as the crust will brown excessively. Egg and Water Wash - This wash is used for berry and mincemeat pies that are baked 40 to 45 minutes. It **SHOULD NOT** be used for pies that are baked 30 to 35 minutes as the crusts will be too pale. Allow glaze to dry on crust before baking to eliminate dark spots. **BAKING INSTRUCTIONS FOR COOKED PIES:** Bake as specified on individual recipe card. **BAKING INSTRUCTIONS FOR UNCOOKED PIES:** Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.

**PIE CRUST (MANUAL MIXING METHOD)**

Yield 100

Portion 1 Crust

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
995 cal	92 g	12 g	64 g	0 mg	808 mg	19 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
SALT  
SHORTENING  
WATER,COLD

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour and salt in mixer bowl.
- 2 Add shortening to dry ingredients. Cut or rub shortening until evenly distributed and granular in appearance.
- 3 Sprinkle half of water over flour mixture and mix. Sprinkle remaining water and mix until dough is just formed.
- 4 Chill dough for at least 1 hour for ease in handling.
- 5 **DIVIDE DOUGH:** Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. **ROLL DOUGH:** Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. **BOTTOM CRUST:** Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. **TOP CRUST:** Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. **REMOVE EXCESS DOUGH:** Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. **SEAL PIE:** Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. **WASHED TOP:** For a washed top, brush pies with appropriate wash as follows: Egg and Milk Wash - This wash is used for fruit pies (apple, blueberry, cherry, peach, pineapple) that are baked 30 to 35 minutes. It **SHOULD NOT** be used for pies requiring longer baking time as the crust will brown excessively. Egg and Water Wash - This wash is used for berry and mincemeat pies that are baked 40 to 45 minutes. It **SHOULD NOT** be used for pies that are baked 30 to 35 minutes as the crusts will be too pale. Allow glaze to dry on crust before baking to eliminate dark spots. **BAKING INSTRUCTIONS FOR COOKED PIES:** Bake as specified on individual recipe card. **BAKING INSTRUCTIONS FOR UNCOOKED PIES:** Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.

## GRAHAM CRACKER CRUST

Yield 100

Portion 1 Crust

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
1181 cal	144 g	9 g	65 g	0 mg	1380 mg	50 mg

**Ingredient**

MARGARINE  
 CRACKERS, GRAHAM, CRUMBS  
 SUGAR, GRANULATED

**Weight**

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

**Measure**

3-3/4 cup  
  
 3 cup

**Issue****Method**

- 1 Grind graham crackers or crush on board with rolling pin. Combine butter or margarine, crumbs, and sugar in mixer bowl. Mix at low speed until well blended, about 2 minutes.
- 2 Place about 8 ounces or 1-3/4 cups crumb mixture in each pie pan. Press firmly into an even layer against bottom and sides of each pan.
- 3 Chill at least 1 hour before filling is added.

**Notes**

- 1 For a firmer shell, omit Step 3; using a convection oven, bake at 325 F. for 7 minutes or until lightly browned on low fan, open vent.
- 2 4 lb 1 oz (13-5 oz) preformed graham cracker crusts may be used.

**GRAHAM CRACKER CRUST (PERFORMED CRUST)**

Yield 100

Portion 1 Crust

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
716 cal	88 g	5 g	38 g	14 mg	313 mg	57 mg

**Ingredient**

PIE CRUST PREFORMED

**Weight**

4 lbs

**Measure****Issue****Method**

- 1 Use 13-5 oz preformed crusts per 100 portions.

## MINCEMEAT PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
330 cal	42 g	3 g	17 g	0 mg	236 mg	11 mg

**Ingredient**

PIE CRUST  
 PIE FILLING,MINCEMEAT,CANNED  
 APPLES,CANNED,DRAINED,CHOPPED  
 SUGAR,GRANULATED

**Weight**

13-1/3 lbs  
 4-1/2 lbs  
 11-3/4 oz

**Measure**

26 each  
 1 gal 2-2/3 qts  
 2 qts 1 cup  
 1-5/8 cup

**Issue****Method**

- 1 DIVIDE DOUGH: Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. (Step 2/3). TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. WASHED TOP: For a washed top, brush pies with appropriate wash as follows: Egg and Milk Wash - This wash is used for fruit pies (apple, blueberry, cherry, peach, pineapple) that are baked 30 to 35 minutes. It SHOULD NOT be used for pies requiring longer baking time as the crust will brown excessively. Egg and Water Wash - This wash is used for berry and mincemeat pies that are baked 40 to 45 minutes. It SHOULD NOT be used for pies that are baked 30 to 35 minutes as the crusts will be too pale. Allow glaze to dry on crust before baking to eliminate dark spots. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine mincemeat, apples, and sugar; mix until well blended.
- 3 Pour 3-1/2 cups filling into each unbaked pie shell. Cover with top crust. Seal edges.
- 4 Bake at 425 F. for 45 minutes or until lightly browned.
- 5 Cut 8 wedges per pie.



## EGG AND MILK WASH

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
91 cal	3 g	8 g	5 g	215 mg	96 mg	91 mg

**Ingredient**

MILK, NONFAT, DRY  
 WATER  
 EGGS, WHOLE, FROZEN

**Weight**

1/2 oz  
 12-1/2 oz  
 4-2/3 oz

**Measure**

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

**Issue****Method**

- 1 Combine milk and water; mix until thoroughly blended.
- 2 Add eggs; whip until well blended.
- 3 Brush on pies. Allow to dry before baking. CCP: Refrigerate at 41 F. or lower until ready for use.

**Notes**

- 1 This wash will cover 13 to 15 2-crust pies that are baked 30 to 35 minutes, primarily fruit pies (apple, blueberry, cherry, peach, pineapple). It SHOULD NOT be used for pies requiring longer baking time as the crust will brown excessively.

**EGG AND WATER WASH**

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
120 cal	1 g	10 g	8 g	350 mg	113 mg	51 mg

**Ingredient**EGGS,WHOLE,FROZEN  
WATER**Weight**7-5/8 oz  
1 lbs**Measure**3/4 cup 2-1/3 tbsp  
2 cup**Issue****Method**

- 1 Combine eggs with water. Whip until well blended.
- 2 Brush on pies. Allow to dry before baking. CCP: Refrigerate at 41 F. or lower until ready for use.

**Notes**

- 1 Use on 2-crust pies (berry and mincemeat), bake 40 to 50 minutes. To prevent dark spots, allow wash to dry on crust before baking. This wash is used for berry and mincemeat pies. It SHOULD NOT be used for pies that are baked 30 to 35 minutes as the crusts will be too pale.

**MILK AND WATER WASH**

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
36 cal	5 g	4 g	0 g	2 mg	59 mg	125 mg

**Ingredient**

MILK,NONFAT,DRY  
WATER,WARM

**Weight**

7/8 oz  
14-7/8 oz

**Measure**

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

**Issue****Method**

- 1 Combine nonfat dry milk and warm water. Mix well.
- 2 Use only this wash on turnovers; allow to dry before baking. Do not use this wash on 2-crust pies.

**DESSERTS (PASTRY AND PIES) No.I 005 00**  
**MERINGUE**

**Yield** 100

**Portion** 2-1/2 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
401 cal	93 g	9 g	0 g	0 mg	406 mg	6 mg

**Ingredient**

EGG WHITES  
 SUGAR,GRANULATED  
 SALT  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Using a whip, beat egg whites at high speed in mixer bowl until foamy, about 3 minutes.
- 2 Add sugar a little at a time; beat well at medium speed after each addition. Beat at high speed until stiff peaks are formed, about 6 minutes.
- 3 Add salt and vanilla; blend.
- 4 Spread about 2-1/2 cups meringue over warm pie filling, about 122 F. in each pan. Meringue should touch inner edge of crust all around and completely cover top of pie. Leave meringue somewhat rough on top.
- 5 Bake at 350 F. for 16 to 20 minutes or until lightly browned. CCP: Hold for service at 41 F. or lower.

**MERINGUE (DEHYDRATED)**

Yield 100

Portion 2-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	56 g	2 g	0 g	0 mg	31 mg	74 mg

**Ingredient**

MERINGUE POWDER  
 WATER,COLD  
 SUGAR,GRANULATED

**Weight**

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

**Measure**

3/4 cup  
 3 cup  
 3-3/8 cup

**Issue****Method**

- 1 Add water to mixer bowl; add meringue powder.
- 2 Using whip, mix at low speed 1 minute or until powder is dissolved. Beat at high speed until stiff peaks form, about 5 minutes.
- 3 Gradually add granulated sugar beating at high speed 1 minute or until meringue is glossy.
- 4 Spread about 2-1/2 cups meringue over warm pie filling, about 122 F. in each pan. Meringue should touch inner edge of crust all around and completely cover top of pie. Leave meringue somewhat rough on top.
- 5 Bake 16 to 20 minutes at 350 F. or until lightly browned.

## VANILLA CREAM PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
326 cal	38 g	4 g	17 g	46 mg	268 mg	49 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
MILK,NONFAT,DRY	10-3/8 oz	1 qts 3/8 cup	
WATER,WARM	11-7/8 lbs	1 gal 1-2/3 qts	
SUGAR,GRANULATED	1-1/2 lbs	3-3/8 cup	
SALT	3/4 oz	1 tbsp	
CORNSTARCH	13-1/2 oz	3 cup	
SUGAR,GRANULATED	1-7/8 lbs	1 qts 1/8 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
EGGS,WHOLE,FROZEN	2-1/3 lbs	1 qts 3/8 cup	
MARGARINE	14-7/8 oz	1-7/8 cup	
EXTRACT,VANILLA	2-1/8 oz	1/4 cup 1 tbsp	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Reconstitute milk. Add sugar and salt; heat to just below boiling. DO NOT BOIL.
- 3 Combine cornstarch, sugar and water; stir until smooth. Add gradually to hot mixture. Cook at medium heat, stirring constantly, about 10 minutes until thickened.
- 4 Stir about 1 quart of hot mixture into eggs. Slowly pour egg mixture into remaining hot mixture; heat to boiling, stirring constantly. Cook 2 minutes longer. Remove from heat.
- 5 Add butter or margarine and vanilla; stir until well blended. Cool slightly.
- 6 Pour 3 cups filling into each baked pie shell. Ensure cream pie filling preparation time does not exceed 4 hours total in temperatures between 40 F. to 140 F.
- 7 CCP: Hold for service at 41 F. or lower.
- 8 Cut 8 wedges per pie. Chilled pies may be topped with Whipped Cream, Recipe No. K 001 00 or Whipped Topping Recipe No. K 002 00.

**Notes**

- 1 Filling will curdle if boiled or subjected to prolonged intense heat.

**BANANA CREAM PIE**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
292 cal	40 g	4 g	13 g	46 mg	265 mg	50 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
MILK,NONFAT,DRY	10-3/8 oz	1 qts 3/8 cup	
WATER,WARM	11-7/8 lbs	1 gal 1-2/3 qts	
SUGAR,GRANULATED	1-1/2 lbs	3-3/8 cup	
SALT	3/4 oz	1 tbsp	
CORNSTARCH	13-1/2 oz	3 cup	
SUGAR,GRANULATED	1-7/8 lbs	1 qts 1/8 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
EGGS,WHOLE,FROZEN	2-1/3 lbs	1 qts 3/8 cup	
BANANA,FRESH,SLICED	7-1/2 lbs	1 gal 1-2/3 qts	11-1/2 lbs
MARGARINE	14-7/8 oz	1-7/8 cup	
EXTRACT,VANILLA	2-1/8 oz	1/4 cup 1 tbsp	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Reconstitute milk. Add sugar and salt; heat to just below boiling. DO NOT BOIL.
- 3 Combine cornstarch, sugar and water; stir until smooth. Add gradually to hot mixture. Cook at medium heat, stirring constantly, about 10 minutes until thickened.
- 4 Stir about 1 quart of hot mixture into eggs. Slowly pour egg mixture into remaining hot mixture; heat to boiling, stirring constantly. Cook 2 minutes longer. Remove from heat.
- 5 Add butter or margarine and vanilla; stir until well blended. Cool slightly. Slice bananas. Add to cooled filling. To prevent discoloration, slice bananas just before adding to filling.
- 6 Pour about 3-1/2 cups filling into each baked pie shell. Meringue Recipe No. I 005 00 may be spread over warm filling. Ensure cream pie filling preparation time does not exceed 4 hours total in temperatures between 40 F. to 140 F.
- 7 CCP: Hold for service at 41 F. or lower.
- 8 Cut 8 wedges per pie. Chilled pies may be topped with 1 recipe Whipped Topping, Recipe No. K 002 00.

**Notes**

- 1 Filling will curdle if boiled or subjected to prolonged intense heat.

## VANILLA CREAM PIE (DESSERT POWDER, INSTANT)

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
301 cal	43 g	3 g	13 g	1 mg	506 mg	54 mg

**Ingredient**

PIE CRUST  
MILK,NONFAT,DRY  
WATER,COLD  
DESSERT POWDER,PUDDING,INSTANT,VANILLA

**Weight**

13-3/4 oz  
15-1/8 lbs  
5-1/2 lbs

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Reconstitute milk in a large mixing bowl, with a wire whip.
- 3 Add dessert powder to milk and water. Using whip, blend at low speed 15 seconds or until well blended. Scrape down sides of bowl; whip at medium speed 2 minutes.
- 4 Pour about 3 cups filling into each baked pie shell.
- 5 CCP: Hold for service at 41 F. or lower.
- 6 Cut 8 wedges per pie. Chilled pies may be topped with Whipped Cream, Recipe No. K 001 00 or Whipped Topping Recipe No. K 002 00.



**STRAWBERRY GLAZED CREAM PIE (INSTANT)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
335 cal	52 g	3 g	13 g	1 mg	508 mg	61 mg

**Ingredient**

PIE CRUST  
 MILK,NONFAT,DRY  
 WATER,COLD  
 DESSERT POWDER,PUDDING,INSTANT,VANILLA  
 STRAWBERRY GLAZE TOPPING

**Weight**

13-3/4 oz  
 15-1/8 lbs  
 5-1/2 lbs

**Measure**

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

**Issue**

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Reconstitute milk in a large mixing bowl with a wire whip.
- 3 Add dessert powder to milk and water. Using whip, blend at low speed 15 seconds or until well blended. Scrape down sides of bowl; whip at medium speed 2 minutes.
- 4 Pour about 3 cups filling into each baked pie shell.
- 5 CCP: Hold for service at 41 F. or lower.
- 6 Prepare 1 recipe Strawberry Glaze Topping, Recipe No. K 007 00 per 100 portions. Spread 11-1/2 ounces or 1-1/8 cups mixture over filling in each pie.
- 7 Cut pie into 8 wedges.

## COCONUT CREAM PIE (INSTANT)

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
355 cal	48 g	4 g	17 g	1 mg	535 mg	56 mg

**Ingredient**

PIE CRUST  
MILK,NONFAT,DRY  
WATER,COLD  
DESSERT POWDER,PUDDING,INSTANT,VANILLA  
COCONUT,PREPARED,SWEETENED FLAKES  
COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

13-3/4 oz  
15-1/8 lbs  
5-1/2 lbs  
1-1/2 lbs  
14-3/4 oz

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Reconstitute milk in a large mixing bowl with a wire whip.
- 3 Add dessert powder to milk and water. Using whip, blend at low speed 15 seconds or until well blended. Scrape down sides of bowl; whip at medium speed 2 minutes.
- 4 Add prepared sweetened coconut flakes to filling; mix well. Pour 3-1/4 cups filling into each baked pie shell.
- 5 Sprinkle 1/3 cup coconut over each filled pie.
- 6 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower. Chilled pies may be topped with Whipped Cream, Recipe No. K 001 00 or Whipped Topping, Recipe No. K 002 00.

## PINEAPPLE CREAM PIE (INSTANT)

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
310 cal	45 g	3 g	13 g	1 mg	506 mg	56 mg

**Ingredient**

PIE CRUST  
 MILK,NONFAT,DRY  
 WATER,COLD  
 DESSERT POWDER,PUDDING,INSTANT,VANILLA  
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,DRAINED

**Weight**

13-3/4 oz  
 15-1/8 lbs  
 5-1/2 lbs  
 3-1/4 lbs

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Reconstitute milk in a large mixing bowl with a wire whip.
- 3 Add dessert powder to milk and water. Using whip, blend at low speed 15 seconds or until well blended. Scrape down sides of bowl; whip at medium speed 2 minutes.
- 4 Add canned, drained, crushed pineapple. Mix well. Pour about 3-1/4 cups filling into each baked pie shell.
- 5 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower. Chilled pies may be topped with Whipped Cream, Recipe No. K 001 00 or Whipped Topping, Recipe No. K 002 00.

**DUTCH APPLE PIE (CANNED APPLES-CORNSTARCH)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
358 cal	54 g	3 g	16 g	18 mg	225 mg	17 mg

**Ingredient**

PIE CRUST

APPLES,CANNED,SLICED

SUGAR,GRANULATED

SALT

CINNAMON,GROUND

NUTMEG,GROUND

CORNSTARCH

WATER,COLD

JUICE,LEMON

BUTTER

STREUSEL TOPPING

**Weight**

13-7/8 lbs

3 lbs

3/8 oz

1/3 oz

3/8 oz

7-1/2 oz

1-5/8 lbs

2-1/2 oz

4 oz

**Measure**

13 each

1 gal 3 qts

1 qts 2-3/4 cup

1/3 tsp

1 tbsp

1 tbsp

1-5/8 cup

3 cup

1/4 cup 1 tbsp

1/2 cup

3 qts 3 cup

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7 oz pieces for pie crust and place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Drain apples; reserve juice for use in Step 3; apples for use in Step 5.
- 3 Take reserved juice and add water equal 1-7/8 quart per 100 portions and combine with sugar, salt, cinnamon and nutmeg; bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly, until thick and clear. Remove from heat.
- 5 Fold apples, lemon juice and butter or margarine carefully into thickened mixture. Cool thoroughly.
- 6 Pour 2-3/4 to 3 cups filling into each unbaked pie shell.
- 7 Using a convection oven, bake at 375 F. for 25 minutes or until lightly browned on high fan, open vent.
- 8 Prepare 1-1/2 recipes No. D 049 00 Streusel Topping per 100 portions. Spread 1/3 glaze over each pie after it has cooled.
- 9 Cut 8 wedges per pie.

## FRENCH APPLE PIE (CANNED APPLES-CORNSTARCH)

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
417 cal	61 g	3 g	18 g	4 mg	274 mg	10 mg

**Ingredient**

PIE CRUST

APPLES,CANNED,SLICED

SUGAR,GRANULATED

SALT

CINNAMON,GROUND

NUTMEG,GROUND

CORNSTARCH

WATER,COLD

JUICE,LEMON

BUTTER

VANILLA GLAZE

**Weight**

13-7/8 lbs

3 lbs

3/8 oz

1/3 oz

3/8 oz

7-1/2 oz

1-5/8 lbs

2-1/2 oz

4 oz

**Measure**

26 each

1 gal 3 qts

1 qts 2-3/4 cup

1/3 tsp

1 tbsp

1 tbsp

1-5/8 cup

3 cup

1/4 cup 1 tbsp

1/2 cup

1 qts 1/8 cup

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Drain apples; reserve juice for use in Step 3; apples for use in Step 5.
- 3 Take reserved juice and add water equal 1-7/8 quart per 100 portions and combine with sugar, salt, cinnamon and nutmeg; bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly, until thick and clear. Remove from heat.
- 5 Fold apples, lemon juice and butter or margarine carefully into thickened mixture. Cool thoroughly.
- 6 Pour 2-3/4 to 3 cups filling into each unbaked pie shell. Cover with top crust. Seal edges.
- 7 Using a convection oven, bake at 375 F. for 25 minutes or until lightly browned on high fan, open vent.
- 8 Prepare 1-1/2 recipes Vanilla Glaze per 100 portions, Recipe No. D 046 00; when pies are removed and still hot, spread 1/3 glaze over each top crust.
- 9 Cut 8 wedges per pie.

## APPLE PIE (CANNED APPLES-CORNSTARCH)

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
370 cal	50 g	3 g	18 g	2 mg	269 mg	10 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		26 each	
APPLES,CANNED,SLICED	13-7/8 lbs	1 gal 3 qts	
SUGAR,GRANULATED	3 lbs	1 qts 2-3/4 cup	
SALT	3/8 oz	1/3 tsp	
CINNAMON,GROUND	1/3 oz	1 tbsp	
NUTMEG,GROUND	3/8 oz	1 tbsp	
CORNSTARCH	7-1/2 oz	1-5/8 cup	
WATER,COLD	1-5/8 lbs	3 cup	
JUICE,LEMON	2-1/2 oz	1/4 cup 1 tbsp	
BUTTER	4 oz	1/2 cup	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Drain apples; reserve juice for use in Step 3; apples for use in Step 5.
- 3 Take reserved juice and add water equal 1-7/8 quart per 100 portions and combine with sugar, salt, cinnamon and nutmeg; bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly, until thick and clear. Remove from heat.
- 5 Fold apples, lemon juice and butter or margarine carefully into thickened mixture. Cool thoroughly.
- 6 Pour 2-3/4 to 3 cups filling into each unbaked pie shell. Cover with top crust. Seal edges.
- 7 Using a convection oven, bake at 375 F. for 25 minutes or until lightly browned on high fan, open vent.
- 8 Cut 8 wedges per pie.

**APPLE PIE (PREPARED PIE FILLING)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
363 cal	51 g	3 g	17 g	0 mg	256 mg	9 mg

**Ingredient**

PIE CRUST  
PIE FILLING,APPLE,PREPARED

**Weight**

22-3/4 lbs

**Measure**

26 each  
2 gal 3-3/8 qts

**Issue**

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Use canned prepared apple pie filling.
- 3 Pour 3 cups filling into each unbaked pie shell. Cover with top crust. Seal edges.
- 4 Using a convection oven, bake at 375 F. for 25 minutes or until lightly browned on high fan, open vent.
- 5 Cut 8 wedges per pie.

**DUTCH APPLE PIE (PREPARED PIE FILLING)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
335 cal	52 g	3 g	14 g	13 mg	204 mg	15 mg

**Ingredient**

PIE CRUST  
STREUSEL TOPPING  
PIE FILLING,APPLE,PREPARED

**Weight**

22-3/4 lbs

**Measure**

13 each  
3 qts 1 cup  
2 gal 3-3/8 qts

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Prepare 1-1/4 recipes Streusel Topping per 100 portions, Recipe No. D 049 00.
- 3 Pour 3 cups filling into each unbaked pie shell. Omit top crust; sprinkle 1-1/8 cup topping over filling in each pan.
- 4 Using a convection oven, bake at 375 F. for 25 minutes or until lightly browned on high fan, open vent.
- 5 Cut 8 wedges per pie.



## APPLE COBBLER

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
433 cal	58 g	4 g	21 g	0 mg	311 mg	11 mg

**Ingredient**

PIE CRUST  
PIE FILLING,APPLE,PREPARED

**Weight**

24 lbs

**Measure**

32-1/2 each  
3 gal

**Issue****Method**

- 1 Prepare 1-1/4 recipe Pie Crust (Recipe No. I 001 00) to yield enough dough to prepare cobbler for 100 portions.
- 2 Divide dough into four 3-3/4 lb pieces; use 2 pieces for each sheet pan.
- 3 Place dough on lightly floured board; sprinkle lightly with flour; flatten gently.
- 4 Roll 2 pieces dough into rectangular sheets about 1/8-inch thick and large enough to fit each pan. Press dough into bottom and sides of each pan. Reserve remaining pieces for use in Step 6.
- 5 Pour 1-1/2 gallons filling into each pan.
- 6 Roll remaining pieces dough for top crusts.
- 7 Place top crusts carefully over filling in each pan.
- 8 Crimp to seal edges.
- 9 Cut 6 to 8 small slits, about 1/2-inch each in tops of each cobbler.
- 10 Using a convection oven, bake at 375 F. for 35 to 40 minutes or until lightly browned on high fan, open vent.
- 11 Cool; cut 6 by 9.

**PEACH COBBLER**

**Yield** 100

**Portion** 1 Serving

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
484 cal	72 g	4 g	21 g	0 mg	299 mg	21 mg

**Ingredient**

PIE CRUST  
 PIE FILLING,PEACH,PREPARED

**Weight**

24 lbs

**Measure**

32-1/2 each  
 3 gal

**Issue**

**Method**

- 1 Prepare 1-1/4 Pie Crust, Recipe No. I 001 00 to yield enough dough to prepare cobbler for 100 portions.
- 2 Divide dough into four 3-3/4 pound pieces; use 2 pieces for each sheet pan.
- 3 Place dough on lightly floured board; sprinkle lightly with flour; flatten gently.
- 4 Roll 2 pieces dough into rectangular sheets about 1/8-inch thick and large enough to fit each pan. Press dough into bottom and sides of each pan. Reserve remaining pieces for use in Step 6.
- 5 Pour 1-1/2 gallons of filling into each pan.
- 6 Roll remaining pieces dough for top crusts.
- 7 Place top crusts carefully over filling in each pan.
- 8 Crimp to seal edges.
- 9 Cut 6 to 8 small slits, about 1/2-inch each, in tops of each cobbler.
- 10 Using a convection oven, bake at 375 F. for 35 to 40 minutes or until lightly browned on high fan, open vent.
- 11 Cool; cut 6 by 9.

**BLUEBERRY COBBLER**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
438 cal	60 g	4 g	21 g	0 mg	327 mg	35 mg

**Ingredient**

PIE CRUST  
PIE FILLING,BLUEBERRY,PREPARED

**Weight**

28-1/4 lbs

**Measure**

32-1/2 each  
3 gal

**Issue****Method**

- 1 Prepare 1-1/4 Pie Crust, Recipe No. I 001 00 to yield enough dough to prepare cobbler for 100 portions.
- 2 Divide dough into four 3-3/4 lb pieces; use 2 pieces for each sheet pan.
- 3 Place dough on lightly floured board; sprinkle lightly with flour; flatten gently.
- 4 Roll 2 pieces dough into rectangular sheets about 1/8-inch thick and large enough to fit each pan. Press dough into bottom and sides of each pan. Reserve remaining pieces for use in Step 6.
- 5 Pour 1-1/2 gallons of filling into each pan.
- 6 Roll remaining pieces dough for top crusts.
- 7 Place top crusts carefully over filling in each pan.
- 8 Crimp to seal edges.
- 9 Cut 6 to 8 small slits, about 1/2-inch each, in tops of each cobbler.
- 10 Using a convection oven, bake at 375 F. for 35 to 40 minutes or until lightly browned, on high fan, open vent.
- 11 Cool; cut 6 by 9.

**CHERRY COBBLER**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
449 cal	62 g	5 g	21 g	0 mg	273 mg	18 mg

**Ingredient**

PIE CRUST  
PIE FILLING,CHERRY,PREPARED

**Weight**

24 lbs

**Measure**

32-1/2 each

3 gal

**Issue****Method**

- 1 Prepare 1-1/4 Pie Crust, Recipe No. I 001 00 to yield enough dough to prepare cobbler for 100 portions.
- 2 Divide dough into four 3-3/4 lb pieces; use 2 pieces for each sheet pan.
- 3 Place dough on lightly floured board; sprinkle lightly with flour; flatten gently.
- 4 Roll 2 pieces dough into rectangular sheets about 1/8 inch thick and large enough to fit each pan. Press dough into bottom and sides of each pan. Reserve remaining pieces for use in Step 6.
- 5 Pour 1-1/2 gallons of filling into each pan.
- 6 Roll remaining pieces dough for top crusts.
- 7 Place top crusts carefully over filling in each pan.
- 8 Crimp to seal edges.
- 9 Cut 6 to 8 small slits, about 1/2-inch each, in tops of each cobbler.
- 10 Using a convection oven, bake at 375 F. for 35 to 40 minutes or until lightly browned on high fan, open vent.
- 11 Cool; cut 6 by 9.

**STREUSEL-TOPPED APPLE COBBLER**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
492 cal	71 g	4 g	22 g	25 mg	303 mg	24 mg

**Ingredient**

PIE CRUST  
 PIE FILLING,APPLE,PREPARED  
 STREUSEL TOPPING

**Weight**

24 lbs

**Measure**

19-1/2 each  
 3 gal  
 1 gal 2 qts

**Issue****Method**

- 1 Prepare 3/4 Pie Crust, Recipe No. I 001 00 to yield enough dough to prepare cobbler for 100 portions.
- 2 Divide dough into 2 pieces; use 1 piece for each sheet pan.
- 3 Place dough on lightly floured board; sprinkle lightly with flour; flatten gently.
- 4 Roll dough into rectangular sheets about 1/8-inch thick and large enough to fit each pan. Press dough into bottom and sides of each pan.
- 5 Pour 1-1/2 gallons of filling into each pan
- 6 Prepare 2 recipes Streusel Topping per 100 portions, Recipe No. D 049 00.
- 7 Spread 3 quarts topping over filling in each pan.
- 8 Using a convection oven, bake at 375 F. for 35 to 40 minutes or until lightly browned on high fan, open vent.
- 9 Cool; cut 6 by 9.

## CHOCOLATE MOUSSE PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
247 cal	33 g	4 g	11 g	1 mg	377 mg	50 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
MILK,NONFAT,DRY	9-5/8 oz	1 qts	
WATER,COLD	10-1/2 lbs	1 gal 1 qts	
DESSERT POWDER,PUDDING,INSTANT,CHOCOLATE	3-3/4 lbs	2 qts 2 cup	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER,COLD	2-1/8 lbs	1 qts	
WHIPPED TOPPING MIX,NONDAIRY,DRY	1-1/2 lbs	2 gal 1/2 qts	
SUGAR,GRANULATED	4 oz	1/2 cup 1 tbsp	
EXTRACT,VANILLA	1-3/8 oz	3 tbsp	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine milk and water in mixer bowl.
- 3 Add dessert powder to milk and water. Using whip, blend at low speed 15 seconds or until well blended. Scrape down bowl; whip at medium speed 2 minutes. Set aside for use in Step 7.
- 4 Mix milk and water in mixer bowl.
- 5 Add topping to milk mixture in bowl. Using whip, mix at low speed until blended.
- 6 Gradually add sugar and vanilla to whipped topping while mixing at low speed. Scrape down bowl. Mix at high-speed 5 minutes or until peaks are formed.
- 7 Add topping to pudding mixture; blend until completely mixed.
- 8 Pour 3-1/2 cups filling into each baked pie shell.
- 9 Refrigerate about 4 hours until ready to serve.  
Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

## SWEET POTATO PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
252 cal	36 g	4 g	10 g	37 mg	221 mg	47 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
SWEET POTATOES,CANNED,VACUUM PACK	13-1/2 lbs	1 gal 2 qts	
EGGS,WHOLE,FROZEN	1-3/4 lbs	3-1/4 cup	
SUGAR,GRANULATED	1-1/8 lbs	2-5/8 cup	
SUGAR,BROWN,PACKED	1-1/8 lbs	3-1/2 cup	
MILK,NONFAT,DRY	5-1/8 oz	2-1/8 cup	
SALT	1/2 oz	3/8 tsp	
CINNAMON,GROUND	7/8 oz	1/4 cup	
NUTMEG,GROUND	3/8 oz	1 tbsp	
GINGER,GROUND	1/3 oz	1 tbsp	
CLOVES,GROUND	1/8 oz	3/8 tsp	
WATER,WARM	5-7/8 lbs	2 qts 3-1/4 cup	
BUTTER,MELTED	4 oz	1/2 cup	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Mix sweet potatoes in mixer bowl at medium speed for 5 minutes or until smooth.
- 3 Combine eggs, sugars, milk, salt, cinnamon, nutmeg, ginger, and cloves. Stir until well blended. Add to sweet potatoes.
- 4 Add water and butter or margarine to sweet potato mixture; beat at low speed until well blended.
- 5 Pour 2-3/4 to 3 cups filling into each unbaked pie shell.
- 6 Bake at 425 F. for 45 to 55 minutes or until knife inserted into filling comes out clean. Center may be soft but will set when cool.
- 7 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

## PUMPKIN PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
242 cal	35 g	4 g	10 g	46 mg	370 mg	56 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
SUGAR,GRANULATED	3-5/8 lbs	2 qts 1/4 cup	
SALT	1-1/8 oz	1 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	6-5/8 oz	1-1/2 cup	
MILK,NONFAT,DRY	8 oz	3-3/8 cup	
CINNAMON,GROUND	1-1/2 oz	1/4 cup 2-1/3 tbsp	
NUTMEG,GROUND	3/8 oz	1 tbsp	
GINGER,GROUND	1/3 oz	1 tbsp	
PUMPKIN,CANNED,SOLID PACK	10-1/2 lbs	1 gal 7/8 qts	
WATER	9-3/8 lbs	1 gal 1/2 qts	
EGGS,WHOLE,FROZEN	2-1/3 lbs	1 qts 3/8 cup	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine sugar, salt, flour, milk, cinnamon, nutmeg and ginger in mixing bowl.
- 3 Add pumpkin to dry ingredients; mix at low speed until well blended. Mixture must set for one hour under refrigeration 41 F. or lower.
- 4 Add water and eggs; mix at low speed until well blended.
- 5 Pour 3-3/4 cups filling into each unbaked pie shell.
- 6 Bake at 375 F. for 50 to 55 minutes or until center is firm. Cool thoroughly.
- 7 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.



**PINEAPPLE PIE (CANNED PINEAPPLE-CORNSTARCH)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
334 cal	43 g	3 g	17 g	0 mg	229 mg	8 mg

**Ingredient**

PIE CRUST

PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS

RESERVED LIQUID

SUGAR,GRANULATED

SALT

CORNSTARCH

WATER,COLD

JUICE,LEMON

**Weight**

3-3/4 lbs

4-2/3 lbs

3-1/4 lbs

1/8 oz

8-1/2 oz

1-5/8 lbs

1-5/8 oz

**Measure**

26 each

1 qts 2-3/4 cup

2 qts 1 cup

1 qts 3-1/4 cup

1/8 tsp

1-7/8 cup

3 cup

3 tbsp

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Drain pineapple; reserve juice for use in Step 3 and pineapple for use in Step 5.
- 3 Combine reserved juice, sugar, and salt; bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly until thick and clear. Remove from heat.
- 5 Fold pineapple and lemon juice carefully into thickened mixture.
- 6 Pour 2-3/4 to 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 7 Bake at 425 F. for 30 to 35 minutes or until lightly browned.
- 8 Cut 8 wedges per pie.

**BERRY PIE (FROZEN BERRIES-CORNSTARCH)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
368 cal	48 g	4 g	18 g	4 mg	260 mg	10 mg

**Ingredient**

PIE CRUST  
 BLUEBERRIES,FROZEN,UNSWEETENED  
 SUGAR,GRANULATED  
 SALT  
 CORNSTARCH  
 WATER,COLD  
 BUTTER

**Weight**

12-1/3 lbs  
 3-1/4 lbs  
 1/3 oz  
 11-1/4 oz  
 2-1/3 lbs  
 6 oz

**Measure**

26 each  
 2 gal 1 qts  
 1 qts 3-1/4 cup  
 1/4 tsp  
 2-1/2 cup  
 1 qts 1/2 cup  
 3/4 cup

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Thaw berries; drain; reserve juice.
- 3 Take reserved juice and add water to equal 6-3/4 cups per 100 portions and combine with sugar and salt; bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture while stirring. Cook at medium heat, stirring constantly, until thick and clear. Remove from heat.
- 5 Fold berries and butter or margarine carefully into thickened mixture.
- 6 Pour 2-3/4 to 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 7 Bake at 425 F. for 45 minutes or until lightly browned.
- 8 Cut 8 wedges per pie.

**Notes**

- 1 In Step 2, strawberries or raspberries may be used.

**BLUEBERRY PIE (FROZEN BLUEBERRIES)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
407 cal	58 g	4 g	18 g	4 mg	261 mg	11 mg

**Ingredient**

PIE CRUST  
 BLUEBERRIES,FROZEN,UNSWEETENED  
 WATER  
 SUGAR,GRANULATED  
 SALT  
 CORNSTARCH  
 WATER,COLD  
 BUTTER

**Weight**

13-1/2 lbs  
 2-1/3 lbs  
 5-1/4 lbs  
 1/3 oz  
 11-1/4 oz  
 2-1/3 lbs  
 6 oz

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Use frozen blueberries. Thawing is not necessary.
- 3 Combine water, sugar and salt. Bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly, until thick and clear. Remove from heat.
- 5 Fold berries and butter or margarine carefully into thickened mixture.
- 6 Pour 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 7 Bake at 425 F. for 45 minutes or until lightly browned.
- 8 Cut 8 wedges per pie.

**BLUEBERRY PIE (CANNED BLUEBERRIES-CORNSTARCH)**

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
446 cal	71 g	4 g	17 g	0 mg	267 mg	11 mg

**Ingredient**

PIE CRUST  
 BLUEBERRIES,CANNED,HEAVY SYRUP,INCL LIQUIDS  
 RESERVED LIQUID  
 SUGAR,GRANULATED  
 SALT  
 CORNSTARCH  
 RESERVED LIQUID  
 JUICE,LEMON

**Weight**

20-1/3 lbs  
 4-2/3 lbs  
 5-1/4 lbs  
 1/2 oz  
 12 oz  
 2 lbs  
 1-5/8 oz

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Drain blueberries; reserve juice.
- 3 Combine 2-1/4 quart reserved juice, sugar, and salt; bring to a boil.
- 4 Combine cornstarch and 3-3/4 cups reserved juice; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly, until thick and clear. Remove from heat.
- 5 Fold blueberries and lemon juice carefully into thickened mixture.
- 6 Pour 2-3/4 to 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 7 Using a convection oven, bake at 375 F. for 20 to 25 minutes or until lightly browned on high fan, open vent.
- 8 Cut 8 wedges per pie.

**BLUEBERRY PIE (PREPARED FILLING)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
351 cal	48 g	3 g	17 g	0 mg	262 mg	28 mg

**Ingredient**

PIE CRUST  
PIE FILLING,BLUEBERRY,PREPARED

**Weight**

22-3/4 lbs

**Measure**

26 each  
2 gal 1-2/3 qts

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Pour 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 3 Using a convection oven, bake at 375 F. for 20 to 25 minutes or until lightly browned on high fan, open vent.
- 4 Cut 8 wedges per pie.

**BUTTERSCOTCH CREAM PIE (DESSERT POWDER, INSTANT)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
301 cal	43 g	3 g	13 g	1 mg	492 mg	56 mg

**Ingredient**

PIE CRUST  
MILK,NONFAT,DRY  
WATER,COLD  
DESSERT POWDER,PUDDING,INSTANT,BUTTERSCOTCH

**Weight**

13-3/4 oz  
15-1/8 lbs  
5-1/2 lbs

**Measure**

13 each  
1 qts 1-3/4 cup  
1 gal 3-1/4 qts

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Reconstitute milk.
- 3 Add dessert powder. Using whip, blend at low speed 15 seconds or until well-blended. Scrape down sides of bowl; whip at medium speed for 2 minutes.
- 4 Pour 3 cups filling into each baked 9-inch pie shell.
- 5 Refrigerate until ready to serve. Chilled pies may be topped with Whipped Cream, Recipe No. K 001 00, or Whipped Topping, Recipe No. K 002 00.
- 6 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

**PEACH PIE (FROZEN PEACHES-CORNSTARCH)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
418 cal	64 g	4 g	17 g	0 mg	269 mg	9 mg

**Ingredient**

PIE CRUST  
 PEACHES,FROZEN  
 RESERVED LIQUID  
 SUGAR,GRANULATED  
 SALT  
 CORNSTARCH  
 WATER,COLD

**Weight**

19-7/8 lbs  
 5-1/2 lbs  
 3-5/8 lbs  
 1/2 oz  
 10-1/8 oz  
 1-1/8 lbs

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Thaw peaches. Drain; reserve juice.
- 3 Combine reserved juice, sugar, and salt; bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly, until thick and clear. Remove from heat.
- 5 Fold peaches carefully into thickened mixture. Cool.
- 6 Pour 2-3/4 to 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 7 Bake at 425 F. for 30 to 35 minutes or until lightly browned.
- 8 Cut 8 wedges per pie.

**CHERRY PIE (CANNED CHERRIES-CORNSTARCH)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
406 cal	61 g	4 g	17 g	0 mg	265 mg	16 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		26 each	
CHERRIES,CANNED,RED,TART,WATER PACK,INCL LIQUIDS	19-2/3 lbs	2 gal 1 qts	
RESERVED LIQUID	2-3/4 lbs	1 qts 1-3/8 cup	
SUGAR,GRANULATED	5-1/4 lbs	3 qts	
SALT	1/2 oz	3/8 tsp	
CORNSTARCH	12 oz	2-5/8 cup	
WATER,COLD	1-1/8 lbs	2-1/4 cup	
FOOD COLOR,RED	1/4 oz	1/4 tsp	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Drain cherries; reserve juice for use in Step 3 and cherries for use in Step 5.
- 3 Combine reserved juice, sugar, and salt; bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly until thick and clear. Remove from heat.
- 5 Add red food coloring. Fold cherries carefully into thickened mixture. Cool.
- 6 Pour 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 7 Using a convection oven, bake at 375 F. for 20 to 25 minutes or until lightly browned on high fan, open vent.
- 8 Cut 8 wedges per pie.



**CHERRY PIE (PIE FILLING, PREPARED)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
377 cal	54 g	4 g	17 g	0 mg	219 mg	16 mg

**Ingredient**

PIE CRUST  
PIE FILLING,CHERRY,PREPARED

**Weight**

22-3/4 lbs

**Measure**

26 each  
2 gal 3-3/8 qts

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Pour 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 3 Using a convection oven, bake at 375 F. for 20 to 25 minutes or until lightly browned on high fan, open vent.
- 4 Cut 8 wedges per pie.

**PEACH PIE (CANNED PEACHES-CORNSTARCH)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
374 cal	54 g	4 g	17 g	0 mg	262 mg	11 mg

**Ingredient**

PIE CRUST  
 PEACHES,CANNED,SLICED,JUICE PACK,INCL LIQUIDS  
 RESERVED LIQUID  
 SUGAR,GRANULATED  
 SALT  
 CORNSTARCH  
 WATER,COLD

**Weight**

19-2/3 lbs  
 6-1/4 lbs  
 3-3/4 lbs  
 3/8 oz  
 9 oz  
 1-1/8 lbs

**Measure**

26 each  
 2 gal 1 qts  
 3 qts  
 2 qts 1/2 cup  
 1/3 tsp  
 2 cup  
 2-1/4 cup

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Drain peaches; reserve juice for use in Step 3; peaches for use in Step 5.
- 3 Combine reserved juice, sugar, and salt; bring to a boil.
- 4 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture. Cook at medium heat, stirring constantly until thick and clear. Remove from heat.
- 5 Fold peaches carefully into thickened mixture. Cool.
- 6 Pour about 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 7 Using a convection oven, bake at 375 F. for 20 to 25 minutes or until lightly browned on high fan, open vent.
- 8 Cut 8 wedges per pie.

**PEACH PIE (PREPARED PIE FILLING)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
410 cal	64 g	4 g	17 g	0 mg	245 mg	19 mg

**Ingredient**

PIE CRUST  
PIE FILLING,PEACH,PREPARED

**Weight**

22-3/4 lbs

**Measure**

26 each  
2 gal 3-3/8 qts

**Issue**

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust and 13-7 oz pieces for top crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Bottom crust will be slightly thicker. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. FILL CRUST: Fill as specified on individual recipe card. TOP CRUST: Roll top crust in same manner as bottom crust. Fold in half; with knife, make several small slits near center fold to allow steam to escape during baking. Brush outer rim of bottom crust with water. Lay top crust over filling with fold at center; unfold and press edges of two crusts together lightly. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. SEAL PIE: Press edges of crust firmly together or crimp with the thumb and forefinger to make a fluted edge. BAKING INSTRUCTIONS FOR COOKED PIES: Bake as specified on individual recipe card.
- 2 Pour 3 cups filling into each unbaked 9-inch pie shell. Cover with top crust. Seal edges.
- 3 Using a convection oven, bake at 375 F. for 20 to 25 minutes or until lightly browned on high fan, open vent.
- 4 Cut 8 wedges per pie.

## CREAMY COCONUT PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	23 g	4 g	21 g	23 mg	214 mg	43 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
MILK,NONFAT,DRY	3-5/8 oz	1-1/2 cup	
WATER,COLD	3-7/8 lbs	1 qts 3-1/2 cup	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER,WARM	3 lbs	1 qts 1-5/8 cup	
CHEESE,CREAM,SOFTENED,ROOM TEMPERATURE	4-1/2 lbs	2 qts 3/4 cup	
SUGAR,GRANULATED	8 oz	1-1/8 cup	
COCONUT,PREPARED,SWEETENED FLAKES	3-1/8 lbs	3 qts 3 cup	
FLAVORING,ALMOND	1-3/8 oz	3 tbsp	
WHIPPED TOPPING MIX,NONDAIRY,DRY	5-2/3 oz	2 qts	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine milk and water in mixer bowl. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 3 Combine 2nd milk and 2nd water in mixer bowl.
- 4 Combine cream cheese, sugar, coconut and almond flavoring with milk in mixer bowl. Whip at low speed 1 minute; scrape down sides of bowl. Whip 3 minutes at low speed, or until well blended. Set aside for use in Step 6.
- 5 Place cold milk and water (from Step 2) in mixer bowl. Add topping. Blend 3 minutes at low speed. Scrape down sides of bowl. Whip at high speed about 5 to 10 minutes or until stiff peaks are formed.
- 6 Add whipped topping to cream cheese mixture. Blend at low speed 1 minute; scrape down sides of bowl. Blend at low speed 1 minute or until smooth.
- 7 Pour 4-2/3 cups filling into each crust.
- 8 Toasted coconut, chopped unsalted nuts, or chopped maraschino cherries may be sprinkled over pies before placing in freezer. Place pies in freezer 4 hours or until firm.
- 9 Let pies stand at room temperature 5 minutes before cutting. Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 4 pound and 1 ounce preformed, graham cracker pie crusts may be used per 100 servings.

## CREAMY BANANA COCONUT PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
307 cal	26 g	4 g	21 g	23 mg	214 mg	44 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
MILK,NONFAT,DRY	3-5/8 oz	1-1/2 cup	
WATER,COLD	3-7/8 lbs	1 qts 3-1/2 cup	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER,WARM	3 lbs	1 qts 1-5/8 cup	
CHEESE,CREAM,SOFTENED,ROOM TEMPERATURE	4-1/2 lbs	2 qts 3/4 cup	
SUGAR,GRANULATED	8 oz	1-1/8 cup	
COCONUT,PREPARED,SWEETENED FLAKES	3-1/8 lbs	3 qts 3 cup	
BANANA,FRESH	3 lbs		4-5/8 lbs
WHIPPED TOPPING MIX,NONDAIRY,DRY	5-2/3 oz	2 qts	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine milk and water in mixer bowl. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 3 Combine 2nd milk and 2nd water in mixer bowl.
- 4 Combine cream cheese, sugar, coconut and peeled ripe bananas with milk in mixer bowl. Whip at low speed 1 minute; scrape down sides of bowl. Whip 3 minutes at low speed, or until well blended. Set aside for use in Step 6.
- 5 Place cold milk and water (from Step 2) in mixer bowl. Add topping. Blend 3 minutes at low speed. Scrape down sides of bowl. Whip at high speed about 5 to 10 minutes or until stiff peaks are formed.
- 6 Add whipped topping to cream cheese mixture. Blend at low speed 1 minute; scrape down sides of bowl. Blend at low speed 1 minute or until smooth.
- 7 Pour 1-1/4 quart filling into each 9-inch pie crust.
- 8 Toasted coconut, chopped unsalted nuts, or chopped maraschino cherries may be sprinkled over pies before placing in freezer. Place pies in freezer 4 hours or until firm.
- 9 Let pies stand at room temperature 5 minutes before cutting. Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 13 5-ounce pie crusts, preformed, graham cracker pie crusts, may be used per 100 portions.

## AMBROSIA PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
314 cal	28 g	4 g	21 g	23 mg	214 mg	44 mg

**Ingredient**

PIE CRUST  
MILK,NONFAT,DRY  
WATER,COLD  
JUICE,ORANGE  
MILK,NONFAT,DRY  
CHEESE,CREAM  
SUGAR,GRANULATED  
COCONUT,PREPARED,SWEETENED FLAKES  
FOOD COLOR,YELLOW  
FOOD COLOR,RED  
WHIPPED TOPPING MIX,NONDAIRY,DRY

**Weight**

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

**Measure**

13 each  
1-1/2 cup  
1 qts 3-1/2 cup  
2 qts 2 cup  
1 cup  
2 qts 3/4 cup  
2-1/4 cup  
3 qts 3 cup  
1/4 tsp  
1/8 tsp  
2 qts

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine milk and water in mixer bowl. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 3 Combine nonfat dry milk with orange juice.
- 4 Combine cream cheese, sugar, and coconut with milk in mixer bowl. Add yellow and red food coloring. Whip at low speed 1 minute; scrape down sides of bowl. Whip 3 minutes at low speed, or until well blended. Set aside for use in Step 6.
- 5 Place cold milk and water (from Step 2) in mixer bowl. Add topping; blend 3 minutes at low speed. Scrape down sides of bowl. Whip at high speed about 5 to 10 minutes or until stiff peaks are formed.
- 6 Add whipped topping to cream cheese mixture. Blend at low speed 1 minute; scrape down sides of bowl. Blend at low speed 1 minute or until smooth.
- 7 Pour 4-2/3 cups filling into each 9-inch pie crust.
- 8 Toasted coconut, chopped unsalted nuts, or chopped maraschino cherries may be sprinkled over pies before placing in freezer. Place pies in freezer 4 hours or until firm.
- 9 Let pies stand at room temperature 5 minutes before cutting. Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 13-5 ounce pie crusts, preformed, graham cracker pie crusts, may be used.

**CHERRY CRUMBLE PIE**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
456 cal	77 g	4 g	16 g	0 mg	185 mg	16 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 SUGAR,GRANULATED  
 SHORTENING  
 CHERRIES,CANNED,RED,TART,WATER PACK,INCL LIQUIDS  
 SUGAR,GRANULATED  
 SUGAR,GRANULATED  
 CORNSTARCH  
 SALT  
 WATER,COLD  
 MARGARINE  
 FOOD COLOR,RED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Mix flour, salt, sugar, and shortening in a mixer bowl 1 minute at low speed to form a crumbly mixture.
- 2 Place 1-1/2 cups of mixture in each pan; press firmly into an even layer against bottom and sides of pan. Set remaining crumb mixture aside for use in Step 5.
- 3 Drain cherries. Set aside juice for use in Step 7.
- 4 Combine cherries and sugar. Spread 2 cups mixture over crumbs in each pan.
- 5 Spread 1 cup reserved crumb mixture over cherries in each 9-inch pan.
- 6 Using a convection oven, bake 35 to 40 minutes at 350 F. or until done on low fan, open vent.
- 7 Take reserved juice add water to equal 1 gallon per 100 portions and combine with sugar; bring to a boil.
- 8 Combine cornstarch, salt, and water; stir until smooth. Add gradually to boiling mixture. Stir until well blended; cook at medium heat about 5 minutes. Add margarine or butter and food coloring.
- 9 Pour 1-1/2 cups of sauce over each baked pie.
- 10 Cool; cut 8 wedges per pie.

## CHOCOLATE CREAM PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
333 cal	43 g	5 g	16 g	31 mg	257 mg	60 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
MILK,NONFAT,DRY	13-1/4 oz	1 qts 1-1/2 cup	
WATER,WARM	14-1/8 lbs	1 gal 2-3/4 qts	
SUGAR,GRANULATED	1-7/8 lbs	1 qts 1/4 cup	
SALT	3/4 oz	1 tbsp	
CORNSTARCH	1-1/8 lbs	1 qts	
SUGAR,GRANULATED	1-7/8 lbs	1 qts 1/4 cup	
COCOA	9-7/8 oz	3-1/4 cup	
WATER,COLD	1-1/3 lbs	2-1/2 cup	
EGGS,WHOLE,FROZEN	1-1/2 lbs	2-7/8 cup	
MARGARINE	10-5/8 oz	1-3/8 cup	
EXTRACT,VANILLA	1 oz	2-1/3 tbsp	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Reconstitute milk. Add sugar and salt; heat to just below boiling. DO NOT BOIL.
- 3 Combine cornstarch, sugar, cocoa, and water; stir until smooth. Add gradually to hot mixture. Cook at medium heat, stirring constantly, about 10 minutes until thickened.
- 4 Stir 1 quart of hot mixture into eggs. Slowly pour egg mixture into remaining hot mixture; heat to boiling stirring constantly. Cook 2 minutes longer. Remove from heat.
- 5 Add margarine or butter and vanilla; stir until well blended. Cool slightly.
- 6 Pour 3 cups of filling into each 9-inch baked pie shell. Meringue, Recipe No. I 005 00 or I 005 01 may be spread over chilled filling, about 50 F. Ensure cream pie filling preparation time does not exceed 4 hours total in temperatures between 40 F. to 140 F.
- 7 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 8 Cut 8 wedges per pie. Chilled pies may be topped with Whipped Cream, Recipe No. K 001 00 or Whipped Topping, Recipe No. K 002 00.

**Notes**

- 1 Filling will curdle or scorch if boiled or subjected to prolonged intense heat.



**CHOCOLATE CREAM PIE (DESSERT POWDER, INSTANT)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
331 cal	50 g	4 g	14 g	1 mg	620 mg	64 mg

**Ingredient**

PIE CRUST  
MILK,NONFAT,DRY  
WATER,COLD  
DESSERT POWDER,PUDDING,INSTANT,CHOCOLATE

**Weight**

15 oz  
16-3/4 lbs  
7-1/2 lbs

**Measure**

13 each  
1 qts 2-1/4 cup  
2 gal  
1 gal 1 qts

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine nonfat dry milk and cold water, 50 F. in mixer bowl. Add dessert powder pudding, instant, chocolate to milk and water.
- 3 Using whip, blend at low speed for 15 seconds or until well blended.
- 4 Scrape down sides of bowl; whip at medium speed 2 minutes.
- 5 Pour 3 cups filling into each baked 9-inch pie shell. Meringue, Recipe No. I 005 00 or I 005 01 may be spread over chilled filling, about 50 F. Ensure cream pie filling preparation time does not exceed 4 hours total in temperatures between 40 F. to 140 F.
- 6 Refrigerate until ready to serve.
- 7 Chilled pies may be topped with Whipped Cream, Recipe No. K 001 00 or Whipped Topping, Recipe No. K 002 00. Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 Filling will curdle or scorch if boiled or subjected to prolonged intense heat.

**CHOCOLATE AND VANILLA CREAM PIE (INSTANT)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
290 cal	40 g	4 g	13 g	1 mg	446 mg	58 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
MILK, NONFAT, DRY	14-3/8 oz	1 qts 2 cup	
WATER, COLD	15-2/3 lbs	1 gal 3-1/2 qts	
DESSERT POWDER, PUDDING, INSTANT, CHOCOLATE	2-1/4 lbs	1 qts 2 cup	
DESSERT POWDER, PUDDING, INSTANT, VANILLA	2-1/2 lbs	1 qts 2 cup	
WHIPPED TOPPING MIX, NONDAIRY, DRY	1 oz	1-1/2 cup	
SUGAR, GRANULATED	5/8 oz	1 tbsp	
EXTRACT, VANILLA	5/8 oz	1 tbsp	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine milk and water in mixer bowl.
- 3 Pour 3-1/2 quarts chilled milk into mixer bowl; add dessert powder. Using whip, blend at low speed 15 seconds or until well blended. Scrape down sides of bowl. Whip at medium speed 2 minutes or until smooth.
- 4 Pour 1-1/3 cups filling into each baked pie shell.
- 5 Pour 1 gallon chilled milk into mixer bowl; add dessert powder. Using whip, blend 15 seconds at low speed or until well blended. Scrape down sides of bowl. Whip at medium speed 2 minutes or until smooth. Set aside for use in Step 7.
- 6 Pour 1-1/2 cups chilled milk into mixer bowl; add topping, sugar and vanilla. Whip at low speed 3 minutes or until blended. Scrape down sides of bowl. Whip at high speed until stiff.
- 7 Fold whipped topping into vanilla pie filling. Spread 1-3/4 cups over chocolate filling in each baked pie shell.
- 8 Refrigerate at least 1 hour or until ready to serve.
- 9 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower. Chilled pies may be topped with Whipped Cream, Recipe No. K 001 00 or Whipped Topping, Recipe No. K 002 00.

**Notes**

- 1 1 pound 5 ounces canned dessert topping and frozen bakery products, may be used. Omit Step 6.

**FRIED APPLE PIE**

Yield 100

Portion 1 Pie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
366 cal	52 g	5 g	16 g	0 mg	340 mg	73 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
BAKING POWDER  
SALT  
SHORTENING  
WATER  
PIE FILLING,APPLE,PREPARED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening into dry ingredients at low speed until mixture resembles coarse crumbs.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 On lightly floured board, roll dough into a rectangular sheet, about 1/8-inch thick. Cut into 6 circles.
- 5 Place 1/4 cup filling in the center of each circle. Wash edges of circle with water. Fold over to form a half circle; seal edges with a fork.
- 6 Fry pies, a few at a time, 2 minutes on one side, turn and fry 2 minutes on other side until golden brown. Drain on absorbent paper.

**Notes**

- 1 Pie crust mix may be used. Omit steps 1 through 3. Use 6 pounds 14 ounces of pie crust mix. Follow manufacturer's directions for mixing. Follow Steps 4 through 6.

## FRIED LEMON PIE

Yield 100

Portion 1 Pie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
349 cal	47 g	5 g	16 g	0 mg	338 mg	76 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
BAKING POWDER  
SALT  
SHORTENING  
WATER  
PIE FILLING,LEMON,PREPARED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening into dry ingredients at low speed until mixture resembles coarse crumbs.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 On lightly floured board, roll dough into a rectangular sheet, about 1/8-inch thick. Cut into 6 circles.
- 5 Place 1/4 cup filling in the center of each circle. Wash edges of circle with water. Fold over to form a half circle; seal edges with a fork.
- 6 Fry pies, a few at a time, 2 minutes on one side, turn and fry 2 minutes on other side until golden brown. Drain on absorbent paper.

**Notes**

- 1 Pie crust mix may be used. Omit steps 1 through 3. Use 6 pounds 14 ounces of pie crust mix. Follow manufacturer's directions for mixing. Follow Steps 4 through 6.

## FRIED CHERRY PIE

Yield 100

Portion 1 Pie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
375 cal	54 g	5 g	16 g	0 mg	318 mg	78 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
BAKING POWDER  
SALT  
SHORTENING  
WATER  
PIE FILLING,CHERRY,PREPARED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening into dry ingredients at low speed until mixture resembles coarse crumbs.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 On lightly floured board, roll dough into a rectangular sheet, about 1/8-inch thick. Cut into 6 circles.
- 5 Place 1/4 cup filling in the center of each circle. Wash edges of circle with water. Fold over to form a half circle; seal edges with a fork.
- 6 Fry pies, a few at a time, 2 minutes on one side, turn and fry 2 minutes on other side until golden brown. Drain on absorbent paper.

**Notes**

- 1 Pie crust mix may be used. Omit steps 1 through 3. Use 6 pounds 14 ounces of pie crust mix. Follow manufacturer's directions for mixing. Follow Steps 4 through 6.

## FRIED PEACH PIE

Yield 100

Portion 1 Pie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
395 cal	59 g	5 g	16 g	0 mg	333 mg	79 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
BAKING POWDER  
SALT  
SHORTENING  
WATER  
PIE FILLING,PEACH,PREPARED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening into dry ingredients at low speed until mixture resembles coarse crumbs.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 On lightly floured board, roll dough into a rectangular sheet, about 1/8-inch thick. Cut into 6 circles.
- 5 Place 1/4 cup filling in the center of each circle. Wash edges of circle with water. Fold over to form a half circle; seal edges with a fork.
- 6 Fry pies, a few at a time, 2 minutes on one side, turn and fry 2 minutes on other side until golden brown. Drain on absorbent paper.

**Notes**

- 1 Pie crust mix may be used. Omit steps 1 through 3. Use 6 pounds 14 ounces of pie crust mix. Follow manufacturer's directions for mixing. Follow Steps 4 through 6.

**FRIED BLUEBERRY PIE**

Yield 100

Portion 1 Pie

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
358 cal	50 g	5 g	16 g	0 mg	344 mg	85 mg

**Ingredient**

FLOUR,WHEAT,GENERAL PURPOSE  
MILK,NONFAT,DRY  
BAKING POWDER  
SALT  
SHORTENING  
WATER  
PIE FILLING,BLUEBERRY,PREPARED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Sift together flour, milk, baking powder, and salt into mixer bowl.
- 2 Blend shortening into dry ingredients at low speed until mixture resembles coarse crumbs.
- 3 Add water; mix at low speed only enough to form soft dough.
- 4 On lightly floured board, roll dough into a rectangular sheet, about 1/8-inch thick. Cut into 6 circles.
- 5 Place 1/4 cup filling in the center of each circle. Wash edges of circle with water. Fold over to form a half circle; seal edges with a fork.
- 6 Fry pies, a few at a time, 2 minutes on one side, turn and fry 2 minutes on other side until golden brown. Drain on absorbent paper.

**Notes**

- 1 Pie crust mix may be used. Omit steps 1 through 3. Use 6 pounds 14 ounces of pie crust mix. Follow manufacturer's directions for mixing. Follow Steps 4 through 6.

PECAN PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
504 cal	77 g	6 g	21 g	126 mg	396 mg	25 mg

**Ingredient**

PIE CRUST

EGGS,WHOLE,FROZEN

SUGAR,GRANULATED

BUTTER,MELTED

CORN SYRUP,LIGHT

EXTRACT,VANILLA

SALT

PECANS,CHOPPED

**Weight**

6 lbs

4-7/8 lbs

12 oz

11-5/8 lbs

1-7/8 oz

1-1/2 oz

2-1/2 lbs

**Measure**

13 each

2 qts 3-1/4 cup

2 qts 3 cup

1-1/2 cup

1 gal

1/4 cup 1/3 tbsp

2-1/3 tbsp

**Issue**

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough.
- 2 Place eggs in mixer bowl; add sugar gradually while beating at low speed. Add butter or margarine; mix thoroughly.
- 3 Add corn syrup, vanilla, and salt; beat at low speed until smooth.
- 4 Place 3/4 cup pecans into each unbaked pie shell.
- 5 Pour 2-3/4 cups filling over pecans in each 9-inch pie pan.
- 6 Bake at 350 F. for 35 minutes or until filling is set. DO NOT OVERBAKE.
- 7 Refrigerate until ready to serve.
- 8 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.



## WALNUT PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
502 cal	76 g	6 g	21 g	126 mg	397 mg	32 mg

**Ingredient**

PIE CRUST  
EGGS,WHOLE,FROZEN  
SUGAR,GRANULATED  
BUTTER,MELTED  
CORN SYRUP,LIGHT  
EXTRACT,VANILLA  
SALT  
WALNUTS,SHELLED,CHOPPED

**Weight**

6 lbs  
4-7/8 lbs  
12 oz  
11-5/8 lbs  
1-7/8 oz  
1-1/2 oz  
2-1/2 lbs

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough.
- 2 Place eggs in mixer bowl; add sugar gradually while beating at low speed. Add butter or margarine; mix thoroughly.
- 3 Add corn syrup, vanilla, and salt; beat at low speed until smooth.
- 4 Place 3/4 cup chopped walnuts into each unbaked pie shell.
- 5 Pour 2-3/4 cups filling over walnuts in each 9-inch pie pan.
- 6 Bake at 350 F. for 35 minutes or until filling is set. DO NOT OVERBAKE.
- 7 Refrigerate until ready to serve.
- 8 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

## LEMON CHIFFON PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
216 cal	30 g	3 g	10 g	0 mg	151 mg	10 mg

**Ingredient**

PIE CRUST  
 DESSERT POWDER,GELATIN,LEMON  
 SUGAR,GRANULATED  
 WATER,BOILING  
 WATER,COLD  
 JUICE,LEMON  
 WATER,COLD  
 WHIPPED TOPPING MIX,NONDAIRY,DRY  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 EXTRACT,VANILLA  
 LEMON RIND,GRATED

**Weight**

3-1/4 lbs  
 5-1/4 oz  
 5-1/2 lbs  
 3-1/8 lbs  
 12-7/8 oz  
 1-1/2 lbs  
 12 oz  
 1-1/3 oz  
 2-2/3 oz  
 3/4 oz  
 7/8 oz

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Dissolve gelatin and sugar in boiling water; add cold water. Mix until well blended.
- 3 Add juice to gelatin mixture; mix until blended.
- 4 Refrigerate until gelatin is thickened but not firm.
- 5 Pour cold water into chilled mixer bowl; add topping, milk, sugar, and vanilla. Using whip, beat at low speed 3 minutes or until well blended. Scrape down whip and bowl. Whip at high speed 5 to 10 minutes or until mixture forms stiff peaks. Set aside for use in Step 7.
- 6 Using whip, beat thickened gelatin at high speed 10 minutes or until foamy and soft peaks form.
- 7 Fold whipped topping and lemon rind into gelatin. Mix carefully at low speed until well blended.
- 8 Pour 1-1/4 quart filling into each baked pie shell.
- 9 Refrigerate about 2 hours or until set. CCP: Hold for service at 41 F. or lower.
- 10 Cut 8 wedges per pie.

**Notes**

- 1 In Step 5, 2 pound 10 ounces of canned dessert topping and frozen bakery products may be used for all ingredients, per 100 servings.

## PINEAPPLE CHIFFON PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
216 cal	30 g	3 g	10 g	0 mg	149 mg	10 mg

**Ingredient**

PIE CRUST

DESSERT POWDER,GELATIN,LEMON

WATER

WATER,COLD

MILK,NONFAT,DRY

SUGAR,GRANULATED

EXTRACT,VANILLA

PINEAPPLE,CANNED,CRUSHED,JUICE PACK,DRAINED

WHIPPED TOPPING MIX,NONDAIRY,DRY

**Weight**

3-1/4 lbs

4-2/3 lbs

1-1/2 lbs

1-1/3 oz

2-2/3 oz

3/4 oz

2-1/2 lbs

12 oz

**Measure**

13 each

1 qts 2-1/2 cup

2 qts 1 cup

2-7/8 cup

1/2 cup 1 tbsp

1/4 cup 2-1/3 tbsp

1 tbsp

1 qts 1/2 cup

1 gal 1/4 qts

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Dissolve gelatin in boiling water; add cold water. Mix until well blended.
- 3 Refrigerate until gelatin is thickened but not firm.
- 4 Pour cold water into chilled mixer bowl; add topping, milk, sugar, and vanilla. Using whip, beat at low speed 3 minutes or until well blended. Scrape down whip and bowl. Whip at high speed 5 to 10 minutes or until mixture forms stiff peaks. Set aside for use in Step 7.
- 5 Using whip, beat thickened gelatin at high speed 10 minutes or until foamy and soft peaks form.
- 6 Fold whipped topping and drained pineapple into gelatin. Mix carefully at low speed until well blended.
- 7 Pour 5-3/4 cups filling into each baked pie shell.
- 8 Refrigerate about 2 hours or until set. CCP: Hold for service at 41 F. or lower.
- 9 Cut 8 wedges per pie.

**Notes**

- 1 In Step 5, 2 pound 10 ounces of canned dessert topping and frozen bakery products may be used for all ingredients, per 100 servings.

## STRAWBERRY CHIFFON PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
209 cal	28 g	3 g	10 g	0 mg	145 mg	13 mg

**Ingredient**

PIE CRUST  
 DESSERT POWDER,GELATIN,STRAWBERRY  
 WATER,BOILING  
 WATER,COLD  
 WATER,COLD  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 EXTRACT,VANILLA  
 WHIPPED TOPPING MIX,NONDAIRY,DRY  
 STRAWBERRIES,FROZEN,THAWED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Dissolve gelatin in boiling water; add cold water. Mix until well blended.
- 3 Refrigerate until gelatin is thickened but not firm.
- 4 Pour cold water into chilled mixer bowl; add topping, milk, sugar, and vanilla. Using whip, beat at low speed 3 minutes or until well blended. Scrape down whip and bowl. Whip at high speed for 5 to 10 minutes or until mixture forms stiff peaks. Set aside for use in Step 7.
- 5 Using whip, beat thickened gelatin at high speed for 10 minutes or until foamy and soft peaks form.
- 6 Fold whipped topping and thawed, drained strawberries into gelatin. Mix carefully at low speed until well blended.
- 7 Pour 5-3/4 cups filling into each baked pie shell.
- 8 Refrigerate 2 hours or until set. Keep refrigerated until ready to serve.
- 9 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 5, 2 pound 10 ounces of canned dessert topping and frozen bakery products may be used for all ingredients, per 100 servings.

## LEMON MERINGUE PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
327 cal	53 g	3 g	12 g	39 mg	317 mg	11 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIE CRUST		13 each	
SUGAR,GRANULATED	7 lbs	1 gal	
SALT	1-3/8 oz	2-1/3 tbs	
LEMON RIND,GRATED	2-1/2 oz	3/4 cup	
WATER	9-3/8 lbs	1 gal 1/2 qts	
CORNSTARCH	1-3/8 lbs	1 qts 1 cup	
WATER,COLD	2-1/3 lbs	1 qts 1/2 cup	
EGGS,WHOLE,FROZEN,BEATEN	1-5/8 lbs	3 cup	
BUTTER	12 oz	1-1/2 cup	
JUICE,LEMON	2-1/8 lbs	1 qts	
FOOD COLOR,YELLOW	<1/16th oz	2 drop	
MERINGUE	532 gm	7-1/2 unit	

**Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Combine sugar, salt, lemon rind, and water. Bring to a boil.
- 3 Combine cornstarch and water; stir until smooth. Add gradually to boiling mixture; cook at medium heat, stirring constantly until thick and clear.
- 4 Stir about 1 quart hot mixture into eggs. Slowly pour egg mixture into remaining hot mixture, stirring constantly. Cook at medium heat; stirring frequently, until mixture returns to a boil. Remove from heat.
- 5 Add butter or margarine, lemon juice, and food coloring; stir until well blended. Cool slightly.
- 6 Pour 2-3/4 to 3 cups filling into each baked 9-inch pie shell.
- 7 Prepare 1 recipe Meringue, Recipe No. I 005 00 or I 005 01 per 100 portions. Spread 2-1/2 cups completely over warm filling, about 122 F., in each pan. Meringue should touch inner edge of crust all around and completely cover top of pie. Leave meringue somewhat rough on top.
- 8 Bake at 350 F. for 15 to 20 minutes or until lightly browned.
- 9 Refrigerate until ready to serve.
- 10 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

**LEMON MERINGUE PIE (PIE FILLING PREPARED)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
213 cal	33 g	2 g	9 g	0 mg	156 mg	11 mg

**Ingredient**

PIE CRUST  
 PIE FILLING,LEMON,PREPARED  
 MERINGUE

**Weight**

21 lbs  
 532 gm

**Measure**

13 each  
 2 gal 2-1/2 qts  
 7-1/2 unit

**Issue****Method**

- 1 PREPARE AND DIVIDE DOUGH: Prepare 1/2 recipe Pie Crust (Recipe No. I 001 00). Divide dough into 13-7-1/2 oz pieces for bottom crust; place on lightly floured board. ROLL DOUGH: Sprinkle each piece of dough lightly with flour; flatten gently. Using a floured rolling pin, roll lightly with quick strokes from center out to edge in all directions. Form a circle 1 inch larger than pie pan and about 1/8 inch thick. Shift or turn dough occasionally to prevent sticking. If edges split, pinch cracks together. BOTTOM CRUST: Fold rolled dough in half; carefully place into ungreased pie pan with fold at center. Unfold and fit carefully into pie pan, being careful not to leave any air spaces between pan and dough. REMOVE EXCESS DOUGH: Trim overhanging edges of dough by using a knife or spatula. (Incorporate excess dough into next crust, if needed.) There should be little excess if skill is used in weighing and rolling dough. BAKING INSTRUCTIONS FOR UNCOOKED PIES: Bake crusts at 425 F. for about 15-18 minutes, or until light golden brown. Cool before filling. Proceed with the recipe directions.
- 2 Heat filling to 122 F. ; pour about 3-1/4 cups of filling into each baked 9-inch pie shell.
- 3 Prepare Meringue, Recipe No. I 005 00. Spread 2-1/2 cups completely over warm filling, about 122 F., in each 9-inch pie pan. Meringue should touch inner edge of crust all around and completely cover top of pie. Leave meringue somewhat rough on top.
- 4 Bake at 350 F. for 15 to 20 minutes or until lightly browned.
- 5 Refrigerate until ready to serve.
- 6 Cut 8 wedges per pie. CCP: Hold for service at 41 F. or lower.

## FRUIT TURNOVERS

Yield 100

Portion 1 Turnover

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
315 cal	38 g	3 g	17 g	0 mg	236 mg	11 mg

**Ingredient**

PIE CRUST  
 PIE FILLING,APPLE,PREPARED  
 MILK AND WATER WASH

**Weight**

12 lbs

**Measure**

26 each  
 1 gal 2 qts  
 3 cup

**Issue****Method**

- 1 Prepare Pie Crust, Recipe No. I 001 00 to yield enough dough to prepare cobbler for 100 portions. Divide dough into 8 pieces.
- 2 Place dough on lightly floured board; sprinkle each piece lightly with flour; flatten gently. Roll dough into 18 by 24-inch rectangular sheet about 1/8-inch thick. Cut into twelve 6-inch squares. Brush edges of each square with water.
- 3 Place 1/4 cup of fruit filling in the center of each square. Fold opposite corner of dough together forming a triangle. Seal by crimping edges.
- 4 Make 2-1/2 inch slits near the center fold to allow steam to escape during baking.
- 5 Place 12 turnovers on each lightly greased sheet pan.
- 6 Brush top of each turnover with Milk and Water wash. Allow to dry before baking. See Recipe No. I 004 02. Do not use Egg and Milk wash or Egg and Water wash for turnovers. The egg and milk will cause the turnovers to brown excessively and egg and water wash will cause turnovers to be too pale in color.
- 7 Bake at 425 F. for 20 minutes or until lightly browned.

## FRUIT DUMPLINGS

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
378 cal	44 g	4 g	21 g	0 mg	287 mg	8 mg

**Ingredient**

PIE CRUST  
PIE FILLING,APPLE,PREPARED

**Weight**

7-1/4 kg  
12 lbs

**Measure**

32-1/2 unit  
1 gal 2 qts

**Issue****Method**

- 1 Prepare Pie Crust, Recipe No. I 001 00 to yield enough dough to prepare cobbler for 100 portions. Divide dough into 8 pieces.
- 2 Place dough on lightly floured board; sprinkle each piece lightly with flour; flatten gently. Roll dough into 18x24-inch rectangular sheet, about 1/8-inch thick. Cut into 12, 6-inch squares. Brush edges of each square with water.
- 3 Place 1/4 cup of fruit filling in the center of each pastry square. Bring points of pastry up over filling. Seal edges tightly.
- 4 Place 12 dumplings on each sheet pan.
- 5 Bake at 425 F. 20 minutes or until lightly browned.
- 6 Serve with dessert sauce. See Recipe Section K.



## KEY LIME PIE

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
337 cal	60 g	4 g	10 g	73 mg	177 mg	20 mg

**Ingredient**

COOKIES, CHOCOLATE, CRUSHED  
 SHORTENING  
 EGGS, WHOLE, FRESH  
 JUICE, LIME  
 LIMES, FRESH  
 FLOUR, WHEAT, GENERAL PURPOSE  
 SUGAR, GRANULATED  
 MARGARINE  
 WATER  
 SUGAR, GRANULATED

**Weight**

5 lbs  
 10-7/8 oz  
 3-3/4 lbs  
 1 lbs  
 14-1/4 oz  
 1-1/4 lbs  
 7 lbs  
 8 oz  
 10-1/2 lbs  
 1-1/3 lbs

**Measure**

1 gal 1-1/8 qts  
 1-1/2 cup  
 34 each  
 2 cup  
 6 each  
 1 qts 1/2 cup  
 1 gal  
 1 cup  
 1 gal 1 qts  
 3 cup

**Issue****Method**

- 1 Crush chocolate wafer cookies to equal 5 quarts. In a mixer, combine the crushed cookies and shortening. Mix on low speed for 3 minutes. Divide among large sheet pans. Press crust evenly into bottom of pans.
- 2 Separate egg yolks from whites. In a heavy saucepan or steam kettle, beat egg yolks with lime juice and 2 tablespoon lime zest. Place over low heat.
- 3 Beat in flour, sugar, margarine, and water, alternating each ingredient so as to maintain a smooth consistency. Cook stirring constantly for 3 minutes on medium low heat. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Pour into the cookie crust.
- 4 In a mixer, beat egg whites until stiff, but not dry. Gradually add sugar and whip for 3 minutes. Spread over filling. Bake at 450 F. for 10 minutes or until meringue is brown.
- 5 Chill for 1 hour before serving. Cut 6 by 9. CCP: Hold for service at 41 F. or lower.

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J 504 00	Baked Bananas

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 001 01**  
**APPLE CRISP (PIE FILLING & COOKIE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
190 cal	34 g	1 g	7 g	12 mg	103 mg	30 mg

**Ingredient**

PIE FILLING,APPLE,PREPARED  
 COOKIE MIX,OATMEAL  
 MARGARINE,SOFTENED

**Weight**

18 lbs  
 6-3/4 lbs  
 1 lbs

**Measure**

2 gal 1 qts  
 2 cup

**Issue**

**Method**

- 1 Place 10-1/2 pounds of the pie filling in each pan.
- 2 Combine oatmeal cookie mix with margarine.
- 3 Sprinkle 3 pounds 13 ounces of oatmeal-margarine mixture evenly over apples, in each pan.
- 4 Using a convection oven, bake at 350 F. for 30 minutes or until top is bubbling and lightly browned on low fan, open vent.
- 5 Cut 6 by 9. Serve with serving spoon or spatula.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 002 00**  
**VANILLA SOFT SERVE ICE CREAM (DEHY)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	40 g	1 g	0 g	1 mg	71 mg	29 mg

**Ingredient**

ICE MILK-MILKSHAKE,DEHYDRATED,VAN  
 WATER

**Weight**

10 lbs  
 20-7/8 lbs

**Measure**

2 gal 2 qts

**Issue**

**Method**

- 1 Stir dehydrated mix into water. Mix thoroughly with wire whip or mixer. Cover container.
- 2 Chill 4 to 24 hours in refrigerator to 35 F. to 40 F.
- 3 Stir until smooth. Pour mixture into top hopper of soft serve ice cream freezer; start dasher motor; turn on refrigeration according to manufacturer's directions. Freeze to a temperature of 18 F. to 22 F., about 10 minutes or until product can be drawn with a stiff consistency that will hold a peak.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 002 01**  
**CHOCOLATE SOFT SERVE ICE CREAM (DEHY)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	40 g	1 g	1 g	1 mg	168 mg	29 mg

**Ingredient**

ICE MILK-MILKSHAKE,DEHYDRATED,CHOC  
 WATER

**Weight**

10 lbs  
 20-7/8 lbs

**Measure**

2 gal 2 qts

**Issue**

**Method**

- 1 Stir dehydrated mix into water. Mix thoroughly with wire whip or mixer. Cover container.
- 2 Chill 4 to 24 hours in refrigerator until 35 F. to 40 F.
- 3 Stir until smooth. Pour mixture into top hopper of soft serve ice cream freezer; start dasher motor; turn on refrigeration according to manufacturer's directions. Freeze to a temperature of 18 F. to 22 F., about 10 minutes or until product can be drawn with a stiff consistency that will hold a peak.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 002 02**  
**CHOCOLATE MILK SHAKE (DEHY MIX)**

**Yield** 100

**Portion** 8 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
166 cal	40 g	1 g	1 g	1 mg	169 mg	29 mg

**Ingredient**

ICE MILK-MILKSHAKE,DEHYDRATED,CHOC  
 WATER

**Weight**

10 lbs  
 25-1/8 lbs

**Measure**

3 gal

**Issue**

**Method**

- 1 Stir dehydrated mix into water. Mix thoroughly with wire whip or mixer. Cover container.
- 2 Chill 4 to 24 hours in refrigerator until 35 F. to 40 F.
- 3 Stir until smooth. Pour mixture into top hopper of milk shake mix machine, according to manufacturer's directions. Freeze to a temperature of 27 F. to 30 F., about 10 minutes.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 002 03**  
**STRAWBERRY SOFT SERVE ICE CREAM (DEHY)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
176 cal	43 g	1 g	0 g	1 mg	71 mg	33 mg

**Ingredient**

ICE MILK-MILKSHAKE,DEHYDRATED,VAN  
 WATER  
 STRAWBERRIES,FROZEN,THAWED  
 FOOD COLOR,RED

**Weight**

10 lbs  
 17-1/4 lbs  
 6-1/2 lbs  
 1/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Stir dehydrated mix into water. Mix thoroughly with wire whip or mixer. Cover container.
- 2 Chill 4 to 24 hours in refrigerator to 35 F. to 40 F. Crush strawberries; red food coloring may be added.
- 3 Stir until smooth. Pour mixture into top hopper of soft serve ice cream freezer; remove mix feed and air control units. Start dasher motor; turn on refrigeration according to manufacturer's directions. Stir occasionally. Freeze to a temperature of 18 F. to 22 F., about 10 minutes or until product can be drawn with a stiff consistency that will hold a peak.



**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 002 04**  
**VANILLA MILK SHAKE (DEHY MIX)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	40 g	1 g	0 g	1 mg	72 mg	29 mg

**Ingredient**

ICE MILK-MILKSHAKE,DEHYDRATED,VAN  
 WATER

**Weight**

10 lbs  
 25-1/8 lbs

**Measure**

3 gal

**Issue**

**Method**

- 1 Stir dehydrated mix into water. Mix thoroughly with wire whip or mixer. Cover container.
- 2 Chill 4 to 24 hours in refrigerator to 35 F. to 40 F.
- 3 Stir until smooth. Pour mixture into top hopper of milk shake machine, according to manufacturer's directions; freeze to a temperature of 27 F. to 30 F.

**BAKED APPLES**

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
207 cal	51 g	0 g	1 g	2 mg	34 mg	11 mg

**Ingredient**

APPLES,COOKING,FRESH,UNPEELED  
 SUGAR,GRANULATED  
 CINNAMON,GROUND  
 SALT  
 WATER,ICE  
 BUTTER

**Weight**

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

**Measure**

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

**Issue**

33-1/8 lbs

**Method**

- 1 Score apples once around middle to prevent bursting. Place apples on pans.
- 2 Mix sugar, cinnamon and salt thoroughly.
- 3 Combine with water and butter or margarine. Pour 1-1/2 quarts of syrup over apples in each pan.
- 4 Using a convection oven, bake at 325 F. for 30 minutes or until tender on low fan, closed vent. Baste occasionally.
- 5 Serve each apple with 2 tablespoons syrup.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 003 01**  
**BAKED APPLES WITH RAISIN NUT FILLING**

**Yield** 100

**Portion** 1 Serving

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
264 cal	58 g	1 g	5 g	2 mg	35 mg	16 mg

**Ingredient**

APPLES,COOKING,FRESH,UNPEELED  
 RAISINS  
 PECANS,CHOPPED  
 SUGAR,GRANULATED  
 CINNAMON,GROUND  
 SALT  
 WATER,ICE  
 BUTTER

**Weight**

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

**Measure**

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

**Issue**

33-1/8 lbs

**Method**

- 1 Score apples once around middle to prevent bursting. Place apples on pans.
- 2 Mix raisins with finely chopped, unsalted nuts. Fill cavity in center of each apple with 1-2/3 tablespoons of mixture.
- 3 Mix sugar, cinnamon and salt thoroughly.
- 4 Combine with water and butter or margarine. Pour 1-1/2 quart syrup over apples in each pan.
- 5 Using a convection oven, bake at 325 F. for 30 minutes or until tender on low fan, closed vent, basting occasionally.
- 6 Serve each apple with 2 tablespoon of syrup.

**Notes**

- 1 In Step 4, baking time will vary depending on variety and size of apples.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 003 02**  
**BAKED APPLES WITH RAISIN COCONUT FILLING**

**Yield** 100

**Portion** 1 Serving

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
241 cal	58 g	0 g	2 g	2 mg	42 mg	14 mg

**Ingredient**

APPLES, COOKING, FRESH, UNPEELED  
 RAISINS  
 COCONUT, PREPARED, SWEETENED FLAKES  
 SUGAR, GRANULATED  
 CINNAMON, GROUND  
 SALT  
 WATER, ICE  
 BUTTER

**Weight**

28-1/8 lbs  
 1-1/2 lbs  
 9-7/8 oz  
 7 lbs  
 1/8 oz  
 1/4 oz  
 5-1/4 lbs  
 4 oz

**Measure**

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

**Issue**

33-1/8 lbs

**Method**

- 1 Score apples once around middle to prevent bursting. Place apples on pans.
- 2 Mix raisins with prepared, sweetened, flaked coconut. Fill cavity in center of each apple with 1 tablespoon of mixture.
- 3 Mix sugar, cinnamon and salt thoroughly.
- 4 Combine with water and butter or margarine. Pour 1-1/2 quart syrup over apples in each pan.
- 5 Using a convection oven, bake at 325 F. for 30 minutes or until tender on low fan, closed vent, basting occasionally.
- 6 Serve each apple with 2 tablespoons of syrup.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 004 00**  
**VANILLA SOFT SERVE ICE CREAM (LIQUID MIX)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	16 g	3 g	3 g	0 mg	0 mg	84 mg

**Ingredient**

ICE MILK MIX,LIQ,VAN,CHILLED

**Weight**

29-1/4 lbs

**Measure**

3 gal 2 qts

**Issue**

**Method**

- 1 Pour mix into top hopper of soft serve ice cream freezer; start dasher motor; turn on refrigeration according to manufacturer's directions.
- 2 Freeze to a temperature of 18 F. to 22 F., about 10 minutes or until product can be drawn with a stiff consistency that will hold a peak.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 004 01**  
**STRAWBERRY SOFT SERVE ICE CREAM (LIQUID MIX)**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
111 cal	18 g	3 g	3 g	0 mg	1 mg	89 mg

**Ingredient**

FOOD COLOR,RED  
 ICE MILK MIX,LIQ,VAN,CHILLED  
 STRAWBERRIES,FROZEN,THAWED

**Weight**

1/8 oz  
 29-1/4 lbs  
 6-1/2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Pour mix into top hopper of soft serve ice cream freezer; start dasher motor; turn on refrigeration according to manufacturer's directions. Crush strawberries; drain. Red food coloring may be added.
- 2 Add strawberry mixture to soft serve mixture. Freeze to a temperature of 18 F. to 22 F., about 10 minutes or until product can be drawn with a stiff consistency that will hold a peak.

**Notes**

- 1 While drawing ice cream, strawberries must be stirred up occasionally from the bottom of freezer hopper.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 004 02**  
**VANILLA MILK SHAKE (LIQUID MIX)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	18 g	3 g	4 g	0 mg	1 mg	97 mg

**Ingredient**

ICE MILK MIX,LIQ,VAN,CHILLED  
 WATER,COLD

**Weight**

33-3/8 lbs  
 8-1/3 lbs

**Measure**

3 gal  
 1 gal

**Issue**

**Method**

- 1 Combine liquid milk shake mix and cold water.
- 2 Pour sufficient amount into top hopper of soft serve ice cream freezer; start dasher motor; turn on refrigeration. Prepare according to manufacturer's directions; freeze to a temperature of 27 F. to 30 F.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 004 03**  
**CHOCOLATE MILK SHAKE (LIQUID MIX)**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
130 cal	20 g	4 g	4 g	0 mg	0 mg	108 mg

**Ingredient**

ICE MILK,MIX,LIQ,CHOC,CHILLED

**Weight**

37-5/8 lbs

**Measure**

4 gal 2 qts

**Issue**

**Method**

- 1 Pour mix into top hopper of soft serve ice cream freezer; start dasher motor; turn on refrigeration according to manufacturer's directions.
- 2 Freeze to a temperature of 27 F. to 30 F.



**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 004 04**  
**CHOCOLATE SOFT SERVE ICE CREAM (LIQUID MIX)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
101 cal	16 g	3 g	3 g	0 mg	0 mg	84 mg

**Ingredient**

ICE MILK,MIX,LIQ,CHOC,CHILLED

**Weight**

29-1/4 lbs

**Measure**

3 gal 2 qts

**Issue**

**Method**

- 1 Pour mix into top hopper of soft serve ice cream freezer; start dasher motor; turn on refrigeration according to manufacturer's directions.
- 2 Freeze to a temperature of 18 F. to 22 F., about 10 minutes, or until product can be drawn with a stiff consistency that will hold a peak.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 005 00**

**FLUFFY FRUIT CUP**

Yield 100

Portion 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
82 cal	20 g	1 g	0 g	0 mg	5 mg	20 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED  
 CHERRIES,MARASCHINO,WHOLE  
 ORANGE,FRESH,SECTIONS  
 GRAPES,FRESH,CUT IN HALVES  
 BANANA,FRESH,SLICED  
 MARSHMALLOWS,MINIATURE  
 WATER,COLD  
 WHIPPED TOPPING MIX,NONDAIRY,DRY  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

5-1/2 lbs  
 3 lbs  
 6-2/3 lbs

**Method**

- 1 Drain pineapple. Drain cherries; cut into halves.
- 2 Combine pineapple, cherries, oranges, grapes, bananas and marshmallows; mix well. Set aside for use in Step 4.
- 3 Pour cold water into mixer bowl; add topping, milk, sugar and vanilla. Whip at low speed for 3 minutes or until thoroughly blended.
- 4 Fold mixed fruit into whipped topping. Mix carefully until thoroughly blended.
- 5 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**YOGURT FRUIT CUP**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
90 cal	21 g	2 g	0 g	1 mg	16 mg	50 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED  
 CHERRIES,MARASCHINO,WHOLE  
 ORANGE,FRESH,SECTIONS  
 GRAPES,FRESH,CUT IN HALVES  
 BANANA,FRESH,SLICED  
 MARSHMALLOWS,MINIATURE  
 YOGURT,PLAIN,LOWFAT

**Weight**

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

**Measure**

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

**Issue**

5-1/2 lbs  
 3 lbs  
 6-2/3 lbs

**Method**

- 1 Drain pineapple. Drain cherries; cut into halves.
- 2 Combine pineapple, cherries, oranges, grapes, bananas and marshmallows; mix well. Set aside for use in Step 3.
- 3 Fold yogurt into mixed fruit. Mix lightly until just combined.
- 4 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 00**

**FRUIT CUP**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
61 cal	16 g	1 g	0 g	0 mg	3 mg	15 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PEACHES,CANNED,SLICED	6-1/2 lbs	3 qts	
PEARS,CANNED,SLICES	6-1/2 lbs	3 qts	
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS	6-5/8 lbs	3 qts	
ORANGE,FRESH,CHOPPED	3 lbs	1 qts 3-7/8 cup	4-1/8 lbs
APPLES,FRESH,MEDIUM,UNPEELED,DICED	3-1/2 lbs	3 qts 1/8 cup	4-1/8 lbs

**Method**

- 1 Drain peaches and pears. Reserve juices. Cut fruit into 3/4-inch pieces.
- 2 Combine pineapple, peaches, pears, oranges, apples and juices from all fruit. Mix thoroughly.
- 3 Cover; CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 01**

**AMBROSIA**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
85 cal	18 g	1 g	2 g	0 mg	15 mg	16 mg

**Ingredient**

PEACHES,CANNED,SLICED,JUICE PACK,INCL LIQUIDS  
 PEARS,CANNED,JUICE PACK,SLICES,INCL LIQUID  
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS  
 ORANGE,FRESH,CHOPPED  
 APPLES,FRESH,MEDIUM,UNPEELED,DICED  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

6-1/2 lbs  
 6-1/2 lbs  
 6-5/8 lbs  
 3-1/8 lbs  
 3-1/3 lbs  
 1 lbs

**Measure**

3 qts  
 3 qts  
 3 qts  
 1 qts 3-7/8 cup  
 3 qts 1/8 cup  
 1 qts 1 cup

**Issue**

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

**Method**

- 1 Drain peaches and pears. Reserve juices. Cut fruit into 3/4-inch pieces.
- 2 Combine pineapple, peaches, pears, oranges, apples and sweetened coconut flakes and juices from all fruit. Mix thoroughly.
- 3 Cover. CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 02**

**BANANA FRUIT CUP**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
82 cal	21 g	1 g	0 g	0 mg	1 mg	14 mg

**Ingredient**

BANANA,FRESH,SLICED  
 PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 ORANGE,FRESH,CHOPPED  
 APPLES,FRESH,MEDIUM,UNPEELED,DICED

**Weight**

11-1/2 lbs  
 6-5/8 lbs  
 3-1/8 lbs  
 3-1/3 lbs

**Measure**

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

**Issue**

17-2/3 lbs  
 4-1/4 lbs  
 3-7/8 lbs

**Method**

- 1 Combine bananas, pineapple, oranges and apples. Mix thoroughly.
- 2 Cover. CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 03**

**MELON FRUIT CUP**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
54 cal	14 g	1 g	0 g	0 mg	3 mg	14 mg

**Ingredient**

PEACHES,CANNED,SLICED,JUICE PACK,INCL LIQUIDS  
 PEARS,CANNED,JUICE PACK,SLICES,INCL LIQUID  
 WATERMELON,FRESH,DICED  
 ORANGE,FRESH,SECTIONS,PEELED,DICED  
 APPLES,FRESH,MEDIUM,UNPEELED,DICED

**Weight**

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

**Measure**

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

**Issue**

13-1/2 lbs  
 10-7/8 each  
 3-7/8 lbs

**Method**

- 1 Drain peaches and pears. Reserve juices. Cut fruit into 3/4 inch pieces.
- 2 Seed melon. Combine melon with oranges, peaches, pears, apples and juices from fruit. Mix thoroughly.
- 3 Cover; CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 04**

**STRAWBERRY FRUIT CUP**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
58 cal	14 g	1 g	0 g	0 mg	3 mg	21 mg

**Ingredient**

PEACHES,CANNED,SLICED,JUICE PACK,INCL LIQUIDS  
 PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 ORANGE,FRESH,SECTIONS,PEELED,DICED  
 STRAWBERRIES,FRESH,SLICED  
 KIWIFRUIT,FRESH,CHOPPED

**Weight**

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

**Measure**

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

**Issue**

11 each  
 1 gal 2-3/8 qts  
 3-1/4 lbs

**Method**

- 1 Drain peaches. Reserve juices. Cut fruit into 3/4-inch pieces.
- 2 Combine pineapple, peaches, oranges and juices from all fruit.
- 3 Slice strawberries into quarters. Combine strawberries with fruit mixture; mix thoroughly. Cut kiwi into 3/8-inch slices. Garnish with kiwifruit. Place 1 slice kiwifruit on each portion.
- 4 Cover; CCP: Hold for service at 41 F. or lower.



**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 05**

**FRUIT COCKTAIL FRUIT CUP**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
58 cal	15 g	1 g	0 g	0 mg	4 mg	14 mg

**Ingredient**

ORANGE,FRESH,CHOPPED

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS

APPLES,FRESH,MEDIUM,UNPEELED,DICED

**Weight**

3-1/8 lbs

20-1/4 lbs

3-1/3 lbs

**Measure**

1 qts 3-7/8 cup

2 gal 1-2/3 qts

3 qts 1/8 cup

**Issue**

4-1/4 lbs

3-7/8 lbs

**Method**

- 1 Quickly combine apples and oranges with canned fruit cocktail to prevent discoloration; mix thoroughly.
- 2 Cover; CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 06****SPICED FRUIT CUP**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
58 cal	15 g	0 g	0 g	0 mg	3 mg	18 mg

**Ingredient**

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS

CINNAMON,GROUND

NUTMEG,GROUND

SUGAR,BROWN,PACKED

APPLES,FRESH,MEDIUM,UNPEELED,DICED

ORANGE,FRESH,SECTIONS,PEELED,DICED

**Weight**

12-1/2 lbs

1/8 oz

1/8 oz

8-1/2 oz

4 lbs

5-1/4 lbs

**Measure**

1 gal 2 qts

1/8 tsp

1/3 tsp

1-5/8 cup

3 qts 2-1/2 cup

3 qts 1-3/8 cup

**Issue**

4-3/4 lbs

18-1/3 each

**Method**

- 1 Drain fruit cocktail and reserve juice for Step 2. Combine drained juice with ground cinnamon, ground nutmeg, and packed brown sugar. Bring to a boil; reduce heat; simmer 5 minutes. Chill.
- 2 Combine fruit cocktail, apples and oranges. Pour chilled syrup over fruits; mix lightly.
- 3 Cover; CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 006 07**  
**MANDARIN ORANGE AND PINEAPPLE FRUIT CUP**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
74 cal	19 g	1 g	0 g	0 mg	4 mg	20 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED  
 ORANGES,MANDARIN,CANNED,DRAINED  
 CHERRIES,MARASCHINO,HALVES

**Weight**

20-1/4 lbs  
 15-1/4 lbs  
 1-1/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine pineapple and mandarin oranges.
- 2 Top each portion with 1/2 a maraschino cherry, if desired.
- 3 Cover; CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 007 00**

**FRUIT GELATIN**

**Yield** 100

**Portion** 2/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
116 cal	28 g	2 g	0 g	0 mg	65 mg	8 mg

**Ingredient**

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS  
 DESSERT POWDER,GELATIN,STRAWBERRY  
 WATER,BOILING  
 RESERVED LIQUID  
 WATER,COLD

**Weight**

12-1/2 lbs  
 5-1/8 lbs  
 12-1/2 lbs  
 6-1/4 lbs  
 6-1/4 lbs

**Measure**

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

**Issue**

**Method**

- 1 Drain fruit; reserve juice for use in Step 3 and fruit for use in Step 5.
- 2 Dissolve gelatin in boiling water.
- 3 Add juice and water; stir to mix well.
- 4 Pour about 1 gallon into each pan. Chill until slightly thickened.
- 5 Fold an equal quantity of fruit into gelatin in each pan. Chill until firm. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 1, 2 No. 10 cans of the following canned fruit may be used per 100 servings: Canned Fruit Cocktail, Canned Mixed Fruit Chunks, Canned Peaches, quarters or slices, Canned Pears, quarters or slices, Canned Pineapple, chunks or tidbits.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 007 01****BANANA GELATIN**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	32 g	2 g	0 g	0 mg	64 mg	6 mg

**Ingredient**

DESSERT POWDER,GELATIN,STRAWBERRY  
 WATER,BOILING  
 WATER,COLD  
 BANANA,FRESH,SLICED

**Weight**

5-1/8 lbs  
 12-1/2 lbs  
 12-1/2 lbs  
 9-3/4 lbs

**Measure**

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

**Issue**

15 lbs

**Method**

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water; stir to mix well.
- 3 Pour 1 gallon into each pan. Chill until slightly thickened.
- 4 Fold 2-1/4 quarts of banana into gelatin in each pan. Chill until firm.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 007 02**  
**FRUIT FLAVORED GELATIN**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
90 cal	21 g	2 g	0 g	0 mg	63 mg	3 mg

**Ingredient**

DESSERT POWDER,GELATIN,STRAWBERRY  
 WATER,BOILING  
 WATER,COLD

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Dissolve gelatin in boiling water.
- 2 Add water; stir to mix well.
- 3 Pour 1 gallon into each steam table pan. Chill until firm.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 007 03**  
**FRUIT GELATIN (CRUSHED ICE METHOD)**

**Yield** 100

**Portion** 2/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
116 cal	28 g	2 g	0 g	0 mg	65 mg	7 mg

**Ingredient**

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS  
 DESSERT POWDER,GELATIN,STRAWBERRY  
 RESERVED LIQUID  
 ICE CUBES

**Weight**

12-1/2 lbs  
 5-1/8 lbs  
 9-3/8 lbs  
 12-1/2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Drain fruit; reserve juice for use in Step 2 and fruit for use in Step 3.
- 2 Dissolve gelatin in boiling water and juice.
- 3 Crush the ice. Add crushed ice, stirring constantly until ice is melted and gelatin begins to thicken. Add fruit; stir until blended; pour into pans. Chill until firm.

**Notes**

- 1 In Step 1, 2 No. 10 cans of the following canned fruit may be used per 100 servings: Canned Fruit Cocktail, Canned Mixed Fruit Chunks, Canned Peaches, quarters or slices, Canned Pears, quarters or slices, Canned Pineapple, chunks or tidbits.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 007 04****STRAWBERRY GELATIN**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
117 cal	28 g	2 g	0 g	0 mg	64 mg	14 mg

**Ingredient**

DESSERT POWDER,GELATIN,STRAWBERRY  
 WATER,BOILING  
 STRAWBERRIES,FROZEN,THAWED  
 JUICE,LEMON

**Weight**

5-1/8 lbs  
 14-5/8 lbs  
 16-7/8 lbs  
 4-1/3 oz

**Measure**

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

**Issue****Method**

- 1 Dissolve strawberry flavored gelatin in boiling water.
- 2 Add strawberries and lemon juice to gelatin. Stir until strawberries are completely thawed and separated.
- 3 Pour 5-1/2 quarts of gelatin mixture into each pan. Chill until firm.



**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 007 05****PEACH GELATIN**

Yield 100

Portion 2/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
160 cal	39 g	2 g	0 g	0 mg	66 mg	4 mg

**Ingredient**

DESSERT POWDER,GELATIN,ORANGE  
 WATER,BOILING  
 PEACHES,FROZEN

**Weight**

5-1/8 lbs  
 14-5/8 lbs  
 16-1/2 lbs

**Measure**

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

**Issue****Method**

- 1 Dissolve orange flavored gelatin in boiling water.
- 2 Add partially thawed sliced or quartered peaches to orange flavored gelatin. Stir peaches until thawed and separated.
- 3 Pour 5-1/2 quarts into each pan. Chill until firm.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 008 00**

**PEACH CRISP**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
203 cal	32 g	2 g	8 g	0 mg	211 mg	23 mg

**Ingredient**

PEACHES,CANNED,SLICED  
 COOKING SPRAY,NONSTICK  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 BAKING SODA  
 SALT  
 CEREAL,OATMEAL,ROLLED  
 SUGAR,BROWN,PACKED  
 MARGARINE,SOFTENED

**Weight**

19-2/3 lbs  
 2 oz  
 1 lbs  
 6-5/8 oz  
 1/4 oz  
 1/4 oz  
 1/8 oz  
 1-3/8 lbs  
 1/4 oz  
 1/4 oz  
 5/8 oz  
 1 lbs  
 1-2/3 lbs  
 2 lbs

**Measure**

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

**Issue**

**Method**

- 1 Drain fruit; reserve juice.
- 2 Spray each pan with non-stick cooking spray. Arrange about 3 quarts of peaches in each pan. Pour 3 cups reserve juice over peaches in each pan.
- 3 Combine sugar, flour, salt, cinnamon, and nutmeg; sprinkle about 2 cups evenly over peaches in each pan. Stir lightly to moisten flour mixture.
- 4 Combine flour, baking powder, baking soda, salt, rolled oats, brown sugar and margarine; mix only until blended.
- 5 Sprinkle 2-1/2 quarts of mixture over the fruit in each pan.
- 6 Using a convection oven, bake at 350 F. for 30 minutes or until top is lightly browned on low fan, open vent.
- 7 Cut 6 by 9 and serve with serving spoon or spatula.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 008 01**  
**CHERRY CRISP (PIE FILLING COOKIE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
215 cal	41 g	1 g	6 g	8 mg	69 mg	30 mg

**Ingredient**

PIE FILLING,CHERRY,PREPARED  
 COOKING SPRAY,NONSTICK  
 COOKIE MIX,OATMEAL  
 MARGARINE,SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Pour 5-1/2 quarts of prepared pie filling into each pan.
- 2 Combine cookie mix and margarine. Sprinkle half of mixture evenly over cherries in each pan.
- 3 Using a convection oven, bake at 350 F. for 30 minutes or until top is lightly browned on low fan, open vent.
- 4 Cut 6 by 9. Serve with serving spoon or spatula.

## CHERRY CRISP

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
232 cal	39 g	2 g	8 g	0 mg	209 mg	30 mg

**Ingredient**

CHERRIES,CANNED,RED,TART,WATER PACK,INCL LIQUIDS  
 COOKING SPRAY,NONSTICK  
 SUGAR,GRANULATED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BAKING POWDER  
 BAKING SODA  
 SALT  
 CEREAL,OATMEAL,ROLLED  
 SUGAR,BROWN,PACKED  
 MARGARINE,SOFTENED

**Weight**

24-1/2 lbs  
 2 oz  
 2 lbs  
 6-5/8 oz  
 1/4 oz  
 1/4 oz  
 1/8 oz  
 1-3/8 lbs  
 1/4 oz  
 1/4 oz  
 5/8 oz  
 1 lbs  
 1-2/3 lbs  
 2 lbs

**Measure**

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

**Issue****Method**

- 1 Drain fruit; reserve juice for use in Step 2.
- 2 Lightly spray pans with non-stick cooking spray. Arrange about 3 quarts of cherries in each sprayed pan. Pour 3 cups reserve juice over cherries in each pan.
- 3 Combine sugar, flour, salt, cinnamon, and nutmeg; sprinkle about 2 cups evenly over cherries in each pan. Stir lightly to moisten flour mixture.
- 4 Combine flour, baking powder, baking soda, salt, rolled oats, brown sugar, margarine; mix only until blended.
- 5 Sprinkle 2-1/2 quart mixture over fruit in each pan.
- 6 Using a convection oven, bake at 350 F. for 30 minutes or until top is lightly browned on low fan, open vent.
- 7 Cut 6 by 9 and serve with serving spoon or spatula.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 008 03**  
**PEACH CRISP (PIE FILLING COOKIE MIX)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
250 cal	51 g	1 g	6 g	8 mg	96 mg	33 mg

**Ingredient**

PIE FILLING, PEACH, PREPARED  
 COOKING SPRAY, NONSTICK  
 COOKIE MIX, OATMEAL  
 MARGARINE, SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Lightly spray each pan with non-stick cooking spray. Pour about 5-1/2 quarts of pie filling into each sprayed pan.
- 2 Combine canned oatmeal cookie mix with softened margarine; mix until crumbly.
- 3 Sprinkle 2-1/2 quarts of mixture over fruit in each pan.
- 4 Using a convection oven, bake at 350 F. for 30 minutes or until top is lightly browned on low fan, open vent.
- 5 Cut 6 by 9 and serve with serving spoon or spatula.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 008 04**  
**BLUEBERRY CRISP (PIE FILLING COOKIE MIX)**

**Yield** 100

**Portion** 1 Serving

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
219 cal	35 g	1 g	10 g	8 mg	158 mg	44 mg

**Ingredient**

PIE FILLING,BLUEBERRY,PREPARED  
 COOKING SPRAY,NONSTICK  
 COOKIE MIX,OATMEAL  
 MARGARINE,SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Lightly spray each pan with non-stick cooking spray. Pour about 5-1/2 quarts of pie filling into each sprayed pan.
- 2 Combine canned oatmeal cookie mix with margarine; mix until crumbly.
- 3 Sprinkle 2-1/2 quarts of mixture over fruit in each pan.
- 4 Using a convection oven, bake at 350 F. for 30 minutes or until top is lightly browned on low fan, open vent.
- 5 Cut 6 by 9 and serve with serving spoon or spatula.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 010 01**  
**APPLE CRUNCH (APPLE PIE FILLING)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
231 cal	42 g	2 g	7 g	6 mg	236 mg	18 mg

**Ingredient**

PIE FILLING,APPLE,PREPARED  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 CAKE MIX,YELLOW  
 COCONUT,PREPARED,SWEETENED FLAKES  
 MARGARINE,SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Spray each pan with non-stick cooking spray. Spread 4-1/2 quarts filling in each sprayed sheet pan. Sprinkle 3 tablespoons of lemon juice on top of mixture in each pan.
- 2 Combine cake mix and coconut; add margarine; mix until crumbly.
- 3 Sprinkle 2-3/4 quarts of mixture over each pan.
- 4 Using a convection oven, bake at 325 F. for 30 minutes or until lightly brown on low fan, open vent.
- 5 Cut 6 by 9.

**Notes**

- 1 In Step 2, 1 pound chopped unsalted nuts may be substituted for coconut per 100 servings.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 010 02**  
**BLUEBERRY CRUNCH (BLUEBERRY PIE FILLING)**

**Yield** 100

**Portion** 1 Serving

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
235 cal	43 g	2 g	7 g	6 mg	249 mg	36 mg

**Ingredient**

PIE FILLING,BLUEBERRY,PREPARED  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 CAKE MIX,YELLOW  
 COCONUT,PREPARED,SWEETENED FLAKES  
 MARGARINE,SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Spray each pan with non-stick cooking spray. Spread 4-1/2 quarts of pie filling into each sprayed sheet pan. Sprinkle 3 tablespoons of lemon juice on top of mixture in each pan.
- 2 Combine cake mix and coconut; add margarine; mix until crumbly.
- 3 Sprinkle 2-3/4 quarts of mixture over each pan.
- 4 Using a convection oven, bake at 325 F. for 30 minutes or until lightly browned on low fan, open vent.
- 5 Cut 6 by 9.

**Notes**

- 1 In Step 2, 1 pound chopped unsalted nuts may be substituted for coconut, per 100 servings.



**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 010 03**  
**CHERRY CRUNCH (CHERRY PIE FILLING)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
243 cal	44 g	2 g	7 g	6 mg	207 mg	24 mg

**Ingredient**

PIE FILLING,CHERRY,PREPARED  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 CAKE MIX,YELLOW  
 COCONUT,PREPARED,SWEETENED FLAKES  
 MARGARINE,SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Spray each pan with non-stick cooking spray. Spread 4-1/2 quarts of pie filling into each sprayed sheet pan. Sprinkle 3 tablespoons of lemon juice on top of mixture in each pan.
- 2 Combine cake mix and coconut; add margarine; mix until crumbly.
- 3 Sprinkle 2-3/4 quarts of mixture over each pan.
- 4 Using a convection oven, bake at 325 F. for 30 minutes on low fan, open vent or until lightly browned.
- 5 Cut 6 by 9.

**Notes**

- 1 In Step 2, 1 pound chopped unsalted nuts may be substituted for coconut, per 100 servings.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 010 05**  
**PEACH CRUNCH (PEACH PIE FILLING)**

**Yield** 100

**Portion** 1 Piece

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
269 cal	52 g	2 g	7 g	6 mg	227 mg	26 mg

**Ingredient**

PIE FILLING,PEACH,PREPARED  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 CAKE MIX,YELLOW  
 COCONUT,PREPARED,SWEETENED FLAKES  
 MARGARINE,SOFTENED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Spray each pan with non-stick cooking spray. Spread 4-1/2 quart filling in each sprayed sheet pan. Sprinkle 3 tablespoons of lemon juice on top of mixture in each pan.
- 2 Combine cake mix and coconut; add margarine and butter; mix until crumbly.
- 3 Sprinkle 2-3/4 quarts of mixture over each pan.
- 4 Using a convection oven bake at 325 F. for 30 minutes or until lightly browned on low fan, open vent.
- 5 Cut 6 by 9.

**Notes**

- 1 In Step 2, 1 pound chopped unsalted nuts may be used for coconut per 100 servings.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 011 00**

**BANANA SPLIT**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
361 cal	53 g	5 g	16 g	30 mg	110 mg	132 mg

**Ingredient**

BANANA,FRESH  
 JUICE,ORANGE  
 ICE CREAM,VANILLA  
 ICE CREAM TOPPING,FUDGE  
 WHIPPED TOPPING,12 OZ CAN  
 PECANS,CHOPPED  
 CHERRIES,MARASCHINO,SLICED

**Weight**

13 lbs  
 1-1/8 lbs  
 15-1/8 lbs  
 8-5/8 lbs  
 1-1/4 lbs  
 8 oz  
 1-1/8 lbs

**Measure**

2 cup  
 3 gal 1 qts  
 3 qts 1 cup  
 2 qts  
 2 cup

**Issue**

20 lbs

**Method**

- 1 Peel and slice bananas lengthwise into quarters; place on pan.
- 2 Pour juice over bananas; cover with waxed paper; refrigerate until ready to serve.
- 3 Make banana splits to order. Place 1/2 cup ice cream in soup bowl. Drain 2 banana quarters; place 1 on each side of ice cream. Ladle 2 tablespoons of topping over ice cream. Top with 1 tablespoon whipped topping, 1 teaspoon chopped pecans and 1/2 maraschino cherry.

**Notes**

- 1 In Step 3, Chocolate Sauce, Recipe No. K 005 00, or Butterscotch, Fudge, Marshmallow, Pineapple, or Strawberry Topping, or Whipped Topping, Recipe No. K 002 00 may be used.

**VANILLA SOFT SERVE YOGURT (DEHYDRATED)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	40 g	1 g	0 g	1 mg	71 mg	29 mg

**Ingredient**

YOGURT MIX,DEHYDRATED,VANILLA  
WATER

**Weight**

10 lbs  
10 lbs

**Measure**

**Issue**

**Method**

- 1 Stir dehydrated mix into water. Mix thoroughly with wire whip or mixer. Cover container.
- 2 Chill 4 to 24 hours in refrigerator to 35 F. to 40 F.
- 3 Stir until smooth. Pour mixture into top hopper to soft serve ice cream freezer; start dasher motor; turn on refrigeration according to manufacturer's directions. Freeze to temperature of 18 F. to 22 F., about 10 minutes, or until product can be drawn with a stiff consistency that will hold a peak.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 012 01**  
**CHOCOLATE SOFT SERVE YOGURT (DEHYDRATED)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	40 g	1 g	1 g	1 mg	169 mg	30 mg

**Ingredient**

YOGURT MIX,DEHYDRATED,CHOCOLATE  
 WATER

**Weight**

10 lbs  
 10 lbs

**Measure**

**Issue**

**Method**

- 1 Stir dehydrated mix into water. Mix thoroughly with wire whip or mixer. Cover container.
- 2 Chill 4 to 24 hours in refrigerator to 35 F. to 40 F.
- 3 Stir until smooth. Pour mixture into top hopper to soft serve ice cream freezer; start dasher motor; turn on refrigeration according to manufacturer's directions. Freeze to temperature of 18 F. to 22 F., about 10 minutes, or until product can be drawn with a stiff consistency that will hold a peak.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 013 00**

**TAPIOCA PUDDING**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
119 cal	21 g	3 g	3 g	36 mg	139 mg	92 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 BUTTER  
 TAPIOCA,QUICK-COOKING  
 SUGAR,GRANULATED  
 SALT  
 EGGS,WHOLE,FROZEN  
 EXTRACT,VANILLA

**Weight**

1-1/2 lbs  
 23-1/2 lbs  
 8 oz  
 14-1/3 oz  
 3 lbs  
 5/8 oz  
 1-1/2 lbs  
 1-3/8 oz

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Reserve 2 cups for use in Step 3.
- 2 Heat remaining milk in steam jacketed kettle or stock pot to a boil. Add butter or margarine.
- 3 Combine reserved milk with tapioca, sugar, salt, and eggs.
- 4 Add tapioca mixture to hot milk in steam-jacketed kettle or stock pot. Bring to just a boil; reduce heat; cook without boiling, stirring occasionally until slightly thickened, about 5 minutes. The mixture will be thin. Turn off heat; cool in kettle 15 to 20 minutes.
- 5 Add vanilla; blend well. Pour 1 gallon into each pan. Cover surface of pudding with waxed paper. Refrigerate until ready to serve. Mixture will thicken as it cools. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 Garnish with Whipped Topping, Recipe No. K 002 00 and maraschino cherry half (optional).

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 014 00**  
**VANILLA CREAM PUDDING (INSTANT)**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
136 cal	32 g	2 g	0 g	1 mg	503 mg	77 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,COLD  
 DESSERT POWDER,PUDDING,INSTANT,VANILLA

**Weight**

1-1/3 lbs  
 23 lbs  
 6-7/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Chill to 50 F. Place in mixer bowl.
- 2 Add dessert powder. Using whip, blend at low speed 15 seconds or until well blended. Scrape sides and bottom of bowl; whip at medium speed 2 minutes or until smooth.
- 3 Pour 4-1/2 quarts pudding into each pan. Cover surface of pudding with waxed paper.
- 4 Refrigerate at least 1 hour or until ready to serve. Pudding may be garnished with well-drained fruit or whipped topping.  
 CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 014 01**  
**BANANA CREAM PUDDING (INSTANT)**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
134 cal	32 g	2 g	0 g	1 mg	403 mg	63 mg

**Ingredient**

MILK, NONFAT, DRY  
 WATER, COLD  
 DESSERT POWDER, PUDDING, INSTANT, VANILLA  
 BANANA, FRESH, SLICED

**Weight**

1 lbs  
 18-1/4 lbs  
 5-1/2 lbs  
 6 lbs

**Measure**

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

**Issue**

9-1/4 lbs

**Method**

- 1 Reconstitute milk. Chill to 50 F. Place in mixer bowl.
- 2 Add dessert powder. Using whip, blend at low speed 15 seconds or until well blended. Scrape sides and bottom of bowl; whip at medium speed 2 minutes or until smooth.
- 3 Pour 3-2/3 quarts pudding into each pan. Fold 1-1/2 quarts of banana into each pan. Cover surface of pudding with waxed paper.
- 4 Refrigerate at least 1 hour or until ready to serve. Pudding may be garnished with well-drained fruit or whipped topping. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 To prevent discoloration, slice bananas just before adding to pudding.



**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 014 02**  
**COCONUT CREAM PUDDING (INSTANT)**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
178 cal	36 g	2 g	3 g	1 mg	525 mg	78 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,COLD  
 DESSERT POWDER,PUDDING,INSTANT,VANILLA  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

1-1/3 lbs  
 23 lbs  
 6-7/8 lbs  
 1-7/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Chill to 50 F. Place in mixer bowl.
- 2 Add dessert powder. Using whip, blend at low speed 15 seconds or until well blended. Scrape sides and bottom of bowl; whip at medium speed 2 minutes or until smooth.
- 3 Pour 4-1/2 quarts pudding into each pan. Fold coconut into pudding. Cover surface of pudding with waxed paper.
- 4 Refrigerate at least 1 hour or until ready to serve. Pudding may be garnished with well drained fruit or whipped topping. CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 014 03**  
**PINEAPPLE CREAM PUDDING (INSTANT)**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
128 cal	31 g	2 g	0 g	1 mg	403 mg	66 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,COLD  
 DESSERT POWDER,PUDDING,INSTANT,VANILLA  
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,DRAINED

**Weight**

1 lbs  
 18-1/4 lbs  
 5-1/2 lbs  
 7-1/4 lbs

**Measure**

1 qts 3 cup  
 2 gal 3/4 qts  
 3 qts 1-1/2 cup  
 1 #10cn

**Issue**

**Method**

- 1 Reconstitute milk. Chill to 50 F. Place in mixer bowl.
- 2 Add vanilla dessert powder. Using whip, blend at low speed 15 seconds or until well blended. Scrape sides and bottom of bowl; whip at medium speed 2 minutes or until smooth.
- 3 Pour 3-2/3 quarts of pudding into each pan. Fold drained pineapple into pudding. Cover surface of pudding with waxed paper.
- 4 Refrigerate at least 1 hour or until ready to serve. Pudding may be garnished with well-drained fruit or whipped topping. CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 014 04**  
**BUTTERSCOTCH CREAM PUDDING (INSTANT)**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
136 cal	32 g	2 g	0 g	1 mg	485 mg	79 mg

**Ingredient**

MILK,NONFAT,DRY

WATER,COLD

DESSERT POWDER,PUDDING,INSTANT,BUTTERSCOTCH

**Weight**

1-1/3 lbs

23 lbs

6-7/8 lbs

**Measure**

2 qts 3/4 cup

2 gal 3 qts

**Issue**

**Method**

- 1 Reconstitute milk. Chill to 50 F. Place in mixer bowl.
- 2 Add butterscotch dessert powder. Using whip, blend at low speed 15 seconds or until well blended. Scrape sides and bottom of bowl; whip at medium speed 2 minutes or until smooth.
- 3 Pour 4-1/2 quarts pudding into each pan. Cover surface of pudding with waxed paper.
- 4 Refrigerate at least 1 hour or until ready to serve. Pudding may be garnished with well-drained fruit or whipped topping. CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 014 05**  
**CHOCOLATE CREAM PUDDING (INSTANT)**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
128 cal	30 g	3 g	1 g	1 mg	465 mg	81 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,COLD  
 DESSERT POWDER,PUDDING,INSTANT,CHOCOLATE

**Weight**

1-1/3 lbs  
 22-1/4 lbs  
 6-5/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Chill to 50 F. Place in mixer bowl.
- 2 Add chocolate dessert powder. Using whip, blend at low speed 15 seconds or until well blended. Scrape sides and bottom of bowl; whip at medium speed 2 minutes or until smooth.
- 3 Pour 4-1/2 quarts pudding into each pan. Cover surface of pudding with waxed paper.
- 4 Refrigerate at least 1 hour or until ready to serve. Pudding may be garnished with well-drained fruit or whipped topping. CCP: Hold for service at 41 F. or lower.

**BAKED RICE PUDDING**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
173 cal	30 g	4 g	4 g	48 mg	156 mg	62 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	3-1/4 lbs	2 qts	
WATER, COLD	12-1/2 lbs	1 gal 2 qts	
SALT	3/4 oz	1 tbsp	
MILK, NONFAT, DRY	10-3/4 oz	1 qts 1/2 cup	
WATER, WARM	11-1/2 lbs	1 gal 1-1/2 qts	
EGGS, WHOLE, FROZEN	2-3/8 lbs	1 qts 1/2 cup	
MARGARINE, MELTED	12 oz	1-1/2 cup	
SUGAR, GRANULATED	2 lbs	1 qts 1/2 cup	
EXTRACT, VANILLA	1-3/8 oz	3 tbsp	
CINNAMON, GROUND	1/4 oz	1 tbsp	
NUTMEG, GROUND	1/8 oz	1/8 tsp	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
RAISINS	1-7/8 lbs	1 qts 2 cup	

**Method**

- 1 Combine rice, water, and salt. Bring to a boil, stirring occasionally. Reduce heat; cover tightly; simmer 20 to 25 minutes or until water is absorbed.
- 2 Reconstitute milk; add eggs, margarine or butter, sugar, vanilla, cinnamon and nutmeg; blend thoroughly.
- 3 Spray each pan with non-stick cooking spray. Place 1-3/4 quarts of cooked, cooled rice and 1-1/2 cup of raisins in each sprayed pan. Blend thoroughly.
- 4 Pour 2 quarts egg mixture over rice-raisin mixture in each pan.
- 5 Using a convection oven, bake at 325 F. 30 to 35 minutes or until lightly browned on low fan, open vent and a knife inserted in center comes out clean.
- 6 Cover, refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 7 Cut 4 by 6.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 015 01**  
**BAKED RICE PUDDING (FROZEN EGGS AND EGG WHITES)**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	30 g	4 g	4 g	24 mg	157 mg	59 mg

**Ingredient**

RICE, LONG GRAIN  
 WATER, COLD  
 SALT  
 MILK, NONFAT, DRY  
 WATER, WARM  
 EGGS, WHOLE, FROZEN  
 EGG WHITES  
 MARGARINE, MELTED  
 SUGAR, GRANULATED  
 EXTRACT, VANILLA  
 CINNAMON, GROUND  
 NUTMEG, GROUND  
 COOKING SPRAY, NONSTICK  
 RAISINS

**Weight**

3-1/4 lbs  
 12-1/2 lbs  
 3/4 oz  
 10-3/4 oz  
 11-1/2 lbs  
 1-1/4 lbs  
 1-1/4 lbs  
 12 oz  
 2 lbs  
 1-3/8 oz  
 1/4 oz  
 1/8 oz  
 2 oz  
 1-7/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Combine rice, water, and salt. Bring to a boil, stirring occasionally. Reduce heat; cover tightly; simmer 20 to 25 minutes or until water is absorbed.
- 2 Reconstitute milk; add eggs, egg whites, margarine or butter, sugar, vanilla, cinnamon and nutmeg; blend thoroughly.
- 3 Spray each pan with non-stick cooking spray. Place 1-3/4 quarts cooked cooled rice and 1-1/2 cups raisins in each sprayed pan. Blend thoroughly.
- 4 Pour 2 quarts egg mixture over rice-raisin mixture in each pan.
- 5 Using a convection oven, bake 30 to 35 minutes in 325 F. oven or until lightly browned on low fan, open vent and a knife inserted in center comes out clean.
- 6 Cover, refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 7 Cut 4 by 6.

**BREAD PUDDING**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
205 cal	34 g	5 g	6 g	30 mg	310 mg	93 mg

**Ingredient**

BREAD,WHITE,CUBED  
 COOKING SPRAY, NONSTICK  
 MARGARINE, MELTED  
 EGGS, WHOLE, FROZEN  
 EGG WHITES, FROZEN, THAWED  
 SUGAR, GRANULATED  
 SALT  
 NUTMEG, GROUND  
 EXTRACT, VANILLA  
 MILK, NONFAT, DRY  
 WATER, WARM  
 RAISINS

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Spray each pan with non-stick cooking spray. Place 4-1/2 quarts bread in each sprayed steam table pan. Pour margarine or butter over bread cubes and toss lightly. Toast in oven until light brown.
- 2 Add sugar, salt, nutmeg, and vanilla to eggs; blend thoroughly.
- 3 Reconstitute milk; combine with egg mixture. Pour 1 gallon over bread cubes in each pan.
- 4 Add 3 cups raisins to each pan.
- 5 Bake at 350 F. for 15 minutes: stir to distribute the raisins. Bake 45 minutes or until firm.
- 6 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 7 Cut 4 by 8.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 016 01**  
**CHOCOLATE CHIP BREAD PUDDING**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
218 cal	30 g	6 g	9 g	32 mg	318 mg	106 mg

**Ingredient**

BREAD,WHITE,CUBED  
 COOKING SPRAY,NONSTICK  
 MARGARINE,MELTED  
 EGGS,WHOLE,FROZEN  
 EGG WHITES  
 SUGAR,GRANULATED  
 SALT  
 NUTMEG,GROUND  
 EXTRACT,VANILLA  
 MILK,NONFAT,DRY  
 WATER,WARM  
 CHOCOLATE,COOKING CHIPS,SEMISWEET

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Spray each pan with non-stick cooking spray. Place 4-1/2 quarts bread in each sprayed steam table pan. Pour margarine or butter over bread cubes, toss lightly. Toast in oven until light brown.
- 2 Add sugar, salt, nutmeg, and vanilla to eggs; blend thoroughly.
- 3 Reconstitute milk; combine with egg mixture. Pour 1 gallon over bread cubes in each pan.
- 4 Add 12 ounces of chocolate chips to each pan.
- 5 Bake 1 hour or until firm in 350 F. oven.
- 6 Cover; CCP: Hold for service at 41 F. or lower.
- 7 Cut 4 by 8.



**COCONUT BREAD PUDDING**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
208 cal	28 g	5 g	8 g	30 mg	331 mg	88 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 BREAD, WHITE, CUBED  
 COCONUT, PREPARED, SWEETENED FLAKES  
 MARGARINE, MELTED  
 EGGS, WHOLE, FROZEN  
 EGG WHITES  
 SUGAR, GRANULATED  
 SALT  
 NUTMEG, GROUND  
 EXTRACT, VANILLA  
 MILK, NONFAT, DRY  
 WATER, WARM

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Lightly spray each pan with non-stick cooking spray. Place 4-1/2 quarts bread in each pan. Pour margarine over bread cubes; toss flaked coconut with bread cubes. Toast in oven until lightly brown.
- 2 Add sugar, salt, nutmeg, and vanilla to eggs; blend thoroughly.
- 3 Reconstitute milk; combine with egg mixture. Pour 1 gallon over bread cubes in each pan.
- 4 Bake 1 hour or until firm in 350 F. oven.
- 5 Cover; CCP: Hold for service at 41 F. or lower.
- 6 Cut 4 by 8.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 017 00****CREAM PUFFS**

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
139 cal	10 g	3 g	10 g	90 mg	121 mg	14 mg

**Ingredient**

BUTTER  
 WATER,BOILING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Combine butter or margarine and water; bring to a boil.
- 2 Add flour and salt all at once, stirring rapidly. Cook 2 minutes or until mixture leaves sides of pan and forms a ball.
- 3 Remove from heat; place in mixer bowl. Cool slightly.
- 4 Add eggs, while beating at high speed, using a flat paddle. Beat until mixture is thick and shiny.
- 5 Spray each pan with non-stick cooking spray. Drop 2-1/2 tablespoons of batter in rows, 2 inches apart on sprayed pans.
- 6 Bake 10 minutes at 400 F.; reduce oven temperature to 350 F.; bake 30 minutes longer or until firm. Turn off oven.
- 7 Open oven door slightly; leave puffs in oven 8 to 10 minutes to dry out after baking. Shells should be slightly moist inside.
- 8 Using a pastry tube, fill shells. See Note 1.
- 9 CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 Fill shells with 2/3 recipe Vanilla Cream Pudding Recipe No. J 014 00, 1 recipe Whipped Topping Recipe No. K 002 00, or commercial prepared hard ice cream may be used. Fill shells with 1/3 cup filling. Sprinkle with sifted powdered sugar or cover with Chocolate Glaze Frosting, Recipe No. G 024 00.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 017 01**

**ECLAIRS**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
139 cal	10 g	3 g	10 g	90 mg	121 mg	14 mg

**Ingredient**

BUTTER  
 WATER,BOILING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine butter and water; bring to a boil.
- 2 Add flour and salt all at once stirring rapidly. Cook 2 minutes or until mixture leaves the sides of the pan and forms a ball.
- 3 Remove from heat; place in mixer bowl. Cool slightly.
- 4 Add eggs, while beating at high speed, using a flat paddle. Beat until mixture is thick and shiny.
- 5 Spray each pan with non-stick cooking spray. Use a pastry bag or drop 2-1/2 tablespoons of batter 2 to 6 inches apart on sprayed pans; spread each mound into a 1x4-1/2 inch rectangle, rounding sides or piling batter on top.
- 6 Bake at 400 F. for 10 minutes; reduce oven temperature to 350 F. ; bake 30 minutes longer or until firm. Turn off oven.
- 7 Open oven door slightly; leave puffs in oven 8 to 10 minutes to dry out after baking. Shells should be slightly moist inside.
- 8 Using a pastry tube, fill shells. See Note 1.
- 9 Refrigerate filled shells until served.

**Notes**

- 1 Fill shells with 2/3 recipe Vanilla Cream Pudding Recipe No. J 014 00, 1 recipe Whipped Topping Recipe No. K 002 00, or commercial prepared hard ice cream may be used. Fill shells with 1/3 cup filling. Sprinkle with sifted powdered sugar or cover with Chocolate Glaze Frosting, Recipe No. G 024 00.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 018 00**

**VANILLA CREAM PUDDING**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
154 cal	25 g	3 g	5 g	58 mg	193 mg	58 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SALT  
 CORNSTARCH  
 SUGAR,GRANULATED  
 WATER  
 EGGS,WHOLE,FROZEN  
 BUTTER  
 EXTRACT,VANILLA

**Weight**

13-3/4 oz  
 15-2/3 lbs  
 2 lbs  
 1 oz  
 1-1/8 lbs  
 2 lbs  
 5-1/4 lbs  
 2-3/8 lbs  
 1 lbs  
 2-3/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Add sugar and salt. Heat to just below boiling. DO NOT BOIL.
- 2 Combine cornstarch, sugar, and water; stir until smooth. Add gradually to hot mixture. Cook at medium heat, stirring constantly, about 10 minutes or until thickened.
- 3 Stir 1 quart of hot mixture into eggs. Slowly pour egg mixture into remaining hot milk mixture; heat to boiling, stirring constantly. Cook about 2 minutes longer. Remove from heat.
- 4 Add butter or margarine and vanilla; stir until well blended.
- 5 Pour 1 gallon of pudding into each pan. Cover surface of pudding with waxed paper.
- 6 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 Pudding will curdle if boiled or subjected to prolonged intense heat.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 018 01**  
**CHOCOLATE CREAM PUDDING**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	36 g	2 g	4 g	11 mg	180 mg	56 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 SALT  
 COCOA  
 CORNSTARCH  
 SUGAR,GRANULATED  
 WATER  
 BUTTER  
 EXTRACT,VANILLA

**Weight**

13-3/4 oz  
 15-2/3 lbs  
 4 lbs  
 1 oz  
 12-1/8 oz  
 1-1/8 lbs  
 2 lbs  
 5-1/4 lbs  
 1 lbs  
 2-3/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Add sugar and salt. Heat to just below boiling. DO NOT BOIL.
- 2 Combine cocoa with cornstarch, sugar, and water; stir until smooth. Add gradually to hot mixture. Cook at medium heat stirring constantly, about 10 minutes or until thickened.
- 3 Add butter or margarine and vanilla; stir until well blended.
- 4 Pour 1 gallon of pudding into each pan. Cover surface of pudding with waxed paper.
- 5 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 Pudding will curdle if boiled or subjected to prolonged intense heat.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 020 00**

**CREAMY RICE PUDDING**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
170 cal	30 g	3 g	4 g	49 mg	254 mg	63 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	2-2/3 lbs	1 qts 2-1/2 cup	
WATER, BOILING	6-3/4 lbs	3 qts 1 cup	
SALT	5/8 oz	1 tbsp	
SUGAR, GRANULATED	2 lbs	1 qts 1/2 cup	
CORNSTARCH	7-7/8 oz	1-3/4 cup	
MILK, NONFAT, DRY	12 oz	1 qts 1 cup	
SALT	1 oz	1 tbsp	
CINNAMON, GROUND	1/8 oz	1/8 tsp	
NUTMEG, GROUND	1/8 oz	1/8 tsp	
WATER, WARM	7-1/3 lbs	3 qts 2 cup	
EGGS, WHOLE, FROZEN	2 lbs	3-3/4 cup	
WATER, BOILING	6-1/4 lbs	3 qts	
BUTTER	14 oz	1-3/4 cup	
EXTRACT, VANILLA	1-3/8 oz	3 tbsp	
RAISINS	1-7/8 lbs	1 qts 2 cup	
CINNAMON, GROUND	1/8 oz	1/3 tsp	

**Method**

- 1 Cook rice in boiling, salted water 20 to 25 minutes or until tender. Cover; set aside for use in Step 6.
- 2 In a steam jacketed kettle, combine sugar, cornstarch, milk, salt, cinnamon, and nutmeg; mix until well blended.
- 3 Add water to dry mixture; stir until smooth.
- 4 Add eggs; blend well.
- 5 Slowly add water to egg mixture, stirring with a wire whip. Cook until thickened, stirring constantly.
- 6 Turn off heat; add cooked rice, butter or margarine, vanilla, and raisins.
- 7 Pour 1 gallon of pudding into each pan.
- 8 Sprinkle cinnamon or nutmeg over pudding in each pan.
- 9 Cover surface of pudding with waxed paper. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 Pudding may be served hot. Omit Step 9.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 021 00**  
**FLUFFY PINEAPPLE RICE CUP**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
140 cal	22 g	2 g	6 g	0 mg	56 mg	22 mg

**Ingredient**

WATER,COLD  
 RICE, LONG GRAIN  
 SALT  
 OIL,SALAD  
 PINEAPPLE,CANNED,CRUSHED  
 CHERRIES,MARASCHINO,CHOPPED,DRAINED  
 RESERVED LIQUID  
 WHIPPED TOPPING MIX,NONDAIRY,DRY  
 MILK,NONFAT,DRY  
 EXTRACT,VANILLA  
 MARSHMALLOWS,MINIATURE  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Combine water, rice, salt and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat and refrigerate for use in Step 5.
- 4 Drain pineapple; reserve juice for use in Step 6.
- 5 Combine rice, pineapple and cherries. Refrigerate for use in Step 7.
- 6 Pour reserved juice and water into mixer bowl; add topping, milk and vanilla. Using whip at low speed, whip 3 minutes or until thoroughly blended. Scrape down bowl. Whip at high speed 5 to 10 minutes or until stiff peaks form.
- 7 Combine rice mixture and marshmallows and coconut. Mix thoroughly. Fold in whipped topping. Mix lightly.
- 8 Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 022 00**  
**BREAKFAST BREAD PUDDING**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
206 cal	39 g	7 g	3 g	1 mg	300 mg	99 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 PEACHES, CANNED, QUARTERS, DICED, DRAINED  
 BREAD, WHITE, CUBED  
 MILK, NONFAT, DRY  
 EGG SUBSTITUTE, PASTEURIZED  
 WATER, WARM  
 SUGAR, BROWN, PACKED  
 EXTRACT, VANILLA  
 SALT  
 CINNAMON, GROUND  
 GINGER, GROUND  
 CEREAL, GRANOLA, TOASTED OAT MIX, LOW FAT

**Weight**

2 oz  
 8-3/4 lbs  
 4-1/8 lbs  
 15 oz  
 3 lbs  
 15-2/3 lbs  
 1-3/8 lbs  
 1-7/8 oz  
 7/8 oz  
 1/4 oz  
 1/8 oz  
 4-5/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Lightly spray steam table pans with non-stick cooking spray. Place 1 quart peaches and 3-1/2 quarts bread in each pan. Mix lightly.
- 2 Reconstitute milk; add egg substitute, brown sugar, vanilla, salt, cinnamon, and ginger to milk, blend thoroughly.
- 3 Pour 2-1/2 quarts egg mixture over bread mixture in each pan.
- 4 Evenly distribute 4-3/4 cups granola on top of each pan.
- 5 Using a convection oven, bake 30 minutes at 325 F. or until lightly browned and a knife inserted in center comes out clean on low fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 CCP: Hold for service at 140 F. or higher.
- 7 Cut 4 by 6.



**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 023 00**  
**BAKED CINNAMON APPLE SLICES**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	26 g	0 g	1 g	0 mg	4 mg	8 mg

**Ingredient**

APPLES,CANNED,SLICED  
 EXTRACT,VANILLA  
 SUGAR,GRANULATED  
 CINNAMON,GROUND  
 NUTMEG,GROUND  
 SUGAR,GRANULATED  
 CINNAMON,GROUND

**Weight**

27-3/4 lbs  
 2-1/2 oz  
 3-1/2 oz  
 1/2 oz  
 1/8 oz  
 14-1/8 oz  
 1/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Blend sugar, cinnamon, and nutmeg. Combine with apples and vanilla. Place 3-1/3 quarts mixture in each pan.
- 2 Blend 2nd sugar and cinnamon. Sprinkle 1/2 cup evenly over apples in each pan.
- 3 Using a convection oven, bake at 375 F. for 20 minutes or until mixture begins to simmer and sugar begins to brown on high fan, open vent. CCP: Hold at 140 F. or higher for service.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 500 00**  
**BREAD PUDDING WITH HARD SAUCE**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
243 cal	43 g	5 g	6 g	1 mg	206 mg	54 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

BREAD,WHITE,CUBED		3 gal 3 qts	
APPLES,COOKING,FRESH,PARED,CHOPPED	1-2/3 lbs	1 qts 3 cup	2-1/8 lbs
RAISINS	1-7/8 lbs	1 qts 2 cup	
EGG SUBSTITUTE,PASTEURIZED	3-1/3 lbs	1 qts 2 cup	
MILK,NONFAT,DRY	3-5/8 oz	1-1/2 cup	
WATER	3-7/8 lbs	1 qts 3-1/2 cup	
MARGARINE	1 lbs	2 cup	
SUGAR,GRANULATED	3-1/2 lbs	2 qts	
NUTMEG,GROUND	1/2 oz	2 tbsp	
EXTRACT,VANILLA	7/8 oz	2 tbsp	
CINNAMON,GROUND	1/2 oz	2 tbsp	
WATER	8-1/3 oz	1 cup	
SUGAR,GRANULATED	1-3/4 lbs	1 qts	
FLAVORING,RUM	2-3/4 oz	1/4 cup 2-1/3 tbsp	
MARGARINE	4 oz	1/2 cup	
EGG SUBSTITUTE,PASTEURIZED	11-3/4 oz	1-3/8 cup	

**Method**

- 1 Preheat oven to 350 F. Place bread in steam table pans.
- 2 Combine apples and raisins. Divide apples and raisins evenly among pans.
- 3 Reconstitute milk. Combine margarine, egg substitute, sugar, nutmeg, vanilla, cinnamon, and milk. Pour over bread and fruit. Fold lightly. Bake 20 to 30 minutes until set.
- 4 In medium saucepan, heat water, sugar, and extract until sugar is dissolved. Add margarine a little at a time until melted and combined. Temper the eggs with hot mixture, then add eggs. Stir and heat until sauce thickens slightly. Pour sauce over pudding. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**DESSERTS (PUDDINGS AND OTHER DESSERTS) No.J 504 00**

**BAKED BANANAS**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
169 cal	44 g	1 g	0 g	0 mg	4 mg	13 mg

**Ingredient**

SUGAR,BROWN,LIGHT  
 WATER  
 HONEY  
 BANANA,FRESH

**Weight**

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

**Measure**

1 qts 3/8 cup  
 1 qts  
 1 qts

**Issue**

38-1/2 lbs

**Method**

- 1 Heat brown sugar, water, and honey in a saucepan over low heat until sugar is dissolved, about 5 minutes.
- 2 Cut bananas in half crosswise. Place 25 halves into each steam table pan. Pour 3/4 cup of syrup over each pan of bananas.
- 3 Using a convection oven, bake at 350 F. for 10 minutes until lightly browned.
- 4 Serve with sauce. CCP: Hold for service at 140 F. or higher.

## INDEX

## Card No.

K 001 00	Whipped Cream
K 002 00	Whipped Topping (Dehydrated)
K 002 01	Whipped Topping (Frozen)
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K 005 00	Chocolate Sauce
K 005 01	Chocolate Coconut Sauce
K 005 02	Chocolate Marshmallow Sauce
K 005 03	Chocolate Nut Sauce
K 005 04	Chocolate Mint Sauce
K 006 00	Cherry Jubilee Sauce
K 007 00	Strawberry Glaze Topping

**DESSERTS (SAUCES AND TOPPINGS) No.K 001 00**  
**WHIPPED CREAM**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
72 cal	2 g	0 g	7 g	26 mg	7 mg	12 mg

**Ingredient**

CREAM,WHIPPING,COLD  
SUGAR,POWDERED,SIFTED  
EXTRACT,VANILLA

**Weight**

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

**Measure**

2 qts  
1-1/4 cup  
2 tbsp

**Issue**

**Method**

- 1 Pour cream into chilled mixer bowl. Using whip at medium speed, whip 1 gallon of cream 3 to 7 minutes or until slightly thickened.
- 2 Gradually add sugar and vanilla. Whip 7 to 8 minutes or until stiff. DO NOT OVER WHIP.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**DESSERTS (SAUCES AND TOPPINGS) No.K 002 00**  
**WHIPPED TOPPING (DEHYDRATED)**

**Yield** 100

**Portion** 3 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
29 cal	3 g	0 g	2 g	0 mg	8 mg	7 mg

**Ingredient**

WATER,COLD  
 WHIPPED TOPPING MIX,NONDAIRY,DRY  
 MILK,NONFAT,DRY  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place cold water in mixer bowl; add topping, milk, and vanilla. Using whip at low speed, whip 3 minutes or until well blended. Scrape down bowl.
- 2 Whip at high speed 5 to 10 minutes or until stiff peaks form. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 When topping is used for icing cakes, fold 2 cups sifted powdered sugar into whipped topping.

**DESSERTS (SAUCES AND TOPPINGS) No.K 002 01**  
**WHIPPED TOPPING (FROZEN)**

**Yield** 100

**Portion** 3 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
14 cal	1 g	0 g	1 g	0 mg	1 mg	0 mg

**Ingredient**

WHIPPED TOPPING,FROZEN,NONDAIRY

**Weight**

1 lbs

**Measure**

1 qts 2 cup

**Issue**

**Method**

- 1 Thaw topping in chilled mixer bowl. Using whip at medium speed, whip topping 10 to 20 minutes or until stiff peaks form. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 When topping is used for icing cakes, fold 2 cups sifted powdered sugar into whipped topping.

**DESSERTS (SAUCES AND TOPPING) No.K 003 00**  
**RUM SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
130 cal	12 g	0 g	9 g	25 mg	101 mg	18 mg

**Ingredient**

BUTTER  
 SUGAR,BROWN,PACKED  
 MILK,NONFAT,DRY  
 WATER  
 FLAVORING,RUM

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Melt butter or margarine; add brown sugar. Cook on low heat for 2 minutes, stirring constantly.
- 2 Reconstitute milk; add to sugar mixture. Cook, stirring constantly, until mixture comes to a boil.
- 3 Remove immediately from heat; cool 10 minutes.
- 4 Add rum flavoring; stir until well blended.



**DESSERTS (SAUCES AND TOPPING) No.K 004 00**  
**CHERRY SAUCE**

**Yield** 100

**Portion** 2-1/2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
46 cal	12 g	0 g	0 g	0 mg	4 mg	4 mg

**Ingredient**

PIE FILLING,CHERRY,PREPARED  
WATER

**Weight**

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

**Measure**

1 gal 3/8 qts  
1 cup

**Issue**

**Method**

- 1 Combine pie filling with water in mixer bowl and mix well.

**DESSERTS (SAUCES AND TOPPING) No.K 005 00**  
**CHOCOLATE SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
83 cal	16 g	1 g	3 g	6 mg	31 mg	19 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 COCOA  
 WATER,COLD  
 BUTTER  
 EXTRACT,VANILLA

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Set aside for use in Step 3.
- 2 Mix sugar and cocoa with water to form a paste. Bring to a boil, stirring constantly; cool slightly.
- 3 Add milk stirring constantly. Bring to a boil; cook 3 minutes. Remove from heat immediately.
- 4 Add butter or margarine and vanilla; stir. Serve warm or at room temperature.

**Notes**

- 1 In Step 2, for 100 portions, 1 pound unsweetened, cooking chocolate may be used for cocoa. In Step 4, reduce butter or margarine to 1/4 cup. Add chocolate with butter or margarine.

**DESSERTS (SAUCES AND TOPPING) No.K 005 01**  
**CHOCOLATE COCONUT SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
109 cal	18 g	1 g	4 g	6 mg	45 mg	20 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 COCOA  
 WATER,COLD  
 BUTTER  
 EXTRACT,VANILLA  
 COCONUT,PREPARED,SWEETENED FLAKES

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Set aside for use in Step 3.
- 2 Mix sugar and cocoa with water to form a paste. Bring to a boil, stirring constantly; cool slightly.
- 3 Add milk stirring constantly. Bring to a boil; cook 3 minutes. Remove from heat immediately.
- 4 Add butter or margarine and vanilla; stir.
- 5 Just before serving, add sweetened, flaked coconut to sauce and mix well.

**Notes**

- 1 In Step 2, for 100 portions, 1 pound unsweetened, cooking chocolate may be used for cocoa. In Step 4, reduce butter or margarine to 1/4 cup. Add chocolate with butter or margarine.

## CHOCOLATE MARSHMALLOW SAUCE

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	19 g	1 g	3 g	6 mg	33 mg	19 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 COCOA  
 WATER,COLD  
 BUTTER  
 EXTRACT,VANILLA  
 MARSHMALLOWS,MINIATURE

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Reconstitute milk. Set aside for use in Step 3.
- 2 Mix sugar and cocoa with water to form a paste. Bring to a boil, stirring constantly; cool slightly.
- 3 Add milk stirring constantly. Bring to a boil; cook 3 minutes. Remove from heat immediately.
- 4 Add butter or margarine and vanilla; stir.
- 5 Just before serving, add miniature marshmallows to sauce and mix well.

**Notes**

- 1 In Step 2, for 100 portions, 1 pound unsweetened, cooking chocolate may be used for cocoa. In Step 4, reduce butter or margarine to 1/4 cup. Add chocolate with butter or margarine.

**CHOCOLATE NUT SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
109 cal	16 g	2 g	5 g	6 mg	32 mg	23 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 COCOA  
 WATER,COLD  
 BUTTER  
 EXTRACT,VANILLA  
 NUTS,UNSALTED,CHOPPED,COARSELY

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk. Set aside for use in Step 3.
- 2 Mix sugar and cocoa with water to form a paste. Bring to a boil, stirring constantly; cool slightly.
- 3 Add milk stirring constantly. Bring to a boil; cook 3 minutes. Remove from heat immediately.
- 4 Add butter or margarine and vanilla; stir.
- 5 Just before serving, add chopped unsalted nuts to sauce and mix well.

**Notes**

- 1 In Step 2, for 100 portions, 1 pound unsweetened, cooking chocolate may be used for cocoa. In Step 4, reduce butter or margarine to 1/4 cup. Add chocolate with butter or margarine.

## CHOCOLATE MINT SAUCE

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
83 cal	16 g	1 g	3 g	6 mg	31 mg	19 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SUGAR,GRANULATED  
 COCOA  
 WATER,COLD  
 BUTTER  
 FLAVORING,PEPPERMINT

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Reconstitute milk. Set aside for use in Step 3.
- 2 Mix sugar and cocoa with water to form a paste. Bring to a boil, stirring constantly; cool slightly.
- 3 Add milk stirring constantly. Bring to a boil; cook 3 minutes. Remove from heat immediately.
- 4 Add butter or margarine and peppermint flavoring; stir. Serve warm or at room temperature.

**Notes**

- 1 In Step 2, for 100 portions, 1 pound unsweetened, cooking chocolate may be used for cocoa. In Step 4, reduce butter or margarine to 1/4 cup. Add chocolate with butter or margarine.

**DESSERTS (SAUCES AND TOPPINGS) No.K 006 00**  
**CHERRY JUBILEE SAUCE**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
86 cal	22 g	0 g	0 g	0 mg	25 mg	6 mg

**Ingredient**

CHERRIES,CANNED,DARK,SWEET,PITTED,INCL LIQUIDS  
 CORNSTARCH  
 SALT  
 SUGAR,GRANULATED  
 FLAVORING,BRANDY

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Drain cherries; set aside for use in Step 5. Take cherry juice and add water to equal 1 gallon per 100 portions.
- 2 Combine cornstarch, salt, and sugar. Add liquid; mix well.
- 3 Cook over medium heat until mixture comes to a boil.
- 4 Reduce heat; continue cooking slowly, stirring occasionally until sauce is thick and clear.
- 5 Remove from heat; add brandy flavoring and cherries.
- 6 Serve warm or cold.

**STRAWBERRY GLAZE TOPPING**

**Yield** 100

**Portion** 2-1/2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
36 cal	9 g	0 g	0 g	0 mg	2 mg	7 mg

**Ingredient**

STRAWBERRIES,FROZEN,THAWED  
 CORNSTARCH  
 SUGAR,GRANULATED  
 RESERVED LIQUID

**Weight**

9 lbs  
 7-1/2 oz  
 12-1/3 oz  
 4-2/3 lbs

**Measure**

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

**Issue**

**Method**

- 1 Drain strawberries. Set juice aside for use in Step 2; berries for use in Step 3.
- 2 Combine cornstarch, sugar and strawberry juice. Bring to a boil. Cook at medium heat, stirring constantly until thick and clear. Remove from heat.
- 3 Fold strawberries per 100 portions into thickened mixture.
- 4 Chill topping.



**TIMETABLES FOR ROASTING TURKEYS (UNSTUFFED)**

<u>Weight of Turkeys</u>	<u>Oven Temperature</u>	<u>Cooking Time (hours)</u>	<u>Convection Oven Temperature</u>	<u>Convection Oven Time (hours)</u>
8 to 12 lb.	325° F.	3 to 4	300° F.	2-1/4 to 3
12 to 16 lb.	325° F.	3-1/2 to 4-1/2	300° F.	2-3/4 to 3-1/2
16 to 20 lb.	325° F.	4 to 5	300° F.	3 to 3-3/4
20 to 24 lb.	325° F.	4-1/2 to 5-1/2	300° F.	3-1/2 to 4-1/4

For best result in slicing, allow to stand 30 minutes.

**SERVINGS PER TURKEY**

<u>Ready-to-Cook Weight</u>	<u>Number of Servings</u>
8 to 12 lb.	10 to 20
12 to 15 lb.	20 to 32
16 to 24 lb.	33 to 50
	(about 2 servings per pound)

**Disclaimer:**

Time is approximate (16-20 minutes per pound)

Cook to internal temperature as recommend by HACCP regulations. Place thermometer in the spot located between the thigh and breast.

Do **NOT** cook stuffed birds.

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Card No.....		Card No.	
L 001 01	Grilled or Oven Fried Bacon (Precooked Bacon)	L 012 00	Country Style Steak
L 002 00	Oven Fried Bacon	L 013 00	Pepper Steak
L 002 02	Grilled Bacon	L 013 01	Oriental Pepper Steak
L 002 03	Grilled or Oven Fried Canadian Bacon	L 014 00	Ground Beef Cordon Bleu
L 003 00	Chicken Enchiladas (Canned Chicken)	L 015 00	Steak Smothered with Onions
L 003 01	Chicken Enchiladas (Cooked Diced)	L 015 01	Steak Strips Smothered with Onions
L 004 00	Roast Rib of Beef	L 016 00	Swiss Steak with Tomato Sauce
L 004 01	Steamship Round Of Beef (Round, Bone-In)	L 016 01	Swiss Steak with Brown Gravy
L 004 02	Steamship Round Of Beef (Round, Boneless)	L 016 03	Swiss Steak with Tomato Soup
L 004 03	Roast Rib Of Beef (Boneless Ribeye Roll)	L 016 04	Swiss Steak with Mushroom Gravy
L 005 00	Roast Beef	L 017 00	Braised Beef and Noodles
L 005 01	Roast Beef (Precooked)	L 017 01	Braised Beef Cubes
L 006 00	Sukiyaki	L 018 00	Barbecued Beef Cubes
L 007 00	Grilled Steak	L 018 01	Barbecued Beef Cubes (Canned Beef)
L 007 01	Grilled Tenderloin Steak	L 019 00	Stuffed Flounder Creole
L 008 00	Teriyaki Steak	L 020 00	Beef and Corn Pie
L 009 00	Spinach Lasagna	L 020 01	Turkey Corn Pie
L 010 00	Beef Pot Roast	L 021 00	Beef Pot Pie with Biscuit Topping
L 010 01	Ginger Pot Roast	L 021 01	Beef Pot Pie with Pie Crust Topping
L 010 02	Yankee Pot Roast	L 022 00	Beef Stew
L 011 00	Simmered Beef	L 022 01	Beef Stew (Canned)

Card No..... Card No.

L 022 02	El Rancho Stew	L 031 01	Cheese Ravioli (Frozen)
L 023 00	Caribbean Chicken Breast (Breast Boneless)	L 031 02	Beef Ravioli (Canned in Tomato Sauce)
L 024 00	Stuffed Cabbage Rolls	L 032 00	Parmesan Fish
L 024 01	Stuffed Cabbage Rolls (Tomato Soup)	L 033 00	Roast Beef Hash
L 024 02	Stuffed Cabbage Rolls (Ground Turkey)	L 033 01	Roast Beef Hash (Canned)
L 025 00	Lasagna	L 033 02	Roast Beef Hash (Canned Beef Chunks)
L 025 01	Lasagna (Ground Turkey)	L 034 00	Tacos (Ground Beef)
L 025 02	Lasagna (Frozen)	L 034 01	Tacos (Ground Turkey)
L 025 03	Lasagna (Canned Pizza Sauce)	L 035 00	Meat Loaf
L 026 00	Baked Breaded Clam Strips	L 035 01	Turkey Loaf
L 026 01	French Fried Breaded Clam Strips	L 035 02	Tomato Meat Loaf
L 027 00	Beef Balls Stroganoff	L 035 03	Cajun Meat Loaf
L 027 01	Turkey Balls Stroganoff	L 036 00	Minced Beef
L 028 00	Chili Con Carne	L 037 00	Salisbury Steak
L 028 02	Chili Macaroni	L 037 02	Grilled Hamburger Steak
L 028 03	Chili Con Carne (Ground Turkey)	L 038 00	Spaghetti with Meat Sauce (Ground Turkey)
L 028 04	Chili Macaroni (Ground Turkey)	L 038 01	Spaghetti with Meat Sauce (Ground Beef)
L 029 00	Beef Porcupines	L 038 02	Spaghetti with Meat Sauce, RTU (Ground Turkey)
L 029 01	Turkey Porcupines	L 038 03	Spaghetti with Meat Sauce, RTU (Ground Beef)
L 030 00	Creamed Ground Beef	L 039 00	Spaghetti with Meatballs (Ground Turkey)
L 030 01	Creamed Ground Turkey	L 039 01	Spaghetti with Meatballs (Ground Beef)
L 031 00	Beef Ravioli (Frozen)		

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Card No. .... Card No.

L 040 00	Stuffed Green Peppers (Ground Beef)	L 052 00	Creamed Chipped Beef
L 040 01	Stuffed Green Peppers (Frozen)	L 053 00	Beef Stroganoff
L 040 02	Stuffed Green Peppers (Ground Turkey)	L 053 01	Beef Stroganoff (Cream of Mushroom Soup)
L 041 00	Swedish Meatballs (Ground Beef)	L 053 02	Hamburger Stroganoff
L 041 01	Swedish Meatballs (Ground Turkey)	L 053 03	Ground Turkey Stroganoff
L 042 00	Chili Conquistador (Ground Beef)	L 053 04	Beef Stroganoff (Fajita Strips)
L 042 01	Chili Conquistador (Ground Turkey)	L 054 00	Steak Ranchero
L 043 00	Beef Fajitas (Fajita Strips)	L 055 00	Beef Cordon Bleu
L 043 01	Chicken Fajitas (Fajita Strips)	L 056 00	Southern Fried Catfish Fillets
L 043 02	Turkey Fajitas	L 057 00	Tamale Pie (Ground Beef)
L 044 00	Turkey Curry	L 057 01	Hot Tamales with Chili Gravy
L 045 00	Stuffed Beef Rolls	L 057 02	Tamale Pizza
L 045 01	Beef Brogul	L 058 00	Chili and Macaroni (Canned Chili Con Carne)
L 046 00	Beef and Bean Tostadas	L 059 00	Chili Con Carne (with Beans)
L 047 00	Beef Pie with Biscuit Topping (Canned Beef)	L 060 00	Hamburger Parmesan
L 048 00	Baked Chicken and Rice (Cooked Diced)	L 061 00	Texas Hash (Ground Beef)
L 048 01	Baked Chicken and Rice (Canned Chicken)	L 061 01	Texas Hash (Ground Turkey)
L 049 00	Turkey Cutlet	L 062 00	Yakisoba (Beef and Spaghetti)
L 050 00	Chalupa	L 062 01	Hamburger Yakisoba (Ground Beef)
L 051 00	Chicken Parmesan (Precooked Fillet)	L 062 02	Turkey Yakisoba
L 051 01	Chicken Parmesan (Breast Boneless)	L 063 00	Enchiladas (Ground Beef)

L. MEAT, FISH AND POULTRY No. 0(2)

Card No..... Card No.

L 063 01	Enchiladas (Frozen)	L 074 00	Chilies Rellenos
L 063 02	Enchiladas (Ground Turkey)	L 075 00	Broccoli, Cheese, and Rice
L 064 00	Creole Macaroni (Ground Beef)	L 076 00	Beef Manicotti (Cannelloni)
L 064 01	Creole Macaroni (Ground Turkey)	L 076 01	Cheese Manicotti
L 065 00	Hungarian Goulash	L 077 00	Savory Roast Lamb
L 066 00	Sauerbraten	L 078 00	Chicken Adobo (8 Pc)
L 067 00	Glazed Ham Loaf	L 079 00	Sweet and Sour Pork Chops
L 068 00	Scalloped Ham and Noodles	L 079 01	Sweet and Sour Chicken (8 Pc)
L 069 00	Baked Ham	L 079 02	Sweet and Sour Chicken (Cooked Diced)
L 069 01	Grilled Ham Steak	L 080 00	Pork Chop Suey
L 070 00	Barbecued Ham Steak	L 080 01	Shrimp Chop Suey
L 070 01	Barbecued Ham Steak (Canned Ham)	L 081 00	Roast Pork
L 071 00	Baked Canned Ham	L 081 01	Roast Pork Tenderloin
L 071 01	Baked Ham Steak (Canned Ham)	L 081 02	Barbecued Pork Loin
L 071 02	Grilled Ham Steak (Canned Ham)	L 082 00	Sweet and Sour Pork
L 071 03	Grilled Ham Slice (Canned Ham)	L 083 00	Creole Pork Chops
L 072 00	Baked Ham, Macaroni, and Tomatoes (Canned Ham)	L 083 01	Barbecued Pork Chops
L 072 01	Baked Luncheon Meat, Macaroni, and Cheese	L 084 00	Baked Stuffed Pork Chops
L 072 02	Baked Ham, Macaroni and Tomatoes (Canned Chunks)	L 084 01	Pork Chops with Apple Rings
L 073 00	Scalloped Ham and Potatoes (Canned Ham)	L 085 00	Braised Pork Chops
		L 085 01	Grilled Pork Chops
		L 085 02	Pork Chops with Mushroom Gravy

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Card No.....		Card No.	
L 086 01	Creole Pork Steaks (Frozen Breaded Pork Steaks)	L 100 00	Simmered Pork Hocks (Ham Hocks)
L 086 02	Breaded Pork Steaks (Frozen)	L 101 00	Italian Style Veal Steaks
L 086 03	Pork Schnitzel (Frozen Breaded Pork Steaks)	L 102 00	Veal Paprika Steak
L 087 00	Pork Chops Mexicana	L 103 00	Veal Parmesan
L 088 00	Grilled Polish Sausage	L 103 01	Veal Steak
L 088 01	Baked Italian Sausage (Hot or Sweet)	L 104 00	Jaegerschnitzel
L 088 02	Grilled Frankfurters	L 105 00	Veal Cubes Parmesan
L 088 03	Grilled Bratwurst	L 106 00	Roast Veal
L 088 05	Simmered Knockwurst	L 106 01	Roast Veal with Herbs
L 089 00	Grilled Sausage Patties	L 107 00	Braised Liver with Onions
L 089 02	Grilled Sausage Patties (Preformed)	L 107 01	Grilled Liver
L 091 00	Grilled Sausage Links (Cooked Pork and Beef)	L 108 00	Breaded Liver
L 092 00	Barbecued Spareribs	L 108 01	Breaded Liver with Onion and Mushroom Gravy
L 093 00	Braised Spareribs	L 109 00	Oven Fried Chicken Fillets (3 Oz)
L 093 01	Spareribs and Sauerkraut	L 109 01	Fried Chicken Fillets (3 Oz)
L 094 00	Sweet and Sour Spareribs	L 109 02	Oven Fried Chicken Fillets (5 Oz)
L 095 00	Cantonese Spareribs	L 109 03	Fried Chicken Fillets (5 Oz)
L 096 00	Roast Fresh Ham	L 109 04	Oven Fried Chicken Fillet Nuggets
L 097 00	Shrimp Jambalaya	L 109 05	Fried Chicken Fillet Nuggets
L 099 00	Pork Adobo	L 110 00	Corned Beef Hash
		L 110 01	Corned Beef Hash (Canned)

Card No..... Card No.

L 111 00	New England Boiled Dinner	L 119 07	Cajun Baked Fish
L 111 01	New England Boiled Dinner (Precooked Frozen Beef)	L 120 00	Baked Stuffed Fish
L 112 00	Simmered Corned Beef	L 121 00	Shrimp Scampi
L 112 01	Apple Glazed Corned Beef	L 122 00	Pan Fried Fish
L 112 02	Baked Corned Beef (Precooked Frozen)	L 122 01	Tempura Fish
L 113 00	Baked Frankfurters with Sauerkraut	L 122 02	Deep Fat Fried Fish
L 113 01	Baked Knockwurst with Sauerkraut	L 123 00	Oven Fried Fish
L 114 00	Teriyaki Chicken (8 Pc)	L 124 00	Baked Fish Portions
L 114 01	Teriyaki Chicken (Thighs)	L 124 01	Baked Fish Portions (Batter Dipped)
L 115 00	Spicy Baked Fish	L 124 02	French Fried Fish Portions
L 116 00	Macaroni Tuna Salad	L 124 03	French Fried Fish Portions (Batter Dip)
L 116 01	Chicken Rotini Salad (Canned Chicken)	L 124 04	Fish and Chips
L 116 02	Chicken Rotini Salad (Cooked Diced)	L 124 05	Baked Fish Nuggets
L 117 01	Grilled Luncheon Meat	L 124 06	French Fried Fish Nuggets
L 119 00	Baked Fish	L 125 00	Chipper Fish
L 119 01	Baked Fish with Garlic Butter	L 126 00	Fried Oysters
L 119 02	Onion-Lemon Baked Fish	L 126 01	Fried Oysters (Breaded, Frozen)
L 119 03	Lemon Baked Fish	L 127 00	Boiled Lobster, Whole
L 119 04	Herbed Baked Fish	L 127 01	Boiled Lobster Tail, Frozen
L 119 05	Mustard-Dill Baked Fish	L 127 03	Boiled Crab Legs, Alaskan King, Frozen
L 119 06	Fish Amandine	L 127 04	Boiled Shrimp, Frozen
		L 128 00	Salmon Cakes

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L 130 00	Scalloped Salmon and Peas	L 142 02	Herbed Cornish Hens
L 131 00	Chopstick Tuna	L 143 00	Baked Chicken (8 Pc)
L 132 00	Tuna Salad	L 143 01	Mexican Baked Chicken (8 Pc)
L 132 01	Salmon Salad (Canned Salmon)	L 143 02	Herbed Baked Chicken (8 Pc)
L 133 00	Baked Tuna and Noodles	L 143 03	Baked Chicken (Breast Boneless)
L 133 01	Baked Tuna and Noodles (Cream of Mushroom Soup)	L 143 04	Mexican Baked Chicken (Breast Boneless)
L 134 00	Fried Scallops	L 143 05	Herbed Baked Chicken (Breast Boneless)
L 135 00	Creole Scallops	L 144 00	Baked Turkey and Noodles
L 135 01	Creole Fish	L 144 01	Baked Chicken and Noodles (Canned Chicken)
L 135 02	Creole Fish Fillets	L 144 03	Baked Chicken and Noodles (Cooked Diced)
L 136 00	Creole Shrimp	L 145 00	Chicken Vega (8 Pc)
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L 137 01	Tempura Shrimp	L 146 01	Barbecued Chicken (Breast Boneless)
L 137 02	French Fried Shrimp (Breaded, Frozen)	L 147 00	Chicken a La King (Cooked Diced)
L 138 00	Shrimp Curry	L 147 01	Chicken a La King (Canned Chicken)
L 139 00	Shrimp Salad	L 147 02	Turkey a La King
L 140 00	Seafood Newburg	L 148 00	Chicken Cacciatore (8 Pc)
L 141 00	Crab Cakes	L 148 01	Chicken Cacciatore (Cooked Diced)
L 142 00	Honey Glazed Rock Cornish Hens	L 149 00	Baked Chicken and Gravy (8 Pc)
		L 149 01	Baked Chicken with Mushroom Gravy (8 Pc)



Card No..... Card No.

L 149 02	Baked Chicken with Mushroom Gravy (8 Pc Cnd Soup)	L 158 00	Savory Baked Chicken (8 Pc)
L 150 00	Turkey Pot Pie	L 158 01	Savory Baked Chicken (Thighs)
L 150 01	Chicken Pot Pie (Canned Chicken)	L 159 00	Szechwan Chicken (8 Pc)
L 150 03	Chicken Pot Pie (Cooked Diced)	L 159 01	Szechwan Chicken (Breast Boneless)
L 151 00	Chicken Salad (Cooked Diced)	L 160 00	Chicken Chow Mein (Cooked Diced)
L 151 01	Chicken Salad (Canned Chicken)	L 160 01	Chicken Chow Mein (Canned Chicken)
L 151 02	Turkey Salad (Boneless, Frozen)	L 161 00	Roast Turkey
L 152 00	Chicken Tetrazzini (Canned Chicken)	L 162 00	Roast Turkey (Boneless Turkey)
L 152 01	Tuna Tetrazzini (Canned Tuna)	L 162 01	Roast Turkey With Barbecue Sauce
L 152 02	Chicken Tetrazzini (Cooked Diced)	L 163 00	Turkey Nuggets
L 153 00	Chinese Five-Spice Chicken (8 Pc)	L 164 00	Roast Duck
L 154 00	Creole Chicken (8 Pc)	L 164 01	Hawaiian Baked Duck
L 154 01	Creole Chicken (Cooked Diced)	L 164 02	Roast Duck With Apple Jelly Glaze
L 155 00	Fried Chicken (8 Pc)	L 164 03	Honey Glazed Duck
L 155 01	Southern Fried Chicken (8 Pc)	L 165 00	Pizza
L 155 02	Fried Chicken (Precooked Breaded, Frozen For Deep Fat Fry)	L 165 01	Pizza (Thick Crust)
L 156 00	Oven Baked Chicken (8 Pc)	L 165 02	Mushroom, Green Pepper and Onion Pizza
L 156 01	Fried Chicken (Precooked, Breaded Chicken, Frozen For Oven)	L 165 03	Hamburger Pizza
L 157 00	Pineapple Chicken (8 Pc)	L 165 04	Pepperoni, Green Pepper, and Mushroom Pizza
		L 165 05	Pepperoni Pizza
		L 165 06	Pizza (Roll Mix)
		L 165 07	Pork or Italian Sausage Pizza

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L 165 09	Sausage, Green Pepper, and Onion Pizza	L 179 00	Honey Ginger Chicken (Breast Boneless)
L 165 10	Pizza (Pourable Pizza Crust)	L 180 00	Turkey Sausage Patties
L 166 00	Pizza (12 Inch Frozen Crust)	L 181 00	Chicken in Orange Sauce (Breast Boneless)
L 167 00	Chuck Wagon Stew (Beans with Beef)	L 182 00	Fiesta Chicken (Fajita Strips)
L 168 00	Baked Scallops	L 183 00	Buffalo Chicken (8 Pc)
L 169 00	Baked Whole Trout	L 184 00	Grilled Turkey Patties (Ground Turkey)
L 169 01	Baked Trout Fillets	L 185 00	Caribbean Catfish
L 170 00	Chili (without Beans)	L 185 01	Caribbean Flounder
L 171 00	Cheese Pita Pizza	L 186 00	Baked Yogurt Chicken (Breast Boneless)
L 171 01	Mushroom, Onion, and Green Pepper Pita Pizza	L 187 00	Hot and Spicy Chicken (8 Pc)
L 172 00	Beef Stew (Canned Beef Chunks)	L 188 00	Turkey Fingers
L 173 00	Cheese Tortellini Marinara	L 189 00	Italian Broccoli Pasta
L 173 01	Spinach Tortellini Marinara (Frozen)	L 190 00	Cranberry Glazed Chicken (Breast Boneless)
L 173 02	Cheese Tortellini Marinara (Dehydrated)	L 191 00	Chicken & Italian Vegetable Pasta (Fajita Strips)
L 174 00	Rice Frittata	L 192 00	Honey Lemon Chicken Breast (Breast Boneless)
L 175 00	Potato Frittata	L 193 00	Cajun Roast Beef
L 176 00	Vegetable Stuffed Peppers	L 193 01	Cajun Roast Tenderloin of Beef
L 177 00	Bombay Chicken (8 Pc)	L 194 00	Tropical Baked Pork Chops
L 177 01	Bombay Chicken (Breast Boneless)	L 195 00	Teriyaki Beef Strips
L 178 00	Tropical Chicken Salad (Cooked Diced)	L 195 01	Teriyaki Beef Strips (Fajita Strips)

Card No..... Card No.

L 196 00	Southwestern Sweet Potatoes, Black Beans, and Corn	L 221 00	Turkey Divan
L 196 01	Southwestern Sweet Potatoes, Black Beans, and Corn (Canned)	L 222 00	Spicy Italian Pork Chops
L 197 00	Dijon Baked Pork Chops	L 223 00	Lime Chicken Soft Tacos (Fajita Strips)
L 198 00	Greek Lemon Turkey Pasta	L 224 00	Sausage, Beans and Greens
L 200 00	Grilled Turkey Sausage Links	L 225 00	Orange & Rosemary Honey Glazed Pork Chops
L 201 00	Tamale Pie (Turkey)	L 500 00	Russian Turkey Stew
L 202 00	Oriental Tuna Patties	L 501 00	Pasta Primavera
L 203 00	Vegetable Curry with Rice	L 502 00	Fish Florentine
L 204 00	Turkey Peach Pasta Salad (Entree)	L 503 00	Jamaican Rum Chicken (Breast Boneless)
L 205 00	Italian Rice and Beef	L 504 00	Baked Fish Scandia
L 206 00	Bayou Chicken (Breast Boneless)	L 506 00	Thai Beef Salad
L 207 00	Southwestern Shrimp Linguine	L 507 00	Vegetarian Burrito
L 208 00	Pasta Toscano	L 508 00	Vegetable Lasagna
L 209 00	Seafood Stew	L 510 00	Tuna Plate Trio
L 210 00	Sante Fe Glazed Chicken (Breast Boneless)	L 512 00	Grilled Turkey Sausage Patty (Pre-Made)
L 212 00	White Bean Chicken Chili (Cooked Diced)	L 515 00	Oven Fried Turkey Bacon
L 213 00	Chicken Briyani (Cooked Diced)	L 523 00	Mambo Pork Roast
L 216 00	Cheddar Chicken and Broccoli (Cooked Diced)	L 524 00	White Fish with Mushrooms
L 217 00	Asian Barbecue Turkey	L 800 00	Turkey Polynesian
L 219 00	Lemon N' Herb Turkey Fillets	L 802 00	Angel Hair Pasta, Filipino Style with Shrimp
		L 803 00	Oven Roasted Turkey, Precooked
		L 804 00	Lasagna (Frozen)

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L 806 00	Basil Baked Fish Portions	L 827 01	Spaghetti & Meat Balls (Precooked Meatballs)
L 807 00	Tuna Noodle Casserole, Frozen	L 828 00	Baked Flounder Fillets with Lemon Pepper
L 808 00	Turkey Tetrazzini, Frozen	L 829 00	Hunter Style Turkey Stew
L 809 00	Shepherd's Pie	L 831 00	Beef Stroganoff, Frozen
L 810 00	Beef Stir Fry	L 832 00	Honey Glazed Chicken (Breast Boneless)
L 811 00	Indonesian Style Beef Over Noodles	L 833 00	Rosemary Turkey Roast
L 812 00	Hot & Spicy Chicken Wings	L 834 00	Swedish Meatballs (Precooked Meatballs)
L 813 00	Mambo Pork Roast Using Precooked Pork	L 835 00	Mexican Pepper Steak
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L 816 00	Tarragon Chicken & Rice (Fajita Strips)	L 837 00	Meatloaf (Precooked)
L 817 00	Cajun Roast Beef (Precooked Roast Beef)	L 837 01	Cajun Meatloaf (Precooked)
L 818 00	Baked Tandouri Chicken (Breast Boneless)	L 838 00	Pork Tenderloin, Precooked
L 819 00	Baked Ham and Spaghetti Pie	L 839 00	Chicken Cordon Bleu
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		L 845 00	Lemon Pepper Catfish

**GRILLED OR OVEN FRIED BACON (PRECOOKED BACON)**

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
29 cal	0 g	2 g	2 g	4 mg	81 mg	1 mg

**Ingredient**

BACON,COOKED

**Weight**

4 lbs

**Measure**

**Issue**

**Method**

- 1 Place bacon on 350 F. griddle. Heat 5 minutes until crisp but not brittle turning once after 3 minutes.
- 2 Drain on absorbent paper. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Precooked bacon may be oven fried. Using a convection oven, bake 4 to 5 minutes at 375 F. or until slightly crisp on high fan, closed vent.

**OVEN FRIED BACON**

**Yield** 100

**Portion** 2 Slices

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
88 cal	0 g	5 g	8 g	13 mg	243 mg	2 mg

**Ingredient**

BACON,SLICED,RAW

**Weight**

12 lbs

**Measure**

**Issue**

**Method**

- 1 Arrange slices in rows, 2-1/2 pounds per pan, down the length of 18x26 sheet pan, with fat edges slightly overlapping lean edges.
- 2 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.
- 3 Drain thoroughly. Place on absorbent paper or in perforated steam table pan. CCP: Hold for service at 140 F. or higher.

**GRILLED BACON**

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
88 cal	0 g	5 g	8 g	13 mg	243 mg	2 mg

**Ingredient**

BACON,SLICED,RAW

**Weight**

12 lbs

**Measure****Issue****Method**

- 1 Place bacon slices on 350 F. griddle. Grill approximately 5 minutes turning once after 3 minutes, until slightly crisp. Remove excess fat as it accumulates on griddle.
- 2 Drain thoroughly. Place on absorbent paper or in perforated steam table pan. CCP: Hold for service at 140 F. or higher.

**GRILLED OR OVEN FRIED CANADIAN BACON**

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
29 cal	0 g	4 g	1 g	9 mg	245 mg	2 mg

**Ingredient**

BACON,CANADIAN,SLICED,1 OZ

**Weight**

12-1/2 lbs

**Measure****Issue****Method**

- 1 Grill bacon on lightly greased 350 F. griddle about 1 minute on each side.
- 2 Drain thoroughly. Place on absorbent paper or in perforated steam table pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Canadian bacon may be oven fried. Using a convection oven, bake at 350 F. for 6 to 8 minutes on high fan, open vent.



**CHICKEN ENCHILADAS (CANNED CHICKEN)**

Yield 100

Portion 2 Enchiladas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
412 cal	34 g	32 g	16 g	71 mg	2091 mg	137 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 ONIONS, FRESH, CHOPPED  
 SAUCE, ENCHILADA, CANNED  
 CHILI POWDER, LIGHT, GROUND  
 PEPPER, RED, GROUND  
 GARLIC POWDER  
 CHICKEN, BONED, CANNED, PIECES  
 TORTILLAS, WHEAT, 6 INCH  
 CHEESE, CHEDDAR, LOWFAT, SHREDDED

**Weight**

1/4 oz  
 5 lbs  
 41-1/2 lbs  
 5-1/4 oz  
 1 oz  
 1 oz  
 23-3/4 lbs  
 8-1/2 lbs  
 4 lbs

**Measure**

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

**Issue**

5-1/2 lbs

**Method**

- 1 Lightly spray kettle or stock pot with non-stick cooking spray. Stir-cook onions in a lightly sprayed steam jacketed kettle or stock pot 5 minutes or until tender.
- 2 Combine onions, 6-1/4 qt enchilada sauce, chili powder, red pepper, and garlic powder. Blend well. Gently fold in chicken.
- 3 Spread 1-1/4 cup enchilada sauce in each sheet pan.
- 4 Place 1/3 cup (1-No. 12 scoop) of chicken filling in center of each tortilla. Roll tortilla tightly around filling. Place 3 rows seam-side down in each sheet pan (about 50 per pan).
- 5 Pour remaining enchilada sauce evenly over enchiladas in each pan.
- 6 Using a convection oven, bake 25 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Sprinkle 1 lb (1qt) cheese over enchiladas in each pan. Bake 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.

**CHICKEN ENCHILADAS (COOKED DICED)**

**Yield** 100

**Portion** 2 Enchiladas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
533 cal	48 g	44 g	17 g	105 mg	1769 mg	149 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 ONIONS, FRESH, CHOPPED  
 SAUCE, ENCHILADA, CANNED  
 CHILI POWDER, LIGHT, GROUND  
 PEPPER, RED, GROUND  
 GARLIC POWDER  
 CHICKEN, COOKED, DICED  
 TORTILLAS, WHEAT, 6 INCH  
 CHEESE, CHEDDAR, LOWFAT, SHREDDED

**Weight**

1/4 oz  
 5 lbs  
 4 1/2 lbs  
 5 1/4 oz  
 1 oz  
 1 oz  
 25 lbs  
 14 1/8 lbs  
 4 lbs

**Measure**

1/4 tsp  
 3 qts 2 1/8 cup  
 4 gal 3 1/2 qts  
 1 1/4 cup  
 1/4 cup 1 2/3 tbsp  
 3 1/3 tbsp  
 200 each  
 1 gal

**Issue**

5-1/2 lbs

**Method**

- 1 Lightly spray kettle or stock pot with non-stick cooking spray. Stir-cook onions in a lightly sprayed steam jacketed kettle or stockpot 5 minutes or until tender, let cool.
- 2 Combine onions, 6-1/4 qt enchilada sauce, chili powder, red pepper, and garlic powder. Blend well. Gently fold in chicken; cover.
- 3 Spread 1-1/4 cup enchilada sauce in each sheet pan.
- 4 Place 1/3 cup of chicken filling in center of each tortilla. Roll tortilla tightly around filling. Place 3 rows seam-side down in each sheet pan (about 50 per pan).
- 5 Pour remaining enchilada sauce evenly over enchiladas in each pan.
- 6 Using a convection oven, bake 25 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Sprinkle 1 lb (1 qt) cheese over enchiladas in each pan. Bake 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.

**ROAST RIB OF BEEF**

**Yield** 100

**Portion** 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
743 cal	0 g	67 g	50 g	222 mg	161 mg	24 mg

**Ingredient**

BEEF,RIBEYE,PERFECT CHOICE,RAW  
PEPPER,BLACK,GROUND

**Weight**

75 lbs  
1/2 oz

**Measure**

2 tbsp

**Issue**

**Method**

- 1 Rub each roast with pepper.
- 2 Place roasts in 18x24 roasting pans. DO NOT ADD WATER. DO NOT COVER. Insert meat thermometer in center of roasts; DO NOT touch bone with thermometer.
- 3 Using a convection oven, roast 3 to 4 hours at 300 F. on low fan, closed vent or until roast reaches desired degree of doneness. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let roast stand about 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Remove roasts from oven when meat thermometer registers 140 F. for rare, 160 F. for medium, and 170 F. for well done.
- 2 50 pounds beef rib may be used per 100 portions. EACH PORTION: 4 oz.

**STEAMSHIP ROUND OF BEEF (ROUND, BONE-IN)**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
470 cal	0 g	71 g	18 g	216 mg	115 mg	12 mg

**Ingredient**

BEEF,ROUND,BOTTOM,LEAN,RAW  
PEPPER,BLACK,GROUND

**Weight**

75 lbs  
1/2 oz

**Measure**

2 tbsp

**Issue**

**Method**

- 1 Use bone-in rounds. Rub each roast with pepper.
- 2 Place roasts in 18x24 roasting pans. DO NOT ADD WATER. DO NOT COVER. Insert meat thermometer in center of roasts; DO NOT touch bone with thermometer.
- 3 Using a convection oven, roast at 300 F. about 3 hours on high fan, closed vent and last 4 hours on low fan, closed vent, or until roast reaches desired degree of doneness. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let roast stand about 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Remove roasts from oven when meat thermometer registers 140 F. for rare, 160 F. for medium, and 170 F. for well done.
- 2 50 pounds bone-in rounds may be used per 100 portions. EACH PORTION: 4 ounces.

**STEAMSHIP ROUND OF BEEF (ROUND, BONELESS)**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
407 cal	0 g	62 g	16 g	187 mg	99 mg	10 mg

**Ingredient**

BEEF,ROUND,BOTTOM,LEAN,RAW  
PEPPER,BLACK,GROUND

**Weight**

65 lbs  
1/2 oz

**Measure**

2 tbsp

**Issue****Method**

- 1 Use boneless rounds or racks. Rub each roast with pepper.
- 2 Place roasts in 18x24 roasting pans. DO NOT ADD WATER. DO NOT COVER. Insert meat thermometer in center of roasts.
- 3 Using a convection oven, roast at 300 F. about 3 hours on high fan, closed vent and last 2 hours on low fan, closed vent or until roast reaches desired degree of doneness. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let roast stand about 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Remove roasts from oven when meat thermometer registers 140 F. for rare, 160 F. for medium, and 170 F. for well done.
- 2 40 pounds boneless rounds may be used per 100 portions. EACH PORTION: 4 ounces.

**ROAST RIB OF BEEF (BONELESS RIBEYE ROLL)**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
675 cal	0 g	57 g	48 g	195 mg	137 mg	23 mg

**Ingredient**

BEEF,RIBEYE ROLL,RAW  
PEPPER,BLACK,GROUND

**Weight**

65 lbs  
1/2 oz

**Measure**

2 tbsp

**Issue****Method**

- 1 Use boneless ribeye rolls. Rub each roast with pepper.
- 2 Place roasts in roasting pans. DO NOT ADD WATER. DO NOT COVER. Insert meat thermometer in center of roasts.
- 3 Using a convection oven, roast about 2 to 3 hours at 300 F. on high fan, closed vent or until roast reaches desired degree of doneness. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let roast stand about 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Remove roasts from oven when meat thermometer registers 140 F. for rare, 160 F. for medium, and 170 F. for well done.
- 2 40 pound boneless ribeye rolls may be used. EACH PORTION: 4 Ounces.

**ROAST BEEF**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
276 cal	0 g	39 g	12 g	112 mg	86 mg	11 mg

**Ingredient**

PEPPER,BLACK,GROUND  
BEEF,OVEN ROAST,TEMPERED

**Weight**

1/2 oz  
40 lbs

**Measure**

2 tbsp

**Issue****Method**

- 1 Place roasts fat side up in 18x20 roasting in pans according to size without crowding. Sprinkle with pepper.
- 2 Insert meat thermometer into center of thickest part of main muscle. DO NOT ADD WATER. DO NOT COVER.
- 3 Using a convection oven, roast 1 hour 45 minutes at 325 F., depending on size of roasts. Roast to desired degree of doneness.  
CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 4 Let stand 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 26 pounds of precooked roast beef may be used.
- 2 Frozen roasts will require 1 hour or longer cooking time.
- 3 Remove roasts from oven when meat thermometer registers 140 F. for rare; 160 F. for medium; and 170 F. for well done.
- 4 Internal temperature will rise about 10 degrees during 20 minute standing period.

**ROAST BEEF (PRECOOKED)**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
249 cal	0 g	35 g	11 g	101 mg	78 mg	9 mg

**Ingredient**

BEEF,OVEN ROAST,PRE COOKED

**Weight**

26 lbs

**Measure**

**Issue**

**Method**

- 1 Thaw beef. CCP: Hold for service at 140 F. or higher.



SUKIYAKI

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
219 cal	9 g	27 g	8 g	70 mg	770 mg	48 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,OVEN ROAST,TEMPERED	25 lbs		
SOY SAUCE	2-1/2 lbs	1 qts	
SUGAR,GRANULATED	7 oz	1 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
MUSHROOMS,CANNED,DRAINED	13-3/4 oz	2-1/2 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
CELERY,FRESH,SLICED	8 lbs	1 gal 3-5/8 qts	11 lbs
ONIONS,FRESH,SLICED	5 lbs	1 gal 7/8 qts	5-1/2 lbs
PEPPERS,GREEN,FRESH,JULIENNE	3 lbs	2 qts 1-1/8 cup	3-2/3 lbs
ONIONS,GREEN,FRESH,SLICED	5 lbs	1 gal 1-2/3 qts	5-1/2 lbs
BEAN SPROUTS,CANNED,DRAINED	3-1/4 lbs	2 qts 3-1/2 cup	

**Method**

- 1 Slice beef into 1/8-inch thick slices. Cut slices into strips 2 inches long and 1/2-inch wide. Set aside for use in Step 5.
- 2 Combine soy sauce, sugar, pepper and mushrooms. Set aside for use in Step 8.
- 3 Lightly spray steam-jacketed kettle or stock pot.
- 4 Add celery; saute 1-1/2 minutes, stirring constantly.
- 5 Add beef strips; continue stir frying 1-1/2 minutes.
- 6 Add onions; stir-fry 1-1/2 minutes.
- 7 Add green peppers; stir-fry 1 minute.
- 8 Add mushroom sauce mixture, green onions and bean sprouts; stir-fry 30 seconds. Remove from heat. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 9 CCP: Hold at 140 F. or higher for service.

**GRILLED STEAK**

Yield 100

Portion 1 Steak

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
433 cal	0 g	45 g	27 g	144 mg	101 mg	18 mg

**Ingredient**

SHORTENING,VEGETABLE,MELTED  
BEEF LOIN,STRIP STEAK,BONELESS,RAW,SIRLOIN,LEAN

**Weight**

14-1/2 oz  
47 lbs

**Measure**

2 cup

**Issue****Method**

- 1 Preheat grill; lightly grease with shortening.
- 2 Grill steaks to desired degree of doneness: SIRLOIN: Rare - 6 minutes; Medium - 7-1/2 minutes; Well done - 9-1/2 minutes; RIBEYE: Rare - 3-1/2 minutes; Medium - 4 minutes; Well Done - 5 minutes; STRIP LOIN: Rare - 5 minutes; Medium - 6 minutes; Well done - 7 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**Notes**

- 1 Do not hold steaks in ovens, warming cabinets, or on grills after cooking. This will cause steaks to dry out and be tough.
- 2 Steaks may be prepared in convection oven. Arrange in rows 3 by 5 on rack. Place racks on sheet pans. DO NOT TURN STEAKS. Cook in 400 F. oven to desired degree of doneness.

**GRILLED TENDERLOIN STEAK**

Yield 100

Portion 1 Steak

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
436 cal	0 g	38 g	30 g	129 mg	88 mg	12 mg

**Ingredient**

BEEF,TENDERLOIN,RAW

**Weight**

44 lbs

**Measure****Issue****Method**

- 1 Use thawed beef tenderloin. Trim excess fat to 1/4-inch and slice tenderloins into 6 ounce steaks, about 3/4 inch thick. Grill on 400 F. griddle for 3 to 6 minutes for rare, 4 to 7 minutes for medium and 5 to 9 minutes for well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 The narrow tail section may be butterflied or flattened to produce steaks of more uniform thickness. The cooking time varies due to size variations of tenderloins.

TERIYAKI STEAK

Yield 100

Portion 1 Steak

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
434 cal	6 g	48 g	23 g	144 mg	1551 mg	31 mg

**Ingredient**

BEEF LOIN,STRIP STEAK,BONELESS,RAW,SIRLOIN,LEAN  
 JUICE,PINEAPPLE,CANNED,UNSWEETENED  
 SOY SAUCE  
 WATER  
 GINGER,GROUND  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Arrange 25 steaks in each 18x24 roasting pan.
- 2 Combine pineapple juice, soy sauce, water, ginger, garlic and pepper. Pour 2-1/4 quarts sauce over steaks in each pan. Cover; CCP: Marinate under refrigeration at 41 F. or lower for 3 hours, turning steaks after 1-1/2 hours. Drain. Bring marinade to a boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Preheat griddle; spray lightly with cooking spray. Grill steaks on each side to desired degree of doneness turning frequently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Serve with 1/4 cup sauce. CCP: Hold for service at 140 F. or higher.

## SPINACH LASAGNA

Yield 100

Portion 9-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
370 cal	45 g	25 g	12 g	89 mg	1142 mg	425 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 COOKING SPRAY, NONSTICK  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 TOMATO PASTE,CANNED  
 WATER  
 BAY LEAF,WHOLE,DRIED  
 GARLIC POWDER  
 OREGANO,CRUSHED  
 BASIL,DRIED,CRUSHED  
 THYME,GROUND  
 PEPPER,RED,GROUND  
 SUGAR,GRANULATED  
 SALT  
 SPINACH,CHOPPED,FROZEN  
 EGGS,WHOLE,FROZEN  
 NUTMEG,GROUND  
 CHEESE,COTTAGE,LOWFAT  
 CHEESE,MOZZARELLA,SHREDDED  
 CHEESE,PARMESAN,GRATED  
 NOODLES,LASAGNA,UNCOOKED  
 CHEESE,PARMESAN,GRATED

**Weight**

3-1/8 lbs  
 2 oz  
 26-1/2 lbs  
 8-1/8 lbs  
 4-1/8 lbs  
 1/8 oz  
 5/8 oz  
 1/3 oz  
 1/3 oz  
 1/3 oz  
 <1/16th oz  
 3-1/2 oz  
 1-7/8 oz  
 15 lbs  
 3 lbs  
 1/8 oz  
 11 lbs  
 6 lbs  
 14-1/8 oz  
 6 lbs  
 5-1/4 oz

**Measure**

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

**Issue**

3-1/2 lbs

**Method**

- 1 Lightly spray steam jacketed kettle and saute onions.
- 2 Combine sauteed onions with tomatoes, tomato paste, water, bay leaves, garlic, oregano, basil, thyme, pepper, sugar, and salt; mix well.
- 3 Bring to a boil; reduce heat; simmer 1 hour or until thickened, stirring occasionally. Remove bay leaves. CCP: Hold at 140 F. or higher for use in Step 8.
- 4 Drain spinach. Press out excess water. Set aside for use in Step 7.
- 5 Add nutmeg to eggs; blend well.
- 6 Combine eggs with cheese; mix well.
- 7 Stir spinach into egg-cheese mixture. Mix lightly but thoroughly; place in shallow steam table pans.
- 8 PANNING INSTRUCTIONS: Arrange in layers in each pan. During panning, remove small amounts of filling from refrigeration at a time. Ensure entire panning procedure does not exceed 3 hours total time between temperatures of 40 F. to 140 F. Progressive preparation and immediate baking of the product will ensure food safety. Layer: 1. 2 cups sauce 2. Noodles, flat and in rows 3. 5-1/2 cups chilled spinach-cheese filling 4. 1 quart sauce 5. Noodles, flat and in rows 6. 5-1/2 cups chilled spinach-cheese filling 7. Noodles, flat and in rows 8. 1-1/2 quarts sauce Sprinkle with parmesan cheese.
- 9 Cover. Using a convection oven, bake 1-1/4 hours at 300 F. Remove cover; bake 10 to 15 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 10 Cut 5 by 4. CCP: Hold for service at 140 F. or higher.

**BEEF POT ROAST**

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
406 cal	6 g	35 g	26 g	114 mg	411 mg	18 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,POT ROAST,RAW	40 lbs		
WATER,BOILING	8-1/3 lbs	1 gal	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
ONIONS,FRESH,SLICED	3 lbs	3 qts	3-3/8 lbs
GARLIC POWDER	1/3 oz	1 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/4 lbs	1 qts 1/2 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
RESERVED STOCK	10-1/2 lbs	1 gal 1 qts	

**Method**

- 1 Place roasts in stock pot or steam-jacketed kettle; brown on all sides; add water.
- 2 Add salt, pepper, onions and garlic. Cover. Simmer 3-1/2 to 4-1/2 hours or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove scum as it rises to the surface during cooking. Remove cooked beef. Skim off excess fat from stock. Reserve stock for use in Step 4.
- 3 Let roast stand 20 minutes; slice 1/8-inch thick. CCP: Hold for service at 140 F. or higher.
- 4 Combine flour and water, stirring until smooth; add to stock, stirring constantly. Cook 10 minutes or until slightly thickened. Remove bay leaves before serving. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 5 Serve sauce with sliced meat. CCP: Hold for service at 140 F. or higher.

## GINGER POT ROAST

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
415 cal	8 g	36 g	26 g	114 mg	475 mg	27 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,POT ROAST,RAW	40 lbs		
WATER,BOILING	8-1/3 lbs	1 gal	
SALT	3 oz	1/4 cup 1 tbsp	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
TOMATOES,CANNED,DICED,INCL LIQUIDS	6-3/8 lbs	2 qts 3-1/8 cup	
GINGER,GROUND	1/2 oz	2-2/3 tbsp	
THYME,GROUND	<1/16th oz	1/8 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	4 lf	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/4 lbs	1 qts 1/2 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
RESERVED STOCK	16-3/4 lbs	2 gal	

**Method**

- 1 Place roasts in stock pot or steam-jacketed kettle; brown on all sides; add water.
- 2 Add salt, pepper, chopped onions, diced tomatoes, ground ginger, ground thyme, bay leaves and garlic to roasts. Cover. Simmer 3-1/2 to 4-1/2 hours or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove scum as it rises to the surface during cooking. Remove cooked beef. Skim off excess fat from stock. Reserve stock for use in Step 4.
- 3 Let roast stand 20 minutes; slice 1/8-inch thick.
- 4 Combine flour and water, stirring until smooth; add to stock, stirring constantly. Cook 10 minutes or until slightly thickened. Remove bay leaves before serving. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 5 Serve sauce with sliced meat. CCP: Hold for service at 140 F. or higher.

## YANKEE POT ROAST

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
419 cal	9 g	36 g	26 g	114 mg	479 mg	30 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,POT ROAST,RAW	40 lbs		
WATER,BOILING	8-1/3 lbs	1 gal	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
ONIONS,FRESH,SLICED	3 lbs	2 qts 3-7/8 cup	3-1/3 lbs
GARLIC POWDER	1/3 oz	1 tbsp	
CARROTS,FRESH,CHOPPED	2 lbs	1 qts 3-1/8 cup	2-1/2 lbs
PARSLEY,FRESH,BUNCH,CHOPPED	2 oz	3/4 cup 3 tbsp	2-1/8 oz
TOMATOES,CANNED,DICED,INCL LIQUIDS	6-3/8 lbs	2 qts 3-1/8 cup	
ALLSPICE,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	4 lf	
THYME,GROUND	<1/16th oz	1/8 tsp	
VINEGAR,DISTILLED	8-1/3 oz	1 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/4 lbs	1 qts 1/2 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
RESERVED STOCK	16-3/4 lbs	2 gal	

**Method**

- 1 Place roasts in stock pot or steam-jacketed kettle; brown on all sides; add water.
- 2 Add salt, pepper, onions, garlic, diced fresh carrots, chopped fresh parsley, canned tomatoes, ground allspice, bay leaves, ground thyme, and vinegar to roasts. Cover. Simmer 3-1/2 to 4-1/2 hours or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove scum as it rises to the surface during cooking. Remove cooked beef. Skim off excess fat from stock and reserve stock for use in Step 4.
- 3 Let roast stand 20 minutes; slice 1/8-inch thick.
- 4 Combine flour and water until smooth; add to stock, stirring constantly. Cook 10 minutes or until slightly thickened. Remove bay leaves before serving. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 5 Serve sauce with sliced meat. CCP: Hold for service at 140 F. or higher.



**SIMMERED BEEF**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
397 cal	4 g	35 g	26 g	114 mg	416 mg	34 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,POT ROAST,RAW	40 lbs		
WATER,BOILING	33-1/2 lbs	4 gal	
CARROTS,FRESH,CHOPPED	2 lbs	1 qts 3-1/8 cup	2-1/2 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
ONIONS,FRESH,CHOPPED	4 lbs	2 qts 3-3/8 cup	4-1/2 lbs
BAY LEAF,WHOLE,DRIED	1/8 oz	4 each	
CLOVES,WHOLE	4-2/3 oz	20 each	
SALT	2-7/8 oz	1/4 cup 2/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	

**Method**

- 1 Place roasts in stock pot or steam-jacketed kettle; brown on all sides; add water to cover.
- 2 Add carrots, celery, onions, bay leaves, cloves, salt and pepper.
- 3 Simmer 2-1/2 to 3 hours or until tender. DO NOT BOIL OR OVERCOOK. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove scum as it rises to the surface during cooking. Remove cooked beef; remove bay leaves and cloves.
- 4 Let roast stand 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

## COUNTRY STYLE STEAK

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
393 cal	14 g	39 g	19 g	137 mg	624 mg	36 mg

**Ingredient**

BEEF, SWISS STEAK, LEAN, RAW, THAWED  
 FLOUR, WHEAT, GENERAL PURPOSE  
 SALT  
 PEPPER, BLACK, GROUND  
 MILK, NONFAT, DRY  
 WATER  
 EGGS, WHOLE, FROZEN  
 BREADCRUMBS  
 SALT  
 PEPPER, BLACK, GROUND  
 OIL, CANOLA

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Dredge steaks in mixture of flour, salt, and pepper; shake off excess.
- 2 Reconstitute milk; add eggs; blend thoroughly.
- 3 Combine bread crumbs, salt, and pepper.
- 4 Dip steaks in egg and milk mixture; then in seasoned bread crumbs.
- 5 Brown steaks 1-1/2 minutes on each side on 350 F. well greased griddle.
- 6 Overlap steaks in lightly greased 18x24 roasting pans. Cover pans tightly.
- 7 Using a convection oven, bake 1-1/2 hours at 325 F. or until steaks are tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

PEPPER STEAK

Yield 100

Portion 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	7 g	30 g	8 g	86 mg	443 mg	16 mg

**Ingredient**

BEEF, SWISS STEAK, LEAN, RAW, THAWED  
 COOKING SPRAY, NONSTICK  
 WATER  
 TOMATO PASTE, CANNED  
 SOY SAUCE  
 SUGAR, GRANULATED  
 PEPPER, BLACK, GROUND  
 GARLIC POWDER  
 CORNSTARCH  
 WATER, COLD  
 PEPPERS, GREEN, FRESH, CHOPPED  
 ONIONS, FRESH, CHOPPED

**Weight**

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

**Measure**

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

**Issue**

9-3/4 lbs  
 3 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cut steaks into 1/2-inch strips; brown strips 5 minutes on 350 F. griddle turning frequently.
- 2 Place strips in each roasting pan.
- 3 Combine water, tomato paste, soy sauce, sugar, pepper, and garlic powder. Blend well. Bring to a boil.
- 4 Dissolve cornstarch in water; stir until smooth; add to sauce mixture. Cook until thickened, about 3 minutes, stirring constantly.
- 5 Pour sauce evenly over beef strips in each pan. Cover. Bake in a convection oven at 325 F. for 1-1/2 hours on high fan, closed vent.
- 6 Add 4 lbs (4-3/4 quart) peppers and 1 lb 5 oz (1 quart) onions to each pan. Stir to distribute vegetables. Cover; bake 20 minutes or until beef is tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**ORIENTAL PEPPER STEAK**

**Yield** 100

**Portion** 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
227 cal	8 g	30 g	8 g	86 mg	463 mg	18 mg

**Ingredient**

BEEF, SWISS STEAK, LEAN, RAW, THAWED  
 COOKING SPRAY, NONSTICK  
 WATER  
 TOMATO PASTE, CANNED  
 SOY SAUCE  
 SUGAR, GRANULATED  
 PEPPER, BLACK, GROUND  
 GARLIC POWDER  
 CORNSTARCH  
 WATER, COLD  
 BEAN SPROUTS, CANNED, DRAINED  
 PEPPERS, GREEN, FRESH, CHOPPED  
 ONIONS, FRESH, CHOPPED

**Weight**

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

**Measure**

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

**Issue**

9-3/4 lbs  
 3 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cut steaks into 1/2-inch strips; brown strips 5 minutes on 350 F. griddle turning frequently.
- 2 Place strips in roasting pans.
- 3 Combine water, tomato paste, soy sauce, sugar, pepper, and garlic powder. Blend well. Bring to a boil.
- 4 Dissolve cornstarch in water; stir until smooth; add to sauce mixture. Cook until thickened, about 3 minutes, stirring constantly.
- 5 Pour sauce evenly over beef strips in each pan. Cover. Using a convection oven, bake at 325 F. for 1-1/2 hours on high fan, closed vent.
- 6 Add 4 lbs (4-3/4 quart) peppers and 1 lb 5 oz (1 quart) onions to each pan. Add drained bean sprouts. Stir to distribute vegetables. Cover; bake 20 minutes or until beef is tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**GROUND BEEF CORDON BLEU**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
377 cal	7 g	36 g	22 g	124 mg	766 mg	296 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BREAD,WHITE,CUBED	2-1/2 lbs	2 gal 1/8 qts	
GARLIC POWDER	1/3 oz	1 tbsp	
WATER	4-2/3 lbs	2 qts 1 cup	
BEEF,GROUND,BULK,RAW,90% LEAN	22-1/2 lbs		
ONIONS,FRESH,CHOPPED	1-3/8 lbs	1 qts	1-5/8 lbs
EGGS,WHOLE,FROZEN	6-3/8 oz	3/4 cup	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
CHEESE,SWISS,SLICED	6-1/4 lbs	100 sl	
HAM,COOKED,BONELESS,SLICED	3-3/4 lbs	100 sl	

**Method**

- 1 Combine bread, garlic, and water. Let stand 10 minutes until water is absorbed.
- 2 Add ground beef, onions, eggs, salt, and pepper; mix well. Shape into 200, 2-1/2 ounce patties. Flatten patties to 3-1/2 inch diameter.
- 3 Cut cheese slices in half. Place halved cheesed slices on 100 patties. Place another halved cheese slice on top of ham. Fold ham around cheese. Fold ham and cheese no larger than 3 by 3 inches to fit inside patties and ensure a good seal. Add remaining ham slices. Place remaining patties on top; enclose securely by sealing edges together.
- 4 Using a convection oven, bake in 350 F. for 15 minutes or until done on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**STEAK SMOTHERED WITH ONIONS**

**Yield** 100

**Portion** 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	8 g	37 g	16 g	108 mg	297 mg	25 mg

**Ingredient**

BEEF, SWISS STEAK, LEAN, RAW, THAWED  
 OIL, SALAD  
 ONIONS, FRESH, SLICED  
 SALT  
 PEPPER, BLACK, GROUND  
 BEEF BROTH

**Weight**

37-1/2 lbs  
 1-1/2 lbs  
 20 lbs  
 1 oz  
 1/8 oz

**Measure**

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

**Issue**

22-1/4 lbs

**Method**

- 1 Brown steaks on 350 F. well greased griddle; 1 minute on each side.
- 2 Place steaks in roasting pans.
- 3 Evenly distribute onions over steaks in each pan, approximately 7 quarts per pan.
- 4 Prepare stock according to directions. Add salt and pepper; stir.
- 5 Pour 1 quart stock over steaks in each pan. Cover pan.
- 6 Using a convection oven, bake 1-1/2 hours at 325 F. or until tender on closed vent, high fan. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**STEAK STRIPS SMOTHERED WITH ONIONS**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
291 cal	8 g	30 g	15 g	86 mg	286 mg	24 mg

**Ingredient**

BEEF,SWISS STEAK,LEAN,RAW,THAWED

OIL,SALAD

ONIONS,FRESH,SLICED

SALT

PEPPER,BLACK,GROUND

BEEF BROTH

**Weight**

30 lbs

1-2/3 lbs

20 lbs

1 oz

1/8 oz

**Measure**

3 cup

4 gal 3-3/4 qts

1 tbsp

1/3 tsp

2 qts

**Issue**

22-1/4 lbs

**Method**

- 1 Slice each steak into thin strips, 1/2-inch wide. Brown steaks on 350 F. well greased griddle; 1 minute on each side.
- 2 Place steaks in roasting pans.
- 3 Evenly distribute onions over steaks in each pan, approximately 7 quarts per pan.
- 4 Prepare stock according to recipe directions. Add salt and pepper; stir.
- 5 Pour 1 quart over steaks in each pan. Cover pan.
- 6 Using a convection oven, bake at 325 F. for 1-1/2 hours or until tender on closed vent, high fan. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

## SWISS STEAK WITH TOMATO SAUCE

Yield 100

Portion 7-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
328 cal	8 g	37 g	16 g	108 mg	388 mg	27 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,SWISS STEAK,LEAN,RAW,THAWED	37-1/2 lbs		
OIL,SALAD	1-1/2 lbs	3 cup	
BEEF BROTH		1 qts 1 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	1/8 oz	1/4 tsp	
WORCESTERSHIRE SAUCE	6-1/3 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2 cup	2-3/8 lbs
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	
WATER	1 lbs	2 cup	

**Method**

- 1 Brown steaks on 325 F. well greased griddle.
- 2 Overlap steaks in roasting pans.
- 3 Prepare broth according to package directions.
- 4 Add salt, pepper, garlic, Worcestershire sauce, onions, peppers and tomatoes to stock. Stir well. Heat to boiling.
- 5 Pour about 4-1/2 quarts sauce over steaks in each pan. Cover.
- 6 Using a convection oven, bake at 325 F. for 2 hours or until tender on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Skim off excess fat. Place steaks in 4 steam table roasting pans. Place sauce in steam-jacketed kettle or stock pot.
- 7 Mix flour and water to make a smooth paste; add to sauce. Cook 2 minutes or until thickened stirring constantly.
- 8 Pour 8-1/2 cups sauce over steaks in each pan. CCP: Hold for service at 140 F. or higher.



**SWISS STEAK WITH BROWN GRAVY**

**Yield** 100

**Portion** 7-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	7 g	37 g	16 g	108 mg	545 mg	16 mg

**Ingredient**

BEEF,SWISS STEAK,LEAN,RAW,THAWED  
 OIL,SALAD  
 ONIONS,FRESH,CHOPPED  
 BEEF BROTH  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 WORCESTERSHIRE SAUCE  
 ONIONS,FRESH,CHOPPED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER

**Weight**

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

**Measure**

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

**Issue**

3-1/2 lbs

**Method**

- 1 Grill steaks on well greased griddle 5 minutes on one side and then 4 minutes in the other.
- 2 Evenly layer 25 steaks into each ungreased steam table pan.
- 3 Cook onions in a lightly sprayed steam-jacketed kettle or stock pot 8 to 10 minutes, stirring constantly.
- 4 Prepare beef broth according to instructions on package.
- 5 Add broth, pepper, garlic powder, Worcestershire sauce to cooked onions; stir to blend. Bring to a boil; reduce heat to simmer.
- 6 Blend flour and cold water to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 2 minutes or until thickened, stirring frequently.
- 7 Pour gravy evenly over steaks in each pan.
- 8 Using a convection oven, bake 2 hours at 325 F. or until tender 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.

## SWISS STEAK WITH TOMATO SOUP

Yield 100

Portion 7-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
339 cal	9 g	37 g	17 g	108 mg	489 mg	17 mg

**Ingredient**

BEEF,SWISS STEAK,LEAN,RAW,THAWED  
 OIL,SALAD  
 SOUP,CONDENSED,TOMATO  
 WATER  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED

**Weight**

37-1/2 lbs  
 1-1/2 lbs  
 12-1/2 lbs  
 5-3/4 lbs  
 1 oz  
 1/2 oz  
 1/8 oz  
 3-1/8 lbs  
 2 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Brown steaks on 325 F. well greased griddle.
- 2 Overlap steaks in roasting pans.
- 3 Mix tomato soup with water.
- 4 Add salt, pepper, garlic, onions and sweet peppers to tomato soup. Stir to mix well. Heat to boiling.
- 5 Pour about 6-1/4 quarts sauce over steaks in each pan. Cover.
- 6 Using a convection oven, bake 2 hours at 325 F. on high fan, closed vent or until steaks are tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Skim off excess fat. Remove steaks to steam table roasting pans. Place sauce in steam-jacketed kettle or stock pot. Heat to boiling.
- 7 Pour 8-1/2 cups sauce over steaks in each pan. CCP: Hold for service at 140 F. or higher.

**SWISS STEAK WITH MUSHROOM GRAVY**

Yield 100

Portion 7-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
338 cal	6 g	37 g	18 g	108 mg	451 mg	25 mg

**Ingredient**

BEEF, SWISS STEAK, LEAN, RAW, THAWED  
 OIL, SALAD  
 SOUP, CONDENSED, CREAM OF MUSHROOM  
 WATER  
 PEPPER, BLACK, GROUND  
 GARLIC POWDER  
 ONIONS, FRESH, CHOPPED

**Weight**

37-1/2 lbs  
 1 lbs  
 12-1/2 lbs  
 8-1/3 lbs  
 1/2 oz  
 1/8 oz  
 3-1/8 lbs

**Measure**

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

**Issue**

3-1/2 lbs

**Method**

- 1 Brown steaks on 325 F. well greased griddle.
- 2 Overlap steaks in roasting pans.
- 3 Mix soup with water.
- 4 Add pepper, garlic, and onions to soup. Stir to mix well. Heat to boiling.
- 5 Pour 5-1/4 quarts sauce over steaks in each pan. Cover.
- 6 Using a convection oven, bake 2-1/2 hours at 325 F. on high fan, closed vent or until steaks are tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Skim off excess fat. Place sauce in steam jacketed kettle or stock pot. Remove steaks to steam table roasting pans. Place sauce in steam jacketed kettle and heat to boiling.
- 7 Pour 8-1/2 cups sauce over steaks in each pan. CCP: Hold for service at 140 F. or higher.

**BRAISED BEEF AND NOODLES**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
294 cal	21 g	26 g	11 g	81 mg	716 mg	27 mg

**Ingredient**

BEEF,DICED,LEAN,RAW  
 WATER  
 ONIONS,FRESH,SLICED  
 CATSUP  
 PEPPER,BLACK,GROUND  
 THYME,GROUND  
 GARLIC POWDER  
 BAY LEAF,WHOLE,DRIED  
 SALT  
 NOODLES,EGG  
 WATER,BOILING  
 SALT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER,COLD

**Weight**

30 lbs  
 14-5/8 lbs  
 4 lbs  
 2-1/8 lbs  
 2/3 oz  
 1/2 oz  
 3/8 oz  
 1/4 oz  
 3-3/8 oz  
 3-1/2 lbs  
 58-1/2 lbs  
 1-1/2 oz  
 1-1/2 lbs  
 3-1/8 lbs

**Measure**

1 gal 3 qts  
 1 gal  
 1 qt  
 3 tbsp  
 3 tbsp  
 1 tbsp  
 6 each  
 1/4 cup 1-2/3 tbsp  
 2 gal 2-1/2 qts  
 7 gal  
 2-1/3 tbsp  
 1 qt 1-1/2 cup  
 1 qt 2 cup

**Issue**

4-1/2 lbs

**Method**

- 1 Place beef, water, onions, catsup, pepper, thyme, garlic powder, bay leaves and salt in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; cover; simmer about 2 hours or until tender. Skim off excess fat. Remove bay leaves.
- 2 Add noodles to boiling salted water; return to a boil; cook 8 to 10 minutes or until tender; drain thoroughly.
- 3 Combine flour and water to make smooth mixture; stir into beef mixture. Blend well. Return to boil. Reduce heat; cook 10 minutes or until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Add cooked noodles to beef mixture. Stir well. CCP: Hold for service at 140 F. or higher.

**BRAISED BEEF CUBES**

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
223 cal	7 g	24 g	10 g	66 mg	428 mg	14 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	10-1/2 lbs	1 gal 1 qts	
ONIONS,FRESH,SLICED	4 lbs	1 gal	4-1/2 lbs
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
THYME,GROUND	1/2 oz	3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	6 each	
SALT	3-3/8 oz	1/4 cup 1-2/3 tbsp	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/2 lbs	1 qts 1-1/2 cup	

**Method**

- 1 Place beef, water, onions, pepper, thyme, garlic powder, bay leaves and salt in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; cover; simmer about 2 hours or until tender. Skim off excess fat. Remove bay leaves.
- 2 Combine flour and water to make smooth mixture; stir into beef mixture. Blend well. Return to boil. Reduce heat; cook 10 minutes or until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 CCP: Hold for service at 140 F. or higher.

**BARBECUED BEEF CUBES**

**Yield** 100

**Portion** 6-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
307 cal	29 g	25 g	11 g	66 mg	1238 mg	44 mg

**Ingredient**

BARBECUE SAUCE

WATER

BEEF,DICED,LEAN,RAW

**Weight**

10-1/2 lbs

30 lbs

**Measure**

3 gal 1 qts

1 gal 1 qts

**Issue**

**Method**

- 1 Prepare 2 recipes Barbecue Sauce, Recipe No. O 002 00. DO NOT COOK. Add water. Stir or utilize prepared BBQ Sauce.
- 2 Cook beef in steam-jacketed kettle or stock pot 15 minutes, uncovered, stirring constantly.
- 3 Cover; cook 15 minutes.
- 4 Add barbecue sauce mixture; cover; simmer 1 hour or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**BARBECUED BEEF CUBES (CANNED BEEF)**

**Yield** 100

**Portion** 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
287 cal	18 g	27 g	12 g	73 mg	817 mg	29 mg

**Ingredient**

BARBECUE SAUCE

BEEF,CANNED,CHUNKS,W/NATURAL JUICE,DRAINED

**Weight**

20-1/2 lbs

**Measure**

2 gal 1/3 qts

4 gal 2-3/4 qts

**Issue**

**Method**

- 1 Prepare 1-1/3 recipes Barbecue Sauce, Recipe No. O 002 00. Bring to a boil; reduce heat. Simmer 25 minutes or utilize prepared BBQ sauce.
- 2 Drain beef. Add beef chunks to barbecue sauce. Mix well. Cook 15 minutes, or until beef is heated thoroughly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## STUFFED FLOUNDER CREOLE

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
306 cal	30 g	32 g	6 g	97 mg	387 mg	63 mg

**Ingredient**

CREOLE SAUCE  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 BUTTER,MELTED  
 CRACKER CRUMBS  
 PEPPER,BLACK,GROUND  
 THYME,GROUND  
 SHRIMP,COOKED  
 WATER  
 FISH,FLOUNDER/SOLE FILLET,RAW

**Weight**

12-2/3 oz  
 1-5/8 lbs  
 12 oz  
 5-7/8 lbs  
 1/4 oz  
 1/3 oz  
 2 lbs  
 2-1/8 lbs  
 30 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Prepare 1 Creole Sauce, Recipe No. O 005 00 or utilize prepared Creole Sauce. CCP: Hold at 140 F. or higher for use in Step 8.
- 2 Saute celery and onions in melted butter or margarine until tender.
- 3 Combine cracker crumbs, pepper, and thyme; add to vegetables. Add shrimp to vegetable crumb mixture.
- 4 Add water to vegetable-crumbs-shrimp mixture; toss mixture but do not pack.
- 5 Separate fillets. Place 1/4 cup vegetable-crumbs-shrimp mixture on each fillet; roll fillets using toothpicks to hold together.
- 6 Place 25 rolled fillets in each greased steam table pan, in rows 3 by 8.
- 7 Bake 20 minutes at 375 F. Remove from oven.
- 8 Cover fish in each pan with 2 quarts hot Creole Sauce.
- 9 Bake 5 to 10 minutes or until thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.



**BEEF AND CORN PIE**

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
372 cal	18 g	33 g	19 g	113 mg	674 mg	46 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 CORN,CANNED,WHOLE KERNEL,INCL LIQUIDS  
 MASHED POTATOES (INSTANT)

**Weight**

30 lbs  
 3-1/8 lbs  
 2 lbs  
 2-1/2 oz  
 1/2 oz  
 3/4 oz  
 13-1/2 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Cook beef with onions and peppers until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Add salt, pepper and garlic. Mix well.
- 3 Place 10 pounds of beef mixture in each roasting pan.
- 4 Spread 2 quarts corn with liquid on top of beef mixture in each pan.
- 5 Prepare 1 Recipe Mashed Potatoes, Recipe No. Q 057 00. Spread 5-1/2 quarts mashed potatoes over beef mixture and corn in each pan.
- 6 Using a convection oven, bake 20 minutes at 300 F. 20 minutes on high fan, open vent until potatoes are evenly browned. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 7 Cut 5 by 7. CCP: Hold for service at 140 F. or higher.

**TURKEY CORN PIE**

**Yield** 100

**Portion** 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	18 g	28 g	12 g	92 mg	731 mg	66 mg

**Ingredient**

TURKEY,GROUND,90% LEAN,RAW  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 CORN,CANNED,WHOLE KERNEL,INCL LIQUIDS  
 MASHED POTATOES (INSTANT)

**Weight**

30 lbs  
 3-1/8 lbs  
 2-1/8 lbs  
 2-1/2 oz  
 1/2 oz  
 1-1/8 oz  
 13-1/2 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Cook turkey with onions and peppers until turkey loses its pink color. Drain or skim off excess fat.
- 2 Add salt, pepper and garlic powder. Mix well.
- 3 Place 10 pounds turkey mixture in each roasting pan.
- 4 Spread 2 quarts corn with liquid on top of turkey mixture in each pan.
- 5 Prepare 1 Recipe Mashed Potatoes, Recipe No. Q 057 00. Spread 5-1/2 quarts mashed potatoes over turkey mixture and corn in each pan.
- 6 Using a convection oven, bake 20 minutes at 300 F. on high fan, open vent, or until potatoes are evenly browned. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Cut 5 by 7. CCP: Hold for service at 140 F. or higher.

**BEEF POT PIE WITH BISCUIT TOPPING**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
412 cal	41 g	28 g	15 g	66 mg	825 mg	141 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	30 lbs		
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
WATER	25-1/8 lbs	3 gal	
JUICE,TOMATO,CANNED	12-1/3 lbs	1 gal 1-3/4 qts	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
CARROTS,FRESH,SLICED	6 lbs	1 gal 1-1/3 qts	7-1/3 lbs
POTATOES,FRESH,CHOPPED	9 lbs	1 gal 2-5/8 qts	11-1/8 lbs
FLOUR,WHEAT,GENERAL PURPOSE	11 oz	2-1/2 cup	
WATER	2-1/8 lbs	1 qts	
BAKING POWDER BISCUITS		100 each	

**Method**

- 1 Cook beef and onions in a steam-jacketed kettle about 5 minutes.
- 2 Add water, tomato juice, salt, and pepper to meat. Bring to a boil; reduce heat; cover; simmer 1 hour 15 minutes.
- 3 Add carrots; cover; simmer 10 minutes.
- 4 Add potatoes, cover; simmer 20 minutes or until vegetables are tender.
- 5 Combine flour and water; add to meat and vegetable mixture while stirring; simmer 5 minutes or until thickened, stirring constantly.
- 6 Place 7 quarts mixture in each steam table pan. CCP: Hold for service at 140 F. or higher.
- 7 Prepare Baking Powder Biscuits, D 001 01. Place 25 biscuits on top of hot mixture in each pan.
- 8 Using a convection oven, bake at 400 F. for 10 to 15 minutes or until biscuits are lightly browned. CCP: Hold for service at 140 F. or higher.

**BEEF POT PIE WITH PIE CRUST TOPPING**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
332 cal	24 g	26 g	15 g	66 mg	515 mg	28 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	30 lbs		
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
WATER	25-1/8 lbs	3 gal	
JUICE,TOMATO,CANNED	12-1/3 lbs	1 gal 1-3/4 qts	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
CARROTS,FRESH,SLICED	6 lbs	1 gal 1-1/3 qts	7-1/3 lbs
POTATOES,FRESH,CHOPPED	9 lbs	1 gal 2-5/8 qts	11-1/8 lbs
FLOUR,WHEAT,GENERAL PURPOSE	11 oz	2-1/2 cup	
WATER	2-1/8 lbs	1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-7/8 lbs	1 qts 3 cup	
SALT	1/3 oz	1/4 tsp	
SHORTENING	14-1/2 oz	2 cup	
WATER,COLD	8-1/3 oz	1 cup	

**Method**

- 1 Cook beef and onions in a steam-jacketed kettle about 5 minutes.
- 2 Add water, tomato juice, salt and pepper to meat. Bring to a boil; reduce heat; cover; simmer 1 hour 15 minutes.
- 3 Add carrots; cover; simmer 10 minutes.
- 4 Add potatoes, cover; simmer 20 minutes or until vegetables are tender.
- 5 Combine flour and water; add to meat and vegetable mixture while stirring; simmer 5 minutes or until thickened, stirring constantly.
- 6 Place 7 quarts mixture in each steam table pan. CCP: Hold for service at 140 F. or higher.
- 7 Sift flour and salt together in a mixing bowl.
- 8 Add shortening to dry ingredients. Using a pastry knife attachment, mix at low speed 30 seconds or until shortening is evenly distributed and mixture is granular in appearance.
- 9 Add water; mix at low speed 1 minute until dough is just formed. Chill dough at least 1 hour for ease in handling.
- 10 Divide dough into 4-1 pound balls. Roll each ball into a rectangle about 18x10 inches, about 1/8-inch thick. Cut each rectangle into 25 pieces about 3-1/2x2 inches. Place 25 pieces on top of hot, 180 F., meat mixture in each pan. Using a convection oven, bake at 400 F. 25 to 30 minutes or until lightly browned on low fan, open vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEEF STEW**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
286 cal	22 g	25 g	11 g	66 mg	593 mg	44 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	16-3/4 lbs	2 gal	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
SALT	4-1/4 oz	1/4 cup 3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	4 lf	
CARROTS,FRESH,SLICED	8 lbs	1 gal 3-1/8 qts	9-3/4 lbs
CELERY,FRESH,SLICED	4-1/4 lbs	1 gal	5-7/8 lbs
ONIONS,FRESH,QUARTERED	3 lbs	2 qts 3-7/8 cup	3-1/3 lbs
POTATOES,FRESH,CHOPPED	10-1/3 lbs	1 gal 3-1/2 qts	12-3/4 lbs
FLOUR,WHEAT,GENERAL PURPOSE	1-1/4 lbs	1 qts 1/2 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	

**Method**

- 1 Place beef, water, tomatoes, salt, pepper, garlic, thyme and bay leaves in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; cover. Simmer 1 hour 40 minutes or until tender.
- 2 Add carrots to beef mixture. Cover; simmer 15 minutes.
- 3 Add celery, onions, and potatoes. Stir. Cover; simmer 20 minutes or until vegetables are tender.
- 4 Remove bay leaves. Combine flour and water. Add to stew while stirring. Cook 5 minutes or until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, 2 No. 10 canned carrots, drained or 8 pounds frozen carrots may be used per 100 servings.

**BEEF STEW (CANNED)**

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
286 cal	21 g	15 g	16 g	49 mg	1240 mg	36 mg

**Ingredient**

BEEF STEW,CANNED,W/VEGETABLES

**Weight**

67 lbs

**Measure**

**Issue**

**Method**

- 1 Heat to a serving temperature. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**EL RANCHO STEW**

**Yield** 100

**Portion** 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
278 cal	20 g	25 g	11 g	66 mg	396 mg	26 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	8-1/3 lbs	1 gal	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
CARROTS,FRESH,SLICED	8 lbs	1 gal 3-1/8 qts	9-3/4 lbs
ONIONS,FRESH,QUARTERED	4 lbs	3 qts 3-3/4 cup	4-1/2 lbs
PEAS,GREEN,FROZEN	2 lbs	1 qts 2-1/4 cup	
POTATOES,FRESH,CHOPPED	10 lbs	1 gal 3-1/4 qts	12-1/3 lbs
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
WATER,COLD	2-1/8 lbs	1 qts	

**Method**

- 1 Place beef, water, salt and pepper in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; cover. Simmer 1 hour 40 minutes or until tender.
- 2 Add carrots to beef mixture. Cover; simmer 15 minutes.
- 3 Add onions and potatoes. Stir. Cover; simmer 20 minutes or until vegetables are tender. Add frozen peas. Simmer 10 minutes or until peas are tender.
- 4 Combine flour and water. Add to stew while stirring. Cook 5 minutes or until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 3 pounds drained, canned peas may be used per 100 portions. Add canned peas after thickening.

**CARIBBEAN CHICKEN BREAST (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
202 cal	7 g	32 g	4 g	88 mg	212 mg	24 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 JUICE,LEMON  
 HONEY  
 CHICKEN BROTH  
 PAPRIKA,GROUND  
 GARLIC POWDER  
 SALT  
 LEMON RIND,GRATED  
 GINGER,GROUND  
 PEPPER,RED,GROUND  
 OREGANO,CRUSHED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in each roasting pan; cover.
- 2 Combine lemon juice, honey, chicken broth, paprika, garlic powder, salt, lemon rind, ginger, red pepper, and oregano. Mix well.
- 3 Pour marinade evenly over chicken in each roasting pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray. CCP: Refrigerate remaining marinade at 41 F. or lower for use in Step 6.
- 5 Using a convection oven, bake at 325 F. for 12-14 minutes on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Bring reserved marinade to a boil. Cover; reduce heat; simmer 2 minutes. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 7 Transfer chicken to steam table pans. Discard chicken drippings.
- 8 Pour approximately 1 cup marinade evenly over chicken in each pan. Discard any unused marinade. CCP: Hold for service at 140 F. or higher.



**STUFFED CABBAGE ROLLS**

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
325 cal	25 g	27 g	13 g	85 mg	751 mg	80 mg

**Ingredient****Weight****Measure****Issue**

BEEF BROTH		2 qts	
TOMATO PASTE,CANNED	5-3/4 lbs	2 qts 2 cup	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
JUICE,LEMON	1-1/8 lbs	2 cup	
CABBAGE,GREEN,FRESH,HEAD	24 lbs	9 gal 2-7/8 qts	30 lbs
WATER,BOILING	25-1/8 lbs	3 gal	
SALT	1/2 oz	3/8 tsp	
BEEF,GROUND,BULK,RAW,90% LEAN	24 lbs		
STEAMED RICE		3 qts	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
CATSUP	1 lbs	2 cup	
WORCESTERSHIRE SAUCE	8-1/2 oz	1 cup	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
SALT	1-7/8 oz	3 tbsp	

**Method**

- 1 Prepare broth according to package directions. Blend in tomato paste, sugar and lemon juice. Set aside for use in Step 8.
- 2 Add cabbage to boiling salted water in steam-jacketed kettle or stock pot; cover; cook 10 minutes or until leaves are pliable.
- 3 Drain well; separate 200 leaves; remove larger ribs; set aside for use in Step 6.
- 4 Shred remaining cabbage coarsely. Set aside for use in Step 7.
- 5 Combine beef, cooked rice, onions, catsup, Worcestershire sauce, salt, pepper, and garlic. Mix lightly but thoroughly.
- 6 Place 1/4 cup meat mixture on each cabbage leaf. Fold sides of leaf over mixture; roll tightly.
- 7 Place 25 cabbage rolls seam side down in each pan. Spread shredded cabbage evenly over rolls in each steam table pan.
- 8 Pour 2-1/2 cups sauce over cabbage in each pan.
- 9 Using a convection oven, bake 1 hour at 325 F. on high fan, closed vent or until cabbage is tender and beef is done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Skim off excess fat. CCP: Hold for service at 140 F. or higher.

**STUFFED CABBAGE ROLLS (TOMATO SOUP)**

**Yield** 100

**Portion** 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
322 cal	23 g	27 g	14 g	85 mg	697 mg	75 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SOUP,CONDENSED,TOMATO	11-1/8 lbs	1 gal 1 qts	
JUICE,LEMON	1-1/8 lbs	2 cup	
SUGAR,GRANULATED	14-1/8 oz	2 cup	
CABBAGE,GREEN,FRESH,HEAD	24 lbs	9 gal 2-7/8 qts	30 lbs
WATER,BOILING	25-1/8 lbs	3 gal	
SALT	1/2 oz	3/8 tsp	
BEEF,GROUND,BULK,RAW,90% LEAN	24 lbs		
STEAMED RICE		2 qts 2 cup	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
CATSUP	1 lbs	2 cup	
WORCESTERSHIRE SAUCE	8-1/2 oz	1 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	

**Method**

- 1 Blend tomato soup, lemon juice, and sugar. Set aside for use in Step 8.
- 2 Add cabbage to boiling salted water in steam-jacketed kettle or stock pot; cover; cook 10 minutes or until leaves are pliable.
- 3 Drain well; separate 200 leaves; remove larger ribs; set aside for use in Step 6.
- 4 Shred remaining cabbage coarsely. Set aside for use in Step 7.
- 5 Combine beef, cooked rice, onions, catsup, Worcestershire sauce, salt, pepper, and garlic powder. Mix lightly but thoroughly.
- 6 Place 1/4 cup meat mixture on each cabbage leaf. Fold sides of leaf over mixture; roll tightly.
- 7 Place 25 cabbage rolls seam side down in each 12x20x2-1/2 steam table pan. Spread shredded cabbage evenly over rolls in each pan.
- 8 Pour 2-1/2 cups sauce over cabbage rolls in each pan.
- 9 Using a convection oven, bake 1 hour at 325 F. on high fan, closed vent or until cabbage is tender. Skim off excess fat, CCP: Internal temperature must reach 155 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**STUFFED CABBAGE ROLLS (GROUND TURKEY)**

Yield 100

Portion 2 Rolls

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
258 cal	26 g	23 g	8 g	68 mg	681 mg	97 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	4-1/8 lbs	2 qts	
TOMATO PASTE,CANNED	5-3/4 lbs	2 qts 2 cup	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
JUICE,LEMON	1-1/8 lbs	2 cup	
CABBAGE,GREEN,FRESH,HEAD	24 lbs	9 gal 2-7/8 qts	30 lbs
WATER,BOILING	25-1/8 lbs	3 gal	
SALT	1/2 oz	3/8 tsp	
STEAMED RICE		3 qts	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
TURKEY,GROUND,90% LEAN,RAW	24 lbs		
CATSUP	1 lbs	2 cup	
WORCESTERSHIRE SAUCE	8-1/2 oz	1 cup	
PARSLEY,FRESH,BUNCH	4-7/8 oz	2 cup	5-1/8 oz
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	

**Method**

- 1 Blend water, tomato paste, sugar and lemon juice.
- 2 Add cabbage to boiling salted water in steam-jacketed kettle or stock pot; cover; cook 10 minutes or until leaves are pliable.
- 3 Drain well; separate 200 leaves; remove larger ribs; set aside for use in Step 6.
- 4 Shred remaining cabbage coarsely. Set aside for use in Step 7.
- 5 Combine turkey, cooked rice, onions, catsup, Worcestershire sauce, salt, pepper and garlic powder. Add parsley. Mix lightly but thoroughly.
- 6 Place 1/4 cup meat mixture on each cabbage leaf. Fold sides of leaf over mixture; roll tightly.
- 7 Place 25 cabbage rolls seam side down in each steam table pan. Spread shredded cabbage evenly over rolls in each pan.
- 8 Pour 2-1/2 cups sauce over cabbage rolls in each pan.
- 9 Using a convection oven, bake 1 hour at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Skim off excess fat. CCP: Hold for service at 140 F. or higher.

LASAGNA

Yield 100

Portion 9.5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
403 cal	35 g	33 g	14 g	131 mg	963 mg	289 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

BEEF,GROUND,BULK,RAW,90% LEAN	12 lbs		
TOMATOES,CANNED,DICED,DRAINED	5 lbs	2 qts 1 cup	
TOMATO PASTE,CANNED	7-3/4 lbs	3 qts 1-1/2 cup	
WATER	5-1/4 lbs	2 qts 2 cup	
ONIONS,FRESH,CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
SUGAR,GRANULATED	5-1/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
OREGANO,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
EGGS,WHOLE,FROZEN	3-5/8 lbs	1 qts 2-3/4 cup	
CHEESE,COTTAGE,LOWFAT	11 lbs	1 gal 1-1/2 qts	
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	3-3/4 lbs	3 qts 3 cup	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	
PARSLEY,DEHYDRATED,FLAKED	1/4 oz	1/4 cup 2-1/3 tbsp	
NOODLES,LASAGNA,UNCOOKED	6 lbs	1 gal 2-1/2 qts	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	

**Method**

- 1 Cook beef until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Add tomatoes, tomato paste, water, onions, sugar, salt, basil, garlic powder, oregano, thyme, black pepper, and red pepper. Blend well; simmer 1 hour.
- 3 Combine eggs, cheeses, and parsley. Mix well; place in pans; cover.
- 4 PANNING INSTRUCTIONS: Arrange in layers in each pan. During panning remove small amounts of filling from refrigeration at a time. Ensure entire panning procedure does not exceed 4 hours total time between temperatures of 40 F. to 140 F. Progressive preparation and immediate baking of the product will ensure food safety. Layer: 1. 2-1/2 cups meat sauce 2. Noodles, flat and in rows 3. 3-1/2 cups chilled filling 4. 1 quart meat sauce 5. Noodles, flat and in rows 6. 3-1/2 cups chilled filling 7. 1 quart meat sauce 8. Noodles, flat and in rows 9. 1-1/4 quart meat sauce 10. Sprinkle with parmesan cheese.
- 5 Cover. Using a convection oven, bake at 300 F. for 55 minutes on high fan, closed vent. Uncover; bake 5 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 6 Let stand 10 to 15 minutes before cutting to allow cheeses to firm. Cut 4 by 5. CCP: Hold for service at 140 F. or higher.

## LASAGNA (GROUND TURKEY)

Yield 100

Portion 9-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
396 cal	40 g	33 g	12 g	126 mg	1077 mg	320 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,GROUND,90% LEAN,RAW	13-1/4 lbs		
TOMATOES,CANNED,DICED,DRAINED	19-7/8 lbs	2 gal 1 qts	
TOMATO PASTE,CANNED	7-3/4 lbs	3 qts 1-1/2 cup	
WATER	5-1/4 lbs	2 qts 2 cup	
ONIONS,FRESH,CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
SUGAR,GRANULATED	5-1/4 oz	3/4 cup	
SALT	1-7/8 oz	3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
OREGANO,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
EGGS,WHOLE,FROZEN	3-5/8 lbs	1 qts 2-3/4 cup	
CHEESE,COTTAGE,LOWFAT	11 lbs	1 gal 1-1/2 qts	
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	3-3/4 lbs	3 qts 3 cup	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	
PARSLEY,DEHYDRATED,FLAKED	1/4 oz	1/4 cup 2-1/3 tbsp	
NOODLES,LASAGNA,UNCOOKED	6 lbs	1 gal 2-1/2 qts	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	

**Method**

- 1 Cook turkey until turkey loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Add tomatoes, tomato paste, water, onions, sugar, salt, basil, garlic powder, oregano, thyme, black pepper and red pepper. Blend well; simmer 1 hour.
- 3 Combine eggs, cheeses, and parsley. Mix well; place in pans; cover.
- 4 PANNING INSTRUCTIONS: Arrange in layers in each pan. During panning remove small amounts of filling from refrigeration at a time. Ensure entire panning procedure does not exceed 4 hours total time between temperatures of 40 F. to 140 F. Progressive preparation and immediate baking of the product will ensure food safety. Layer: 1. 2-1/2 cups meat sauce 2. Noodles, flat and in rows 3. 3-1/2 cups chilled filling 4. 1 quart meat sauce 5. Noodles, flat and in rows 6. 3-1/2 cups chilled filling 7. 1 quart meat sauce 8. Noodles, flat and in rows 9. 1-1/4 quart meat sauce. 10. Sprinkle with parmesan cheese.
- 5 Cover. Using a convection oven, bake at 300 F. for 55 minutes on high fan, closed vent. Uncover; bake 5 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Let stand 10 to 15 minutes before cutting to allow cheeses to firm. Cut 4 by 5. CCP: Hold for service at 140 F. or higher.

**LASAGNA (FROZEN)**

**Yield** 100

**Portion** 9 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
312 cal	27 g	21 g	13 g	36 mg	760 mg	272 mg

**Ingredient**

LASAGNA,WITH MEAT & SAUCE,FROZEN

**Weight**

50 lbs

**Measure**

**Issue**

**Method**

- 1 Follow manufacturer's directions for heating and serving. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.  
CCP: Hold at 140 F. or higher for service.

**LASAGNA (CANNED PIZZA SAUCE)**

Yield 100

Portion 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
454 cal	40 g	35 g	16 g	136 mg	757 mg	356 mg

**Ingredient****Weight****Measure****Issue**

BEEF,GROUND,BULK,RAW,90% LEAN	12 lbs		
SAUCE,PIZZA,CANNED	37-1/3 lbs	3 gal 3-1/2 qts	
ONIONS,FRESH,CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
SUGAR,GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
EGGS,WHOLE,FROZEN	3-5/8 lbs	1 qts 2-3/4 cup	
CHEESE,COTTAGE,LOWFAT	11 lbs	1 gal 1-1/2 qts	
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	3-3/4 lbs	3 qts 3 cup	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	
PARSLEY,DEHYDRATED,FLAKED	1/4 oz	1/4 cup 2-1/3 tbsp	
NOODLES,LASAGNA,UNCOOKED	6 lbs	1 gal 2-1/2 qts	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	

**Method**

- 1 Cook beef until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Stir onions, sugar, basil, oregano, garlic powder, black pepper, thyme and red pepper into pizza sauce.
- 3 Add meat to pizza sauce. Simmer 20 minutes. Skim off excess fat.
- 4 Combine eggs, cheeses, and parsley. Mix well; place in shallow pans; cover.
- 5 PANNING INSTRUCTIONS: Arrange in layers in each pan. During panning remove small amounts of filling from refrigeration at a time. Ensure entire panning procedure does not exceed 4 hours total time between temperatures of 40 F. to 140 F. Progressive preparation and immediate baking of the product will ensure food safety. Layer: 1. 2-1/2 cups meat sauce 2. Noodles, flat and in rows 3. 3-1/2 cups chilled filling 4. 1 quart meat sauce 5. Noodles, flat and in rows 6. 3-1/2 cups chilled filling 7. 1 quart meat sauce 8. Noodles, flat and in rows 9. 1-1/4 quart meat sauce Sprinkle with parmesan cheese.
- 6 Cover. Using a convection oven, bake at 300 F. for 1 hour on high fan, closed vent. Uncover; bake 10 to 15 minutes. CCP: Internal temperature must reach 155 F. for 15 seconds.
- 7 Let stand 10 to 15 minutes before cutting to allow cheeses to firm. Cut 4 by 5. CCP: Hold for service at 140 F. or higher.

**BAKED BREADED CLAM STRIPS**

**Yield** 100

**Portion** 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
285 cal	27 g	12 g	14 g	13 mg	623 mg	36 mg

**Ingredient**

CLAM STRIPS,BREADED,FROZEN

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Place 3 pounds 2 ounces clam strips on sheet pans.
- 2 Using a convection oven, bake 8 to 10 minutes at 375 F. or until golden brown on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**Notes**

- 1 In Step 2, DO NOT over cook or over brown; clams will be tough and rubbery.
- 2 Prepare clams in small batches. Clams tend to become soggy if held for an extended period.



**FRENCH FRIED BREADED CLAM STRIPS**

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
325 cal	27 g	12 g	19 g	13 mg	623 mg	36 mg

**Ingredient**

CLAM STRIPS,BREADED,FROZEN

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Fry in 350 F. deep fat about 1 minute or until golden brown. Drain well in basket or on absorbent paper. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**Notes**

- 1 Prepare clams in small batches. Clams tend to become soggy if held for an extended period.

**BEEF BALLS STROGANOFF**

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
268 cal	13 g	23 g	13 g	87 mg	668 mg	59 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MILK,NONFAT,DRY	3 oz	1-1/4 cup	
WATER,WARM	2 lbs	3-3/4 cup	
EGGS,WHOLE,FROZEN	8-5/8 oz	1 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1-5/8 oz	3/4 cup	1-2/3 oz
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
BREAD,WHITE,STALE,SLICED	2-3/4 lbs	2 gal 7/8 qts	
BEEF,GROUND,BULK,RAW,90% LEAN	20 lbs		
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
WATER	3-1/8 lbs	1 qts 2 cup	
BEEF BROTH		1 gal 1-1/2 qts	
PAPRIKA,GROUND	1 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS	3-1/2 lbs	2 qts 2-1/8 cup	
SOUR CREAM,LOW FAT	3 lbs	1 qts 2 cup	

**Method**

- 1 Reconstitute milk.
- 2 Blend in eggs, milk, parsley, salt, black pepper, thyme, red pepper, and garlic powder.
- 3 Place bread in mixer; mix at medium speed 5 minutes or until coarse crumbs are formed. Pour milk mixture over bread in mixer; mix lightly at low speed 1/2 minute; let stand 10 minutes.
- 4 Add beef and onions to bread mixture. Mix at low speed 1 minute. Do not over mix.
- 5 Shape into 300 balls weighing 1-1/3 ounce each; place 100 meat balls on each sheet pan.
- 6 Using a convection oven, bake at 350 F. for 8 to 10 minutes on high fan, closed vent or until browned.
- 7 Combine flour and water, stirring until smooth.
- 8 Prepare broth according to package directions. Bring to a boil, reduce heat; gradually add flour mixture stirring constantly. Add paprika and pepper. Return to a boil; reduce heat; simmer 5 to 10 minutes or until thickened.
- 9 Add mushrooms. Stir well. Turn off heat. Remove 1 quart sauce. Stir into sour cream until smooth; combine with remaining sauce; stir until smooth.
- 10 Place 100 meatballs in each steam table pan. Pour 3 quarts sauce over beef balls in each pan. Cover.
- 11 Using a convection oven, bake at 300 F. for 15 minutes on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

## TURKEY BALLS STROGANOFF

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
208 cal	13 g	20 g	8 g	72 mg	733 mg	74 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MILK,NONFAT,DRY	3 oz	1-1/4 cup	
WATER,WARM	2 lbs	3-3/4 cup	
EGGS,WHOLE,FROZEN	8-5/8 oz	1 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1-5/8 oz	3/4 cup	1-2/3 oz
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
BREAD,WHITE,STALE,SLICED	2-3/4 lbs	2 gal 7/8 qts	
TURKEY,GROUND,90% LEAN,RAW	20 lbs		
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
WATER	3-1/8 lbs	1 qts 2 cup	
CHICKEN BROTH		1 gal 1-1/2 qts	
PAPRIKA,GROUND	1 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
MUSHROOMS,CANNED,SLICED,INCL LIQUIDS	3-1/2 lbs	2 qts 2-1/8 cup	
SOUR CREAM,LOW FAT	3 lbs	1 qts 2 cup	

**Method**

- 1 Reconstitute milk.
- 2 Blend in eggs, milk, parsley, salt, black pepper, thyme, red pepper, and garlic powder.
- 3 Place bread in mixer; mix at medium speed 5 minutes or until coarse crumbs are formed. Pour milk mixture over bread in mixer; mix lightly at low speed 1/2 minute; let stand 10 minutes.
- 4 Add turkey and onions to bread mixture. Mix at low speed 1 minute. Do not over mix.
- 5 Shape into balls weighing 1-1/3 ounce each; place 100 meat balls on each sheet pan.
- 6 Using a convection oven, bake at 350 F. for 8 to 10 minutes on high fan, closed vent. Discard drippings.
- 7 Combine flour and water, stirring until smooth.
- 8 Prepare broth according to package directions. Bring to a boil, reduce heat; gradually add flour mixture stirring constantly. Add paprika and pepper. Return to boil; reduce heat; simmer 5 to 10 minutes or until thickened.
- 9 Add mushrooms. Stir well. Turn off heat. Remove 1 quart sauce. Stir into sour cream until smooth; combine with remaining sauce; stir until smooth.
- 10 Place 100 turkey balls in each steam table pan. Pour 3 quarts sauce over turkey balls in each pan. Cover.
- 11 Using a convection oven, bake at 300 F. for 15 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## CHILI CON CARNE

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
286 cal	30 g	24 g	9 g	50 mg	912 mg	76 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,GROUND,BULK,RAW,90% LEAN	14 lbs		
CHILI POWDER,DARK,GROUND	8-1/2 oz	2 cup	
CUMIN,GROUND	1-2/3 oz	1/2 cup	
PAPRIKA,GROUND	2 oz	1/2 cup	
SALT	1-7/8 oz	3 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER,RED,GROUND	3/8 oz	2 tbsp	
BEANS,KIDNEY,DARK RED,CANNED,INCL LIQUIDS	33-7/8 lbs	3 gal 3 qts	
RESERVED LIQUID	8-1/3 lbs	1 gal	
WATER	8-1/3 lbs	1 gal	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
TOMATO PASTE,CANNED	2 lbs	3-1/2 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs

**Method**

- 1 Place beef in steam-jacketed kettle; cook in its own juice until it loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Combine chili powder, cumin, paprika, salt, garlic powder and red pepper. Stir into cooked beef.
- 3 Drain beans; reserve beans for use in Step 4. Combine bean liquid with hot water to make 2 gallons; reserve for use in Step 4.
- 4 Add beans, tomatoes, tomato paste, and onions to cooked beef; stir well. Add reserved bean liquid and hot water to the beef mixture; stir. Bring to a boil; cover; reduce heat; simmer 1 hour. DO NOT BOIL. Stir occasionally. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 3, 10 pounds dry, kidney, pinto or white, beans may be used; pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover with 6 gallons water; boil 2 minutes, turn off heat. Cover; let soak 1 hour. Bring beans to a boil; add 1-2/3 ounces or 2-2/3 tablespoons salt. Cover; simmer 1-1/2 hours or until tender. If necessary, add more water to keep beans covered. Drain beans; reserve beans for use in Step 4. Combine bean liquid with hot water to make 2 gallon; reserve for use in Step 4.

**CHILI MACARONI**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
330 cal	42 g	22 g	9 g	50 mg	501 mg	61 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 CHILI POWDER,DARK,GROUND  
 CUMIN,GROUND  
 PAPRIKA,GROUND  
 SALT  
 GARLIC POWDER  
 PEPPER,RED,GROUND  
 WATER  
 MACARONI NOODLES,ELBOW,DRY  
 TOMATOES,CANNED,DICED,DRAINED  
 TOMATO PASTE,CANNED  
 ONIONS,FRESH,CHOPPED  
 WATER

**Weight**

14 lbs  
 8-1/2 oz  
 1-2/3 oz  
 2 oz  
 1-7/8 oz  
 7/8 oz  
 3/8 oz  
 75-1/4 lbs  
 9 lbs  
 12-3/4 lbs  
 4 lbs  
 3-1/8 lbs  
 16-3/4 lbs

**Measure**

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

**Issue**

3-1/2 lbs

**Method**

- 1 Place beef in steam-jacketed kettle; cook in its own juice until it loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Combine chili powder, cumin, paprika, salt, garlic powder and red pepper. Stir into cooked beef.
- 3 Prepare macaroni. See Recipe No. E 004 00.
- 4 Combine diced tomatoes, tomato paste, chopped onions and water to meat; bring to a simmer; cover; cook 30 minutes. DO NOT BOIL. Stir occasionally. Add cooked macaroni, combine thoroughly. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHILI CON CARNE (GROUND TURKEY)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
255 cal	30 g	22 g	6 g	45 mg	972 mg	85 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,GROUND,90% LEAN,RAW	16 lbs		
CHILI POWDER,DARK,GROUND	8-1/2 oz	2 cup	
CUMIN,GROUND	1-2/3 oz	1/2 cup	
PAPRIKA,GROUND	2 oz	1/2 cup	
SALT	1-7/8 oz	3 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER,RED,GROUND	3/8 oz	2 tbsp	
BEANS,KIDNEY,DARK RED,CANNED,INCL LIQUIDS	33-7/8 lbs	3 gal 3 qts	
RESERVED LIQUID	8-1/3 lbs	1 gal	
WATER		1 gal	
TOMATOES,CANNED,DICED,INCL LIQUIDS	6-7/8 lbs	3 qts	
TOMATO PASTE,CANNED	2 lbs	3-1/2 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs

**Method**

- 1 Place turkey in steam-jacketed kettle; cook in its own juice until it loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Combine chili powder, cumin, paprika, salt, garlic powder and red pepper. Stir into cooked turkey.
- 3 Drain beans; reserve beans for use in Step 4. Combine bean liquid with hot water to make 2 gallons; reserve for use in Step 4.
- 4 Add beans, tomatoes, tomato paste, and onions to cooked turkey; stir well. Add reserved bean liquid and hot water to the beef mixture; stir. Bring to a boil; cover; reduce heat; simmer 1 hour. DO NOT BOIL. Stir occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 3, 10 pounds dry, kidney, pinto or white, beans may be used; pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover with 6 gallons water; boil 2 minutes, turn off heat. Cover; let soak 1 hour. Bring beans to a boil; add 1-2/3 ounces or 2-2/3 tablespoons salt. Cover; simmer 1-1/2 hours or until tender. If necessary, add more water to keep beans covered. Drain beans; reserve beans for use in Step 4. Combine bean liquid with hot water to make 2 gallons; reserve for use in Step 4.

**CHILI MACARONI (GROUND TURKEY)**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
300 cal	42 g	21 g	6 g	45 mg	533 mg	72 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,GROUND,90% LEAN,RAW	16 lbs		
CHILI POWDER,DARK,GROUND	8-1/2 oz	2 cup	
CUMIN,GROUND	1-2/3 oz	1/2 cup	
PAPRIKA,GROUND	2 oz	1/2 cup	
SALT	1-7/8 oz	3 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER,RED,GROUND	3/8 oz	2 tbsp	
MACARONI NOODLES,ELBOW,DRY	9 lbs	2 gal 1-3/4 qts	
WATER,BOILING	75-1/4 lbs	9 gal	
TOMATOES,CANNED,DICED,DRAINED	12-3/4 lbs	1 gal 1-7/8 qts	
TOMATO PASTE,CANNED	4 lbs	1 qts 3 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
WATER	16-3/4 lbs	2 gal	

**Method**

- 1 Place turkey in steam-jacketed kettle; cook in its own juice until it loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Combine chili powder, cumin, paprika, salt, garlic powder and red pepper. Stir into cooked turkey.
- 3 Prepare macaroni. See Recipe No. E 004 00.
- 4 Combine diced tomatoes, tomato paste, chopped onions and water to meat; bring to a simmer; cover; cook 30 minutes. DO NOT BOIL. Stir occasionally. Add cooked macaroni, combine thoroughly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**BEEF PORCUPINES**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
350 cal	23 g	27 g	16 g	85 mg	891 mg	33 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TOMATO SAUCE		2 gal 2-1/2 qts	
RICE, LONG GRAIN	2-7/8 lbs	1 qts 3 cup	
WATER	7-1/3 lbs	3 qts 2 cup	
SALT	1 oz	1 tbsp	
BEEF, GROUND, BULK, RAW, 90% LEAN	24 lbs		
ONIONS, FRESH, CHOPPED	1-5/8 lbs	1 qts 1/2 cup	1-3/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-3/4 lbs
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Prepare 1-1/2 recipes tomato sauce. See Recipe No. O 015 00 or use prepared tomato sauce. Set aside for use in Step 6.
- 2 Cook rice according to directions in Recipe No. E 005 00. Cool.
- 3 Thoroughly combine cooled rice with ground beef, onions, peppers, salt, garlic powder and Worcestershire Sauce. DO NOT OVERMIX.
- 4 Shape into 200 balls weighing about 3-2/3 ounces each.
- 5 Place an equal quantity of balls on each steam table pan. Using a convection oven, bake at 325 F. at 15 minutes on high fan, closed vent, or until brown.
- 6 Place approximately 40 meatballs in each steam table pan. Pour 8-1/3 cups sauce over balls in each pan.
- 7 Cover, using a convection oven, bake 30 minutes at 325 F. on high fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**TURKEY PORCUPINES**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
218 cal	14 g	21 g	8 g	68 mg	596 mg	37 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TOMATO SAUCE		2 gal 2-1/2 qts	
RICE, LONG GRAIN	2-7/8 lbs	1 qts 3 cup	
WATER	7-1/3 lbs	3 qts 2 cup	
SALT	1 oz	1 tbsp	
TURKEY, GROUND, 90% LEAN, RAW	24 lbs		
ONIONS, FRESH, CHOPPED	1-5/8 lbs	1 qts 1/2 cup	1-3/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-3/4 lbs
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Prepare 1-1/2 recipes Tomato Sauce. See Recipe No. O 015 00 or utilize prepared sauce. Set aside for use in Step 6.
- 2 Cook rice according to directions in Recipe No. E 005 00. Cool.
- 3 Thoroughly combine cooled rice with ground turkey, onions, peppers, salt, garlic and Worcestershire Sauce. DO NOT
- 4 Shape into 200 balls weighing about 3-2/3 oz each.
- 5 Place an equal quantity of balls on each steam table pan. Using a convection oven, bake 15 minutes at 325 F. or until brown. Drain or skim off excess fat.
- 6 Place approximately 40 meatballs in each steam table pan. Pour 8-1/3 cups sauce over balls in each pan.
- 7 Cover; using a convection oven, bake 30 minutes at 325 F. on high fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREAMED GROUND BEEF**

Yield 100

Portion 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
214 cal	9 g	21 g	10 g	65 mg	283 mg	81 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 ONIONS,FRESH,CHOPPED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 WATER,WARM  
 WORCESTERSHIRE SAUCE  
 MILK,NONFAT,DRY

**Weight**

18 lbs  
 1 lbs  
 1-2/3 lbs  
 1-7/8 oz  
 1/4 oz  
 22 lbs  
 2-1/8 oz  
 1-1/4 lbs

**Measure**

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

**Issue**

1-1/8 lbs

**Method**

- 1 Cook beef in steam jacketed kettle or roasting pan until beef loses its pink color, stirring to break apart. Drain or skim off excess fat. Add onions; stir-cook 3 minutes.
- 2 Combine flour, salt and pepper. Sprinkle evenly over beef and onions. Mix thoroughly; cook about 5 minutes until flour is absorbed.
- 3 Reconstitute milk. Blend Worcestershire sauce into milk. Add to meat mixture.
- 4 Heat to a simmer, stirring frequently. Cook 10 minutes or until thickened. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREAMED GROUND TURKEY**

**Yield** 100

**Portion** 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
160 cal	10 g	18 g	6 g	52 mg	455 mg	93 mg

**Ingredient**

TURKEY,GROUND,90% LEAN,RAW  
 ONIONS,FRESH,CHOPPED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 MILK,NONFAT,DRY  
 WATER,WARM  
 WORCESTERSHIRE SAUCE

**Weight**

18 lbs  
 1 lbs  
 1-2/3 lbs  
 3-1/8 oz  
 5/8 oz  
 3/8 oz  
 1-1/4 lbs  
 22 lbs  
 6-1/3 oz

**Measure**

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

**Issue**

1-1/8 lbs

**Method**

- 1 Cook turkey in steam-jacketed kettle or roasting pan until turkey loses its pink color, stirring to break apart. CCP: Temperature must reach 165 F. or higher. Drain or skim off excess fat. Add onions; stir-cook 3 minutes.
- 2 Combine flour, salt, garlic powder, and pepper. Sprinkle evenly over turkey and onion mixture. Mix thoroughly; cook about 5 minutes until flour is absorbed.
- 3 Reconstitute milk. Add to mixture.
- 4 Add Worcestershire sauce. Heat to a simmer, stirring frequently. Simmer 10 minutes until thickened. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for service.

**BEEF RAVIOLI (FROZEN)**

**Yield** 100

**Portion** 8 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
330 cal	39 g	15 g	12 g	81 mg	754 mg	141 mg

**Ingredient**

WATER  
 RAVIOLI,W/O SAUCE,FROZEN  
 SAUCE,PIZZA,CANNED

**Weight**

83-5/8 lbs  
 27-1/4 lbs  
 28-7/8 lbs

**Measure**

10 gal  
 3 gal 2-1/2 qts  
 3 gal

**Issue**

**Method**

- 1 Heat water to a boil.
- 2 Place ravioli in boiling water. Cook 12 to 15 minutes or until tender. Drain. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 3 Bring sauce to a boil. Serve over hot ravioli. Each portion is 4 Ravioli (5 ounces) with 1/2 cup sauce (3-1/2 ounces).

**CHEESE RAVIOLI (FROZEN)**

**Yield** 100

**Portion** 8 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
181 cal	27 g	7 g	5 g	7 mg	713 mg	113 mg

**Ingredient**

WATER,BOILING  
 RAVIOLI,CHEESE,W/O SAUCE,FROZEN  
 SAUCE,PIZZA,CANNED

**Weight**

83-5/8 lbs  
 27-1/4 lbs  
 28-7/8 lbs

**Measure**

10 gal  
 3 gal 1-5/8 qts  
 3 gal

**Issue**

**Method**

- 1 Heat water to a boil.
- 2 Place ravioli in boiling water. Cook 12 to 15 minutes or until tender. Drain. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 3 Bring sauce to a boil. Serve over hot ravioli. Each portion is 4 Ravioli (5 ounces) with 1/2 cup sauce (3-1/2 ounces).

**BEEF RAVIOLI (CANNED IN TOMATO SAUCE)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
230 cal	37 g	8 g	5 g	15 mg	1178 mg	20 mg

**Ingredient**

RAVIOLI,BEEF,W/MEAT SAUCE,CANNED

**Weight**

54 lbs

**Measure**

6 gal 3 qts

**Issue**

**Method**

- 1 Heat canned beef ravioli in tomato sauce to a boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## PARMESAN FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	1 g	32 g	8 g	88 mg	395 mg	226 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 CHEESE,PARMESAN,GRATED  
 PARSLEY,DEHYDRATED,FLAKED  
 PAPRIKA,GROUND  
 OREGANO,CRUSHED  
 PEPPER,BLACK,GROUND  
 BASIL,DRIED,CRUSHED  
 WATER,WARM  
 MILK,NONFAT,DRY  
 COOKING SPRAY,NONSTICK  
 BUTTER,MELTED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Separate fillets or steak; cut into 4-1/2 oz portions.
- 2 Combine cheese, parsley, paprika, oregano, pepper and basil. Blend thoroughly.
- 3 Reconstitute milk; dip fish into milk; drain.
- 4 Lightly spray pans with non-stick cooking spray. Dredge fish in cheese mixture; shake off excess. Arrange fish in single layers on pans.
- 5 Drizzle about 1/4 cup butter or margarine over fish in each pan.
- 6 Using a convection oven, bake at 325 F. for 15-20 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**ROAST BEEF HASH**

**Yield** 100

**Portion** 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
159 cal	12 g	15 g	6 g	39 mg	315 mg	13 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,OVEN ROAST,PRE COOKED	10 lbs		
SHORTENING	3-5/8 oz	1/2 cup	
ONIONS,FRESH,CHOPPED	2-1/2 lbs	1 qts 3 cup	2-3/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-3/4 lbs
POTATOES,FRESH,PEELED,CUBED	10 lbs	1 gal 3-1/4 qts	12-1/3 lbs
WATER,BOILING	14-5/8 lbs	1 gal 3 qts	
SALT	1/4 oz	1/8 tsp	
WATER	1-5/8 lbs	3 cup	
CATSUP	14-1/8 oz	1-5/8 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
GARLIC POWDER	1/4 oz	1/2 tsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Chop beef finely. Set aside for use in Step 5.
- 2 Saute onions, and peppers in shortening or salad oil for 10 minutes or until tender. Stir frequently.
- 3 Place potatoes in boiling salted water. Return to boil; reduce heat; cook 10 minutes or until tender. Drain. Set aside for use in Step 5.
- 4 Blend water, catsup, salt, pepper and garlic powder.
- 5 Combine beef, sauteed vegetables, potatoes and catsup mixture. Mix thoroughly.
- 6 Lightly spray steam table pans with non-stick cooking spray. Place about 6-1/2 qts beef mixture into each steam table pan.
- 7 Using a convection oven, bake at 325 F. for 25 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**ROAST BEEF HASH (CANNED)**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
200 cal	12 g	11 g	12 g	38 mg	411 mg	22 mg

**Ingredient**

BEEF,ROAST,HASH,CANNED

**Weight**

27 lbs

**Measure**

3 gal 1 qts

**Issue**

**Method**

- 1 Heat Roast Beef Hash according to directions on container. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**ROAST BEEF HASH (CANNED BEEF CHUNKS)**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
196 cal	12 g	17 g	9 g	46 mg	322 mg	12 mg

**Ingredient**

BEEF,CANNED,CHUNKS,W/NATURAL JUICE,DRAINED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 OIL,SALAD  
 POTATOES,FRESH,CHOPPED  
 WATER,BOILING  
 SALT  
 RESERVED LIQUID  
 CATSUP  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 COOKING SPRAY,NONSTICK

**Weight**

12-3/4 lbs  
 2-1/2 lbs  
 1-1/2 lbs  
 3-7/8 oz  
 10 lbs  
 14-5/8 lbs  
 1/4 oz  
 1-5/8 lbs  
 14-1/8 oz  
 1-7/8 oz  
 1/8 oz  
 1/4 oz  
 2 oz

**Measure**

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

**Issue**

2-3/4 lbs  
 1-3/4 lbs  
 12-1/3 lbs

**Method**

- 1 Drain beef chunks. Chop fine.
- 2 Saute onions and peppers in salad oil for 10 minutes or until tender. Stir frequently.
- 3 Place potatoes in boiling salted water. Return to boil; reduce heat; cook 10 minutes or until tender. Drain. Set aside reserved liquid.
- 4 Blend reserved liquid, catsup, salt, pepper and garlic powder.
- 5 Combine beef, sauteed vegetables, potatoes and catsup mixture. Mix thoroughly.
- 6 Lightly spray steam table pan with non-stick cooking spray. Place 6-1/2 quarts beef mixture into each steam table pan.
- 7 Using a convection oven, bake at 325 F. for 25 minutes or until lightly browned. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**TACOS (GROUND BEEF)**

Yield 100

Portion 2 Tacos

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
443 cal	21 g	32 g	26 g	106 mg	810 mg	259 mg

**Ingredient**

TACO SAUCE  
 BEEF,GROUND,BULK,RAW,90% LEAN  
 SALT  
 PEPPER,RED,GROUND  
 CUMIN,GROUND  
 GARLIC POWDER  
 CHILI POWDER,LIGHT,GROUND  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SHELLS,TACO,CORN  
 CHEESE,CHEDDAR,GRATED  
 LETTUCE,ICEBERG,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED

**Weight**

22 lbs  
 2-1/3 oz  
 <1/16th oz  
 1/4 oz  
 1/2 oz  
 2-1/8 oz  
 10-1/4 oz  
 4-2/3 lbs  
 6 lbs  
 5-7/8 lbs  
 3-1/8 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Prepare 1 recipe Taco Sauce Recipe No. O 007 00 or utilize prepared Taco Sauce.
- 2 Cook beef until beef loses its pink color; stir to break apart. Drain fat.
- 3 Combine salt, red pepper, cumin, garlic, chili powder, and flour; add to beef. Saute 5 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold at 140 F. or higher for use in Step 6.
- 4 Arrange taco shells on sheet pans. Using a convection oven, bake 2 to 3 minutes at 325 F. on high fan, open vent until just heated.
- 5 Place 1/4 cup meat filling in each taco; line up next to each other in steam table pan. CCP: Hold for service at 140 F. or higher.
- 6 Just before serving, top each taco with 2 tablespoons cheese, 2-1/3 tablespoons lettuce, 2 teaspoons onions, and 1 tablespoon taco sauce.

**TACOS (GROUND TURKEY)**

**Yield** 100

**Portion** 2 Tacos

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
377 cal	21 g	28 g	21 g	90 mg	847 mg	273 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

TACO SAUCE		3 qts 2 cup	
TURKEY,GROUND,90% LEAN,RAW	22 lbs		
SALT	2-1/3 oz	1/4 cup	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/2 oz	1 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	10-1/4 oz	2-3/8 cup	
CHILI POWDER,LIGHT,GROUND	2-1/8 oz	1/2 cup	
SHELLS,TACO,CORN	4-2/3 lbs	200 each	
CHEESE,CHEDDAR,GRATED	6 lbs	1 gal 2 qts	
LETTUCE,ICEBERG,FRESH,CHOPPED	5-7/8 lbs	3 gal	6-1/4 lbs
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs

**Method**

- 1 Prepare Taco Sauce, Recipe No. O 007 00 or utilize prepared Taco Sauce.
- 2 Cook turkey until turkey loses its pink color; stir to break apart. Drain fat.
- 3 Combine salt, red pepper, cumin, garlic, chili powder, and flour; add to turkey. Saute 5 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher.
- 4 Arrange taco shells on sheet pans. Using a convection oven, bake 2 to 3 minutes at 325 F. on high fan, open vent until just heated.
- 5 Place 1/4 cup turkey filling in each taco; line up next to each other in steam table pan. CCP: Hold for service at 140 F. or higher.
- 6 Just before serving, top each taco with 2 tablespoons cheese, 2-1/3 tablespoons lettuce, 2 teaspoons onions, and 1 tablespoon taco sauce.

MEAT LOAF

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
343 cal	11 g	33 g	18 g	154 mg	648 mg	48 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 BREADCRUMBS  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 MILK,NONFAT,DRY  
 WATER  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 EGGS,WHOLE,FROZEN  
 JUICE,TOMATO,CANNED

**Weight**

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

**Measure**

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

**Issue**

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

**Method**

- 1 Combine beef with bread crumbs, salt, pepper and garlic; mix until well blended.
- 2 Reconstitute milk.
- 3 Add milk, celery, onions, sweet peppers, eggs, and tomato juice. Mix lightly but thoroughly. DO NOT OVERMIX.
- 4 Place 11 pounds 6 ounces meat mixture into each steam table pan and divide into 2 loaves per pan.
- 5 Using a convection oven, bake 1 hour 15 minutes at 300 F. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Skim off excess fat and liquid during cooking.
- 6 Let stand 20 minutes before slicing. Cut 13 slices per loaf. CCP: Hold for service at 140 F. or higher.

**TURKEY LOAF**

**Yield** 100

**Portion** 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
253 cal	11 g	28 g	11 g	132 mg	699 mg	67 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,GROUND,90% LEAN,RAW	30 lbs		
BREADCRUMBS	3-3/4 lbs	1 gal	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER	2-7/8 lbs	1 qts 1-1/2 cup	
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
EGGS,WHOLE,FROZEN	2-3/8 lbs	1 qts 1/2 cup	
JUICE,TOMATO,CANNED	3-1/8 lbs	1 qts 1-3/4 cup	

**Method**

- 1 Combine turkey with bread crumbs, salt, pepper and garlic; mix until well blended.
- 2 Reconstitute milk.
- 3 Add milk, celery, onions, sweet peppers, eggs, and tomato juice. Mix lightly but thoroughly. DO NOT OVERMIX.
- 4 Place 11 pounds 6 ounces meat mixture into each steam table pan and divide into 2 loaves per pan.
- 5 Using a convection oven, bake 1 hour 15 minutes at 325 F. on high fan, closed vent. Skim off excess fat and liquid during cooking period. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Let stand 20 minutes before slicing. Cut 13 slices per loaf. CCP: Hold for service at 140 F. or higher.

**TOMATO MEAT LOAF**

**Yield** 100

**Portion** 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
372 cal	16 g	34 g	18 g	154 mg	717 mg	51 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 BREADCRUMBS  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 MILK,NONFAT,DRY  
 WATER  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 EGGS,WHOLE,FROZEN  
 SOUP,CONDENSED,TOMATO  
 WORCESTERSHIRE SAUCE  
 WATER  
 SOUP,CONDENSED,TOMATO

**Weight**

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

**Measure**

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

**Issue**

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

**Method**

- 1 Combine beef with bread crumbs, salt, pepper and garlic; mix until well blended.
- 2 Reconstitute milk.
- 3 Add milk, celery, onions, sweet peppers, eggs, tomato soup, and Worcestershire sauce. Mix lightly but thoroughly. DO NOT OVERMIX.
- 4 Place 11 pounds 6 ounces meat mixture into each steam table pan and divide into 2 loaves per pan.
- 5 Using a convection oven, bake 1 hour 15 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Skim off excess fat and liquid during cooking period.
- 6 Combine tomato soup and water. Bring to a boil. Let meat loaf stand 20 minutes before slicing. Cut 13 slices per loaf. Pour tomato soup mixture evenly over baked meat loaf slices. CCP: Hold for service at 140 F. or higher.

CAJUN MEAT LOAF

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
403 cal	23 g	35 g	19 g	154 mg	989 mg	85 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

BEEF,GROUND,BULK,RAW,90% LEAN	30 lbs		
BREADCRUMBS	3-3/4 lbs	1 gal	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PEPPER,BLACK,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	2/3 oz	2-1/3 tbsp	
PEPPER,RED,GROUND	3/8 oz	2 tbsp	
OREGANO,CRUSHED	1/3 oz	2 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	1/3 oz	2 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
ONION POWDER	1/2 oz	2 tbsp	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER	2-7/8 lbs	1 qts 1-1/2 cup	
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
EGGS,WHOLE,FROZEN	2-3/8 lbs	1 qts 1/2 cup	
CATSUP	3-1/8 lbs	1 qts 2 cup	
WORCESTERSHIRE SAUCE	8-1/2 oz	1 cup	
CREOLE SAUCE		2 gal 1/2 qts	

**Method**

- 1 Combine beef with bread crumbs, salt, pepper, garlic powder, red pepper, oregano, basil, thyme, and onion powder; mix until well blended.
- 2 Reconstitute milk.
- 3 Add milk, celery, onions, sweet peppers, eggs, catsup, and Worcestershire sauce. Mix lightly but thoroughly. DO NOT OVERMIX.
- 4 Place 11 pounds 6 ounces meat mixture into each steam table pan and divide into 2 loaves per pan.
- 5 Using a convection oven, bake 1 hour 15 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Skim off excess fat and liquid during cooking period.
- 6 Let stand 20 minutes before slicing. Cut 13 slices per loaf. CCP: Hold for service at 140 F. or higher.
- 7 Serve with Cajun Creole Sauce, Recipe No. O 005 02.



**MEAT, FISH, AND POULTRY No.L 036 00**  
**MINCED BEEF**

**Yield** 100

**Portion** 5 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
249 cal	15 g	23 g	11 g	71 mg	301 mg	40 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 ONIONS,FRESH,CHOPPED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 MACE,GROUND  
 SALT  
 PEPPER,BLACK,GROUND

**Weight**

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

**Measure**

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

**Issue**

2-1/3 lbs

**Method**

- 1 Cook beef with onions until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Sprinkle flour over beef; continue cooking until flour is absorbed.
- 3 Add tomatoes, mace or nutmeg, salt and pepper. Stir to mix well. Simmer 10 to 15 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Minced beef may be served over toast, biscuits, rice or pasta.

## SALISBURY STEAK

Yield 100

Portion 4.5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
327 cal	12 g	31 g	16 g	119 mg	514 mg	49 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MILK,NONFAT,DRY	3-1/4 oz	1-3/8 cup	
WATER,WARM	3-7/8 lbs	1 qts 3-1/2 cup	
BREADCRUMBS	4-3/4 lbs	1 gal 1 qts	
BEEF,GROUND,BULK,RAW,90% LEAN	28 lbs		
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
EGGS,WHOLE,FROZEN	1 lbs	1-7/8 cup	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
WORCESTERSHIRE SAUCE	2-7/8 oz	1/4 cup 1-2/3 tbsp	

**Method**

- 1 Reconstitute milk.
- 2 Add milk to bread; let stand 5 minutes.
- 3 Combine bread mixture with beef, onions, eggs, salt, pepper, and Worcestershire sauce; mix thoroughly.
- 4 Shape into steaks about 1 inch thick by 4 inches weighing 6 ounces.
- 5 Place on sheet pans; using a convection oven, bake at 325 F. on high fan, open vent for 20-25 minutes or until well done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Salisbury steak may be grilled. Lightly spray griddle with non-stick cooking spray. Cook patties on lightly sprayed 350 F. griddle. Grill 8 minutes on each side or until steaks are well done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**GRILLED HAMBURGER STEAK**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
345 cal	0 g	38 g	20 g	133 mg	79 mg	11 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
COOKING SPRAY,NONSTICK

**Weight**

37-1/2 lbs  
2 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Shape into steaks about 1 inch thick by 4 inches weighing 6 ounces each.
- 2 Lightly spray griddle with non-stick cooking spray. Grill steaks on 350 F. griddle for 9 minutes on each side or until well done.  
CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SPAGHETTI WITH MEAT SAUCE (GROUND TURKEY)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
405 cal	63 g	25 g	7 g	51 mg	1422 mg	102 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,GROUND,90% LEAN,RAW	18 lbs		
TOMATOES,CANNED,DICED,INCL LIQUIDS	27-5/8 lbs	3 gal	
TOMATO PASTE,CANNED	11-1/2 lbs	1 gal 1 qts	
WATER	6-1/4 lbs	3 qts	
ONIONS,FRESH,CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
SUGAR,GRANULATED	7 oz	1 cup	
SALT	3-3/8 oz	1/4 cup 1-2/3 tbsp	
GARLIC POWDER	1-5/8 oz	1/4 cup 1-2/3 tbsp	
BASIL,DRIED,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
THYME,GROUND	1/2 oz	3 tbsp	
OREGANO,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	8 each	
WATER,BOILING	83-5/8 lbs	10 gal	
SPAGHETTI NOODLES,DRY	12 lbs	3 gal 1 qts	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Cook turkey in steam-jacketed kettle or stock pot until turkey loses its pink color. Stir. Drain or skim off excess fat.
- 2 Add tomatoes, tomato paste, water, onions, sugar, salt, garlic powder, basil, thyme, oregano, pepper, and bay leaves to turkey. Mix well.
- 3 Bring to a boil; reduce heat; cover; cook at low heat about 1 hour, stirring frequently. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Remove bay leaves before serving. CCP: Hold for service at 140 F. or higher.
- 5 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender, stirring occasionally. Drain thoroughly.

**SPAGHETTI WITH MEAT SAUCE (GROUND BEEF)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
441 cal	63 g	26 g	10 g	57 mg	1388 mg	90 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 TOMATOES,CANNED,DICED,INCL LIQUIDS  
 TOMATO PASTE,CANNED  
 WATER  
 ONIONS,FRESH,CHOPPED  
 SUGAR,GRANULATED  
 SALT  
 GARLIC POWDER  
 BASIL,DRIED,CRUSHED  
 THYME,GROUND  
 OREGANO,CRUSHED  
 PEPPER,BLACK,GROUND  
 BAY LEAF,WHOLE,DRIED  
 WATER,BOILING  
 SPAGHETTI NOODLES,DRY  
 SALT

**Weight**

16 lbs  
 27-5/8 lbs  
 11-1/2 lbs  
 6-1/4 lbs  
 4-1/4 lbs  
 7 oz  
 3-3/8 oz  
 1-5/8 oz  
 7/8 oz  
 1/2 oz  
 7/8 oz  
 1/4 oz  
 1/4 oz  
 83-5/8 lbs  
 12 lbs  
 2-1/2 oz

**Measure**

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

**Issue**

4-2/3 lbs

**Method**

- 1 Cook beef in steam-jacketed kettle or stock pot until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Add tomatoes, tomato paste, water, onions, sugar, salt, garlic powder, basil, thyme, oregano, pepper, and bay leaves to beef. Mix well.
- 3 Bring to a boil; reduce heat; cover; cook at low heat about 1 hour, stirring frequently. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 4 Remove bay leaves before serving. CCP: Hold for service at 140 F. or higher.
- 5 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender, stirring occasionally. Drain thoroughly.

**SPAGHETTI WITH MEAT SAUCE, RTU (GROUND TURKEY)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
433 cal	55 g	24 g	12 g	51 mg	1127 mg	74 mg

**Ingredient**

TURKEY,GROUND,90% LEAN,RAW  
 SAUCE,SPAGHETTI,CANNED,RTU  
 SALT  
 WATER,BOILING  
 SPAGHETTI NOODLES,DRY

**Weight**

18 lbs  
 46-1/3 lbs  
 2-1/3 oz  
 83-5/8 lbs  
 12 lbs

**Measure**

5 gal 1 qts  
 1/4 cup  
 10 gal  
 3 gal 1 qts

**Issue**

**Method**

- 1 Cook turkey in steam-jacketed kettle or stock pot until turkey loses its pink color, stirring to break apart.
- 2 Add spaghetti sauce to meat; stir well to distribute meat.
- 3 Cook at medium heat until sauce comes to a boil; reduce heat, simmer 5 minutes to blend flavors, stirring as necessary. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 4 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender, stirring occasionally. Drain thoroughly.

**SPAGHETTI WITH MEAT SAUCE, RTU (GROUND BEEF)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
469 cal	55 g	26 g	15 g	57 mg	1092 mg	62 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 SAUCE,SPAGHETTI,CANNED,RTU  
 SALT  
 WATER,BOILING  
 SPAGHETTI NOODLES,DRY

**Weight**

16 lbs  
 46-1/3 lbs  
 2-1/3 oz  
 83-5/8 lbs  
 12 lbs

**Measure**

5 gal 1 qts  
 1/4 cup  
 10 gal  
 3 gal 1 qts

**Issue**

**Method**

- 1 Cook beef in steam-jacketed kettle or stock pot until beef loses its pink color, stirring to break apart.
- 2 Add spaghetti sauce to meat; stir well to distribute meat.
- 3 Cook at medium heat until sauce comes to a boil; reduce heat, simmer 5 minutes to blend flavors, stirring as necessary. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 4 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender, stirring occasionally. Drain thoroughly.

**SPAGHETTI WITH MEATBALLS (GROUND TURKEY)**

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
443 cal	66 g	28 g	8 g	72 mg	1630 mg	110 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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	3-1/8 lbs	2 qts 1 cup	3-1/2 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	
TURKEY,GROUND,90% LEAN,RAW	20 lbs		
ONIONS,FRESH,CHOPPED	2-3/8 lbs	1 qts 2-3/4 cup	2-2/3 lbs
BREADCRUMBS,DRY,GROUND,FINE	2-3/8 lbs	2 qts 2 cup	
EGGS,WHOLE,FROZEN	12-7/8 oz	1-1/2 cup	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
SPAGHETTI NOODLES,DRY	12 lbs	3 gal 1 qts	
WATER,BOILING	66-7/8 lbs	8 gal	

**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 Combine turkey, onions, bread crumbs, eggs, salt, and pepper; mix lightly but thoroughly.
- 3 Shape into 300 - 1-1/3 ounce balls. Place 100 balls in each pan.
- 4 Using a convection oven, bake 12-14 minutes at 350 F. on high fan, closed vent or until browned. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Discard fat. Remove to serving pan. CCP: Hold for service at 140 F. or higher.
- 5 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender, stirring occasionally. Do not overcook. Drain thoroughly.
- 6 EACH PORTION: 3 meatballs, 3/4 cup sauce, and 1 cup spaghetti.



**SPAGHETTI WITH MEATBALLS (GROUND BEEF)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
500 cal	66 g	31 g	13 g	87 mg	1590 mg	97 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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	3-1/8 lbs	2 qts 1 cup	3-1/2 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	
BEEF,GROUND,BULK,RAW,90% LEAN	20 lbs		
ONIONS,FRESH,CHOPPED	2-1/3 lbs	1 qts 2-5/8 cup	2-5/8 lbs
BREADCRUMBS	2-1/8 lbs	2 qts 1 cup	
EGGS,WHOLE,FROZEN	12-7/8 oz	1-1/2 cup	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
WATER,BOILING	66-7/8 lbs	8 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
SPAGHETTI NOODLES,DRY	12 lbs	3 gal 1 qts	

**Method**

- 1 Combine tomatoes, tomato paste, water, onions, sugar, salt, garlic powder, basil, thyme, oregano, red pepper and bay leaves; mix well.
- 2 Bring to a boil; reduce heat; simmer 1 hour or until thickened, stirring occasionally. Remove bay leaves.
- 3 Combine beef, onions, bread crumbs, eggs, salt, and pepper; mix lightly but thoroughly.
- 4 Shape into 300 1-1/3 ounce balls. Place 100 balls on each pan.
- 5 Using a convection oven, bake 10-12 minutes at 350 F. on high fan, closed vent or until browned. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Discard fat. Remove to serving pan. CCP: Hold for service at 140 F. or higher.
- 6 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender, stirring occasionally. Do not overcook. Drain thoroughly.
- 7 EACH PORTION: 3 meatballs, 3/4 cup sauce, 1 cup spaghetti.

**STUFFED GREEN PEPPERS (GROUND BEEF)**

Yield 100

Portion 1 Half

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
342 cal	24 g	27 g	15 g	85 mg	960 mg	36 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TOMATO SAUCE		1 gal 2-1/2 qts	
PEPPERS, GREEN, FRESH	17-1/4 lbs	3 gal 1-1/8 qts	21 lbs
WATER, BOILING	8-1/3 lbs	1 gal	
STEAMED RICE		1 gal 2 qts	
BEEF, GROUND, BULK, RAW, 90% LEAN	24 lbs		
ONIONS, FRESH, CHOPPED	2-7/8 lbs	2 qts 1/4 cup	3-1/4 lbs
SALT	5-1/8 oz	1/2 cup	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
WORCESTERSHIRE SAUCE	12-2/3 oz	1-1/2 cup	
WATER	2-1/8 lbs	1 qts	
WATER	2-1/8 lbs	1 qts	

**Method**

- 1 Prepare Tomato Sauce, Recipe No O 015 00.
- 2 Cut each pepper in half lengthwise; remove core.
- 3 Place peppers in boiling water. Return to a boil; cook 1 minute. Drain well. Set aside for use in Step 6.
- 4 Prepare rice according to Recipe No. E 005 00.
- 5 Combine cooked rice, ground beef, onions, salt, pepper, Worcestershire sauce and water with 2 quarts tomato sauce. DO NOT OVERMIX.
- 6 Fill each pepper with 3/4 cup beef mixture. Place filled peppers in roasting pans.
- 7 Pour 1 cup water around peppers in each pan.
- 8 Pour remaining sauce over peppers in each pan. Cover pans.
- 9 Bake about 1-1/2 hours at 350 F. or until tender. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

**MEAT, FISH, AND POULTRY No.L 040 01**  
**STUFFED GREEN PEPPERS (FROZEN)**

**Yield** 100

**Portion** 1 Pepper

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
260 cal	26 g	16 g	10 g	50 mg	1429 mg	43 mg

**Ingredient**

PEPPERS,STUFFED  
SAUCE,TOMATO,CANNED

**Weight**

50 lbs  
14 lbs

**Measure**

1 gal 2-1/2 qts

**Issue**

**Method**

- 1 Pour tomato sauce evenly over peppers. Follow manufacturer's directions for cooking stuffed peppers. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher.

**STUFFED GREEN PEPPERS (GROUND TURKEY)**

Yield 100

Portion 1 Half

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	24 g	23 g	10 g	68 mg	1000 mg	51 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TOMATO SAUCE		1 gal 2-1/2 qts	
PEPPERS, GREEN, FRESH	17-1/4 lbs	3 gal 1-1/8 qts	21 lbs
WATER, BOILING	8-1/3 lbs	1 gal	
STEAMED RICE		1 gal 2 qts	
TURKEY, GROUND, 90% LEAN, RAW	24 lbs		
ONIONS, FRESH, CHOPPED	2-7/8 lbs	2 qts 1/4 cup	3-1/4 lbs
SALT	5-1/8 oz	1/2 cup	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
WORCESTERSHIRE SAUCE	12-2/3 oz	1-1/2 cup	
WATER	2-1/8 lbs	1 qts	
WATER	2-1/8 lbs	1 qts	

**Method**

- 1 Prepare Tomato Sauce, Recipe No O 015 00.
- 2 Cut each pepper in half lengthwise; remove core.
- 3 Place peppers in boiling water. Return to a boil; cook 1 minute. Drain well. Set aside for use in Step 6.
- 4 Prepare rice according to Recipe No. E 005 00.
- 5 Combine cooked rice, ground turkey, onions, salt, pepper, Worcestershire sauce and water with 2 quarts tomato sauce. DO NOT OVERMIX.
- 6 Fill each pepper with 3/4 cup turkey mixture. Place filled peppers in roasting pans.
- 7 Pour 1 cup water around peppers in each pan.
- 8 Pour remaining sauce over peppers in each pan. Cover pans.
- 9 Bake about 1-1/2 hours at 350 F. or until tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

## SWEDISH MEATBALLS (GROUND BEEF)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
244 cal	11 g	23 g	12 g	84 mg	753 mg	30 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BREAD,WHITE,SLICED	2 lbs	1 gal 2-1/2 qts	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	2 lbs	3-3/4 cup	
EGGS,WHOLE,FROZEN	10-3/4 oz	1-1/4 cup	
SALT	1-1/4 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
ALLSPICE,GROUND	1/8 oz	1/4 tsp	
BEEF,GROUND,BULK,RAW,90% LEAN	20 lbs		
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
BEEF BROTH		2 gal 1/2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
WATER	2-5/8 lbs	1 qts 1 cup	
NUTMEG,GROUND	1/4 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

**Method**

- 1 Place bread in mixer bowl; mix at medium speed 5 minutes or until crumbs are formed.
- 2 Reconstitute milk.
- 3 Blend in eggs, salt, nutmeg, pepper, and allspice. Pour over bread; mix at low speed 1/2 minute; let stand 10 minutes.
- 4 Add beef and onions to bread mixture. Mix at low speed 1 minute. Do not over mix.
- 5 Shape into 300 balls weighing 1-1/3 ounces; place 100 meatballs on each sheet pan.
- 6 Using a convection oven, bake at 350 F. on high fan, closed vent 8-10 minutes or until browned and done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Remove meatballs to steam table pans. CCP: Hold at 140 F. or higher for use in Step 10.
- 7 Prepare stock according to package directions.
- 8 Combine flour and water, stirring until smooth; add to stock, bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly.
- 9 Add nutmeg, pepper, and garlic powder; stir well.
- 10 Pour 2-3/4 quarts gravy over meatballs in each pan.
- 11 Using a convection oven, bake at 350 F. 15 minutes or until heated thoroughly on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 12 Sprinkle each pan with 1 teaspoon paprika before serving. CCP: Hold for service at 140 F.

## SWEDISH MEATBALLS (GROUND TURKEY)

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	11 g	19 g	7 g	70 mg	917 mg	48 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BREAD,WHITE,SLICED	2 lbs	1 gal 2-1/2 qts	
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	2 lbs	3-3/4 cup	
EGGS,WHOLE,FROZEN	10-3/4 oz	1-1/4 cup	
SALT	1-1/4 oz	2 tbsp	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
ALLSPICE,GROUND	1/8 oz	1/4 tsp	
TURKEY,GROUND,90% LEAN,RAW	20 lbs		
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
CHICKEN BROTH		2 gal 1-3/4 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
WATER	2-5/8 lbs	1 qts 1 cup	
NUTMEG,GROUND	1/4 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
PAPRIKA,GROUND	1/4 oz	1 tbsp	

**Method**

- 1 Place bread in mixer bowl; mix at medium speed 5 minutes or until crumbs are formed.
- 2 Reconstitute milk.
- 3 Blend in egg substitute, salt, nutmeg, pepper and allspice. Pour over bread; mix at low speed 1/2 minute; let stand 10 minutes.
- 4 Add turkey and onions to bread mixture. Mix at low speed 1 minute. Do not overmix.
- 5 Shape into balls weighing 1-1/3 ounces each; place 100 meatballs on each sheet pan.
- 6 Using a convection oven, bake 8-10 minutes at 350 F. on high fan, closed vent or until browned and done. Remove meatballs to steam table pans. Set aside for use in Step 10.
- 7 Prepare stock according to package directions.
- 8 Combine flour and water, stirring until smooth; add to stock, bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly.
- 9 Add nutmeg, pepper, and garlic powder; stir well.
- 10 Pour 3-1/2 quarts gravy over meatballs in each pan.
- 11 Using a convection oven, bake at 350 F. 15 minutes or until heated thoroughly on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 12 Sprinkle each pan with 1 teaspoon paprika before serving. CCP: Hold for service at 140 F. or higher.

**CHILI CONQUISTADOR (GROUND BEEF)**

Yield 100

Portion 8-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
462 cal	45 g	29 g	18 g	86 mg	908 mg	74 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	2-1/8 lbs	1 qts 1-1/4 cup	
WATER, COLD	5-3/4 lbs	2 qts 3 cup	
SALT	1/2 oz	3/8 tsp	
BEEF, GROUND, BULK, RAW, 90% LEAN	24 lbs		
TOMATOES, CANNED, DICED, DRAINED	19-7/8 lbs	2 gal 1 qts	
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
CHILI POWDER, DARK, GROUND	5-5/8 oz	1-3/8 cup	
SALT	1-7/8 oz	3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
PEPPER, RED, GROUND	<1/16th oz	1/8 tsp	
CORN BREAD MIX	9 lbs	1 gal 2-2/3 qts	

**Method**

- 1 Combine rice, water, and salt. Bring to a boil; stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. Do not stir.
- 3 Cook beef until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 4 Add tomatoes, onions, chili powder, salt, garlic powder and red pepper to meat mixture; stir until blended; heat to simmer.
- 5 Combine rice with chili mixture; mix well. Place 5-3/4 quarts mixture in each pan.
- 6 Prepare corn bread mix according to instructions on container.
- 7 Spread 1-3/4 quarts corn bread batter over chili mixture in each pan.
- 8 Using a convection oven, bake 30 minutes at 375 F. on high fan, open vent or until corn bread is golden brown and done. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 9 Cut 5 by 5. CCP: Hold at 140 F. or higher for service.

**CHILI CONQUISTADOR (GROUND TURKEY)**

Yield 100

Portion 8-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
390 cal	45 g	25 g	13 g	68 mg	949 mg	89 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	2-1/8 lbs	1 qts 1-1/4 cup	
WATER, COLD	5-3/4 lbs	2 qts 3 cup	
SALT	1/2 oz	3/8 tsp	
TURKEY, GROUND, 90% LEAN, RAW	24 lbs		
TOMATOES, CANNED, DICED, DRAINED	19-7/8 lbs	2 gal 1 qts	
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
CHILI POWDER, DARK, GROUND	5-5/8 oz	1-3/8 cup	
SALT	1-7/8 oz	3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
PEPPER, RED, GROUND	<1/16th oz	1/8 tsp	
CORN BREAD MIX	9 lbs	1 gal 2-2/3 qts	

**Method**

- 1 Combine rice, water, and salt. Bring to a boil; stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. Do not stir. CCP: Hold for 140 F. or higher.
- 3 Cook turkey until turkey loses its pink color. Stir to break apart. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Drain or skim off excess fat.
- 4 Add tomatoes, onions, chili powder, salt, garlic powder and red pepper to meat mixture; stir until blended; heat to simmer.
- 5 Combine rice with chili mixture; mix well. Place mixture evenly in each steam table pan.
- 6 Prepare corn bread mix according to instructions on container.
- 7 Spread corn bread batter evenly over chili mixture in each pan.
- 8 Using a convection oven, bake for 30 minutes at 375 F. on high fan, open vent or until corn bread is golden brown and done. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 9 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.



**BEEF FAJITAS (FAJITA STRIPS)**

Yield 100

Portion 2 Fajitas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
458 cal	59 g	27 g	13 g	51 mg	1081 mg	148 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
JUICE,LIME	1-1/2 lbs	3 cup	
SALT	3 oz	1/4 cup 1 tbsp	
GARLIC POWDER	2-3/8 oz	1/2 cup	
ONION POWDER	1-1/8 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	3/4 oz	3-1/3 tbsp	
CUMIN,GROUND	1/3 oz	1 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
TOMATOES,CANNED,CRUSHED,DRAINED	7-1/4 lbs	1 #10cn	
BEEF,FAJITA STRIPS	18 lbs		
TORTILLAS,FLOUR,8 INCH	19-1/8 lbs	200 each	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,1/4"" STRIPS	5-1/8 lbs	1 gal 1 qts	5-5/8 lbs
PEPPERS,GREEN,FRESH,JULIENNE	5 lbs	3 qts 3-1/4 cup	6-1/8 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SALSA		3 qts 2 cup	

**Method**

- 1 Combine lime juice, salt, garlic powder, onion powder, black pepper, cumin, tomatoes and red pepper. Stir well to blend.
- 2 Pour mixture over beef strips. Mix thoroughly to evenly distribute seasonings around all surfaces of beef. Cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes for use in Step 5.
- 3 Wrap tortillas in foil; place in a 150 F. oven or in a warmer for 15 minutes or until tortillas are soft and pliable.
- 4 Lightly spray griddle with non-stick cooking spray. Grill onions and peppers 6 to 8 minutes while tossing intermittently; lightly spray with cooking spray as needed.
- 5 Lightly spray griddle with non-stick cooking spray. Grill beef strips 3 to 4 minutes or until lightly browned while tossing intermittently; lightly spray with cooking spray as needed. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Place 6 to 7 cooked fajita strips (3 oz.), 3 tbsp onion/sweet pepper mixture in center of each tortilla. Roll tortilla tightly around mixture. Secure tortilla with a toothpick.
- 7 Serve with 2 tbsp of salsa. Use batch preparation methods to prevent the fajitas from getting soggy. CCP: Hold for service at 140 F. or higher.

**CHICKEN FAJITAS (FAJITA STRIPS)**

Yield 100

Portion 2 Fajitas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
449 cal	56 g	32 g	10 g	65 mg	985 mg	144 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
JUICE,LIME	1-1/4 lbs	2-1/2 cup	
SALT	2-1/3 oz	1/4 cup	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
ONION POWDER	7/8 oz	1/4 cup	
PEPPER,BLACK,GROUND	7/8 oz	1/4 cup	
CUMIN,GROUND	1/4 oz	1 tbsp	
PEPPER,RED,GROUND	1/8 oz	3/8 tsp	
CHICKEN,FAJITA STRIPS	23 lbs		
TORTILLAS,FLOUR,8 INCH	19-1/8 lbs	200 each	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,1/4"" STRIPS	5-1/8 lbs	1 gal 1 qts	5-5/8 lbs
PEPPERS,GREEN,FRESH,JULIENNE	5 lbs	3 qts 3-1/4 cup	6-1/8 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SALSA		3 qts 2 cup	

**Method**

- 1 Combine lime juice, salt, garlic powder, onion powder, black pepper, cumin, and red pepper. Stir well to blend.
- 2 Pour mixture over chicken strips. Mix thoroughly to evenly distribute seasonings around all surfaces of chicken. Cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes for use in Step 5.
- 3 Wrap tortillas in foil; place in a 150 F. oven or in a warmer for 15 minutes or until tortillas are soft and pliable.
- 4 Lightly spray griddle with non-stick cooking spray. Grill onions and peppers 6 to 8 minutes while tossing intermittently; lightly spray with cooking spray as needed.
- 5 Lightly spray griddle with non-stick cooking spray. Grill chicken strips 5 to 7 minutes or until lightly browned while tossing intermittently; lightly spray with cooking spray as needed. CCP: Internal temperature must register 165 F. or higher for 15 seconds. Hold at 140 F. or higher for use in Step 6.
- 6 Place 6 to 7 cooked fajita strips (3 oz.), 3 tbsp onion/sweet pepper mixture in center of each tortilla. Roll tortilla tightly around mixture. Secure tortilla with a toothpick.
- 7 Serve with 2 tbsp of salsa. Use batch preparation methods to prevent the fajitas from getting soggy. CCP: Hold for service at 140 F. or higher.

## TURKEY FAJITAS

Yield 100

Portion 2 Fajitas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
491 cal	59 g	30 g	15 g	65 mg	1620 mg	170 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
JUICE,LIME	1-1/4 lbs	2-1/2 cup	
SALT	2-1/3 oz	1/4 cup	
GARLIC POWDER	2 oz	1/4 cup 3 tbsp	
ONION POWDER	7/8 oz	1/4 cup	
PEPPER,BLACK,GROUND	5/8 oz	2-2/3 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
PEPPER,RED,GROUND	1/8 oz	3/8 tsp	
TURKEY,BNLS,WHITE AND DARK MEAT	26 lbs		
TORTILLAS,FLOUR,8 INCH	19-1/8 lbs	200 each	
ONIONS,FRESH,1/4" STRIPS	5-1/8 lbs	1 gal 1 qts	5-5/8 lbs
PEPPERS,GREEN,FRESH,JULIENNE	5 lbs	3 qts 3-1/4 cup	6-1/8 lbs
COOKING SPRAY,NONSTICK	2 oz		
COOKING SPRAY,NONSTICK	2 oz		
SALSA		3 qts 2 cup	

**Method**

- 1 Combine lime juice, salt, garlic powder, onion powder, black pepper, cumin, and red pepper. Stir well to blend.
- 2 Cut turkey into 1/4 inch thick slices. Cut slices into 3/8 inch strips, 2 to 3 inches long.
- 3 Pour marinade mixture over turkey strips. Mix thoroughly to evenly distribute seasonings around all surfaces of turkey. Cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes for use in Step 6.
- 4 Wrap tortillas in foil; place in a 150 F. oven or in a warmer for 15 minutes or until tortillas are soft and pliable.
- 5 Lightly spray griddle with non-stick cooking spray. Grill onions and peppers 6 to 8 minutes while tossing intermittently; lightly spray with cooking spray as needed.
- 6 Lightly spray griddle with non-stick cooking spray. Grill turkey strips 5 to 7 minutes or until lightly browned while tossing intermittently; lightly spray with cooking spray as needed. CCP: Internal temperature must register 165 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for use in Step 7.
- 7 Place 6 to 7 cooked fajita strips (3 oz), 3 tbsp onion/sweet pepper mixture in center of each tortilla. Roll tortilla tightly around mixture. Secure tortilla with a toothpick. Batch preparation methods should be used to prevent the fajitas from getting soggy.
- 8 Serve with 2 tbsp of salsa. CCP: Hold for service at 140 F. or higher.

## TURKEY CURRY

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
250 cal	27 g	15 g	10 g	39 mg	1475 mg	60 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,BNLS,WHITE AND DARK MEAT,DICED	15-1/2 lbs		
WATER	50-1/8 lbs	6 gal	
SALT	5-3/4 oz	1/2 cup 1 tbsp	
BAY LEAF,WHOLE,DRIED	1/3 oz	9 lf	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	4-1/4 lbs	3 qts	4-3/4 lbs
CELERY,FRESH,CHOPPED	6 lbs	1 gal 1-2/3 qts	8-1/4 lbs
GARLIC POWDER	1/8 oz	1/4 tsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
CURRY POWDER	2-2/3 oz	3/4 cup	
GINGER,GROUND	1/4 oz	1 tbsp	
HOT SAUCE	1/3 oz	1/3 tsp	
WORCESTERSHIRE SAUCE	4-1/4 oz	1/2 cup	
CHICKEN BROTH		1 gal	
APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED	8 lbs	1 gal 3-1/4 qts	10-1/4 lbs
RAISINS	1-7/8 lbs	1 qts 2 cup	
COCONUT,PREPARED,SWEETENED FLAKES	2-1/2 lbs	3 qts	

**Method**

- 1 Place turkey in stock pot or steam jacketed kettle; add water, salt and bay leaves. Bring to a boil; reduce heat; simmer turkey in 6 gallons water 3 to 4 hours or until tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Drain. Cool. Dice cooked turkey. CCP: Refrigerate at 41 F. or lower for use in Step 6.
- 2 Lightly spray stock pot or steam jacketed kettle with non-stick cooking spray. Cook onions, celery, and garlic until tender in stock pot or steam-jacketed kettle.
- 3 Add flour, salt, pepper, curry powder, ginger, hot sauce and Worcestershire sauce to vegetable mixture; stir to blend.
- 4 Prepare chicken broth according to package directions; add gradually to vegetables and spices stirring constantly. Cook until thickened, about 1 minute.
- 5 Add apples and raisins. Cook 10 minutes or until apples are tender.
- 6 Add coconut and turkey to apple-vegetable mixture. Heat 20 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 CCP: Serve immediately or hold for service at 140 F. or higher.

**STUFFED BEEF ROLLS**

**Yield** 100

**Portion** 1 Roll

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
373 cal	24 g	30 g	16 g	76 mg	790 mg	38 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,OVEN ROAST,TEMPERED	27 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
CELERY,FRESH,CHOPPED	2-1/2 lbs	2 qts 1-1/2 cup	3-3/8 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
BREAD,WHITE,CUBED	3-2/3 lbs	3 gal	
BEEF BROTH		3 qts	
SEASONING,POULTRY	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
FLOUR,WHEAT,GENERAL PURPOSE	2-1/4 lbs	2 qts	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
BROWN GRAVY		1 gal 3-3/4 qts	

**Method**

- 1 Slice beef into 4 ounce slices, 1/4 inch thick.
- 2 Lightly spray pan with non-stick cooking spray. Cook celery and onions until tender.
- 3 Add celery and onions to cubed bread; toss lightly.
- 4 Prepare stock according to package directions; add poultry seasoning and pepper. Add to bread mixture; mix thoroughly. DO NOT OVERMIX.
- 5 Place 1/4 cup stuffing in the center of each beef slice; roll tightly around stuffing.
- 6 Lightly spray griddle with non-stick cooking spray. Dredge beef rolls in flour; grill on 350 F. griddle 3 to 5 minutes or until browned on all sides. Place 25 beef rolls in each pan.
- 7 Prepare 1-1/4 recipes Brown Gravy, Recipe No. O 016 00.
- 8 Pour about 1-3/4 quarts gravy over beef rolls in each steam table pan.
- 9 Cover. Using a convection oven, bake for 45 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEEF BROGUL**

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
416 cal	34 g	35 g	16 g	81 mg	1174 mg	153 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,OVEN ROAST,TEMPERED	27 lbs		
MUSHROOMS,CANNED,STEMS & PIECES,CHOPPED,DRAINED	3 lbs	2 qts 3/4 cup	
CELERY,FRESH,CHOPPED	2-1/2 lbs	2 qts 1-1/2 cup	3-3/8 lbs
SHORTENING	2-3/8 oz	1/4 cup 1-2/3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
CHEESE,PARMESAN,GRATED	1-1/3 lbs	1 qts 2 cup	
BREAD,WHITE,SLICED	3-2/3 lbs	3 gal	
BEEF BROTH		3 qts	
SEASONING,POULTRY	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
SHORTENING	14-1/2 oz	2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	2-1/4 lbs	2 qts	
TOMATO PASTE,CANNED	18-1/2 lbs	2 gal	
OREGANO,CRUSHED	3/8 oz	2-2/3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
WATER,COLD	6-1/4 lbs	3 qts	
WATER,BOILING	10-1/2 lbs	1 gal 1 qts	

**Method**

- 1 Slice beef into 4 ounce slices, 1/4 inch thick.
- 2 Chop canned, drained mushrooms; saute with celery and onions.
- 3 Add grated Parmesan cheese to mixture, and add to cubed bread; toss lightly.
- 4 Prepare stock according to package directions. Add poultry seasoning and pepper. Add to bread mixture; mix lightly but thoroughly. DO NOT OVERMIX.
- 5 Place 1/3 cup, stuffing in center of each beef slice; roll tightly around stuffing.
- 6 Dredge beef rolls in flour; grill on well greased griddle at 350 F. for 3 to 5 minutes or until browned on all sides. Place 25 beef rolls in each pan.
- 7 Combine tomato paste and crushed oregano, crushed sweet basil and ground thyme. Add cold water; mix until smooth. Add to boiling water, stirring constantly. Cook at medium heat until sauce comes to a boil. Simmer 1 minute, stirring as necessary.
- 8 Pour 2-1/4 quarts sauce over beef rolls in each pan.
- 9 Cover. Using a convection oven, bake at 300 F. for 45 minutes or until tender on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 1, beef, boneless, frozen, top round will provide the most uniform slice and portion.

**BEEF AND BEAN TOSTADAS**

Yield 100

Portion 2 Tostadas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
539 cal	45 g	32 g	26 g	102 mg	835 mg	386 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
SALT  
PEPPER,RED,GROUND  
CUMIN,GROUND  
GARLIC POWDER  
CHILI POWDER,LIGHT,GROUND  
FLOUR,WHEAT,GENERAL PURPOSE  
BEANS,REFRIED  
LETTUCE,ICEBERG,FRESH,CHOPPED  
TOMATOES,FRESH,CHOPPED  
ONIONS,FRESH,CHOPPED  
TORTILLAS,CORN,6 INCH  
CHEESE,CHEDDAR,GRATED  
SAUCE,SALSA  
SOUR CREAM

**Weight**

14-1/2 lbs  
1-1/4 oz  
<1/16th oz  
1/8 oz  
1/8 oz  
1-3/8 oz  
6-5/8 oz  
20 lbs  
5-3/8 lbs  
7-1/8 lbs  
2 lbs  
11-1/2 lbs  
6-1/2 lbs  
3-3/4 lbs  
6-3/8 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Cook beef until beef loses its pink color; stir to break apart. Drain fat. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Combine flour, chili powder, salt, garlic powder, cumin and red pepper. Add to beef. Cook 5 minutes, stirring occasionally. CCP: Hold at 140 F. or higher for use in Step 5.
- 2 Place refried beans in a steam jacketed kettle or stockpot. Cover; heat slowly for 15 to 20 minutes or until steaming, stirring frequently to prevent sticking.
- 3 Shred lettuce and chop tomatoes and onions; cover.
- 4 Place tortillas in rows 4 by 6 on sheet pans. Bake 6 to 8 minutes or until tortillas are lightly toasted or browned on low fan, open vent.
- 5 Use batch preparation methods when assembling tostadas. Tostadas may be served with 1 recipe Guacamole (Recipe No. M 052 00) per 100 portions. Follow assembly instructions. Arrange each tostada as follows: 1. One tostada shell 2. 2 tbsp refried beans, spread evenly 3. 2 tbsp taco filling, spread evenly 4. 2 tbsp shredded cheese 5. 2 tbsp shredded lettuce 6. 1 tbsp chopped tomatoes 7. 1 tsp chopped onions 8. 1 tbsp salsa 9. 1 tbsp sour cream

**BEEF PIE WITH BISCUIT TOPPING (CANNED BEEF)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
583 cal	42 g	42 g	27 g	105 mg	625 mg	93 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CARROTS,FRESH,SLICED	5 lbs	1 gal 1/2 qts	6-1/8 lbs
ONIONS,FRESH,QUARTERED	4-5/8 lbs	1 gal 5/8 qts	5-1/8 lbs
POTATOES,FRESH,PEELED,CUBED	6-1/4 lbs	1 gal 5/8 qts	7-3/4 lbs
WATER	16-3/4 lbs	2 gal	
BEEF,CANNED,CHUNKS,W/NATURAL JUICE,DRAINED	29 lbs	6 gal 2-1/2 qts	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SHORTENING,VEGETABLE,MELTED	14-1/2 oz	2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-2/3 lbs	1 qts 2 cup	
RESERVED STOCK	20-7/8 lbs	2 gal 2 qts	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
PEAS,GREEN,CANNED,DRAINED	6-1/8 lbs	1 gal 1/8 qts	
BAKING POWDER BISCUITS (BISCUIT MIX) (1 BISC)	3-5/8 kg	100 unit	

**Method**

- 1 Simmer carrots 10 to 15 minutes. Add onions and potatoes. Cook 20 minutes or until just tender.
- 2 Drain vegetables. Reserve liquid for use in Step 5; vegetables for use in Step 6.
- 3 Drain beef chunks; reserve juices for use in Step 5.
- 4 Lightly spray pan with non-stick cooking spray. Combine shortening or salad oil and flour; brown lightly on low heat.
- 5 Add beef juices, vegetable liquid or water gradually. Cook 15 minutes or until thickened. Stir constantly. Add pepper.
- 6 Add beef; cook until simmering. Add vegetables and simmer. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Stew must reach 180 F. or raw dough on bottom of biscuits will result.
- 7 Pour about 6-1/2 quarts meat mixture into each pan.
- 8 Add 3 cups peas to each pan. Stir lightly.
- 9 Prepare 1 recipe Baking Powder Biscuits, Recipe No. D 001 01. Place 25 biscuits on top of mixture in each pan.
- 10 Using a convection oven, bake at 400 F. for 10-15 minutes on low fan, open vent or until biscuits are browned. (Stew must reach 180 F. or raw dough on bottom of biscuits will result.) CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**BAKED CHICKEN AND RICE (COOKED DICED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
341 cal	34 g	28 g	9 g	79 mg	1282 mg	69 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN BROTH		3 gal	
WATER	15-2/3 lbs	1 gal 3-1/2 qts	
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
SALT	3-1/8 oz	1/4 cup 1-1/3 tbsp	
PEPPER, BLACK, GROUND	1/3 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
WATER, WARM	6 lbs	2 qts 3-1/2 cup	
MILK, NONFAT, DRY	5-3/8 oz	2-1/4 cup	
WATER, COLD	4-1/8 lbs	2 qts	
FLOUR, WHEAT, GENERAL PURPOSE	2-1/4 lbs	2 qts	
CHICKEN, COOKED, DICED	18 lbs		
BREADCRUMBS, DRY, GROUND, FINE	1-3/8 lbs	1 qts 2 cup	
BUTTER, MELTED	9 oz	1-1/8 cup	
PAPRIKA, GROUND	3/4 oz	3 tbsp	

**Method**

- 1 Combine broth, water, rice, salt, pepper, and garlic powder in a steam jacketed kettle or stockpot; bring to a boil. Cover tightly; reduce heat; simmer 20 minutes. Do not stir. There will be excess liquid in cooked rice.
- 2 Reconstitute milk in warm water. Stir milk into cooked rice.
- 3 Blend flour and cold water together to make a smooth slurry. Add slurry to rice mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Stir chicken gently into thickened rice mixture.
- 5 Pour 1-3/4 gal chicken and rice mixture into each ungreased steam table pan.
- 6 Combine crumbs, paprika, and margarine or butter. Sprinkle 1-1/2 cups crumb mixture evenly over chicken and rice in each pan.
- 7 Using a convection oven, bake 25 minutes or until browned at 325 F., on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED CHICKEN AND RICE (CANNED CHICKEN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
323 cal	34 g	21 g	11 g	56 mg	1400 mg	70 mg

**Ingredient**

CHICKEN,BONED,CANNED,PIECES  
 CHICKEN BROTH  
 WATER,COLD  
 RICE, LONG GRAIN  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 MILK,NONFAT,DRY  
 WATER,WARM  
 WATER,COLD  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BREADCRUMBS,DRY,GROUND,FINE  
 BUTTER,MELTED  
 PAPRIKA,GROUND

**Weight**

18 lbs  
  
 15-2/3 lbs  
 5-3/4 lbs  
 1-1/4 oz  
 1/3 oz  
 1/3 oz  
 5-3/8 oz  
 4-1/8 lbs  
 4-1/8 lbs  
 1-7/8 lbs  
 1-7/8 lbs  
 1 lbs  
 3/4 oz

**Measure**

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

**Issue****Method**

- 1 Cut chicken into 1-inch pieces.
- 2 Combine broth, water, rice, salt, pepper, and garlic powder in a steam jacketed kettle or stockpot; bring to a boil. Cover tightly; reduce heat; simmer 20 minutes. Do not stir. There will be excess liquid in cooked rice.
- 3 Reconstitute milk in warm water. Stir milk into cooked rice.
- 4 Blend flour and cold water together to make a smooth slurry. Add slurry to rice mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 5 Stir chicken gently into thickened rice mixture.
- 6 Pour 1-3/4 gal chicken and rice mixture into each ungreased steam table pan.
- 7 Combine crumbs, paprika and butter or margarine. Sprinkle 1-1/2 cups crumb mixture evenly over chicken and rice in each pan.
- 8 Using a convection oven, bake for 25 minutes at 325 F. or until lightly browned on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## TURKEY CUTLET

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
319 cal	21 g	30 g	12 g	81 mg	987 mg	73 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SEASONING,POULTRY  
 PEPPER,BLACK,GROUND  
 BREADCRUMBS,DRY,GROUND,FINE  
 PAPRIKA,GROUND  
 EGG WHITES,FROZEN,THAWED  
 COOKING SPRAY,NONSTICK

**Weight**

32-1/2 lbs  
 2-1/4 lbs  
 1/2 oz  
 1/8 oz  
 4-1/4 lbs  
 1 oz  
 2-1/2 lbs  
 2 oz

**Measure**

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

**Issue****Method**

- 1 Thaw turkey under refrigeration at 41 F. or lower.
- 2 Dredge slices in mixture of flour, pepper and poultry seasoning; shake off excess.
- 3 Combine bread crumbs and paprika.
- 4 Dip floured slices into egg whites. Dredge in seasoned bread crumbs until well coated; shake off excess.
- 5 Lightly spray sheet pans with non-stick cooking spray. Place 17 cutlets in a single layer on each pan, spray breasts lightly with cooking spray.
- 6 Using a convection oven, bake at 325 F. on high fan, closed vent for 15 minutes. Turn cutlets, bake 15 minutes more or until golden brown. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHALUPA**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
380 cal	27 g	36 g	14 g	98 mg	543 mg	91 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,PINTO,DRY	8-1/2 lbs	1 gal 1 qts	
WATER,COLD	25-1/8 lbs	3 gal	
PORK CUBES,RAW	32 lbs		
WATER	41-3/4 lbs	5 gal	
ONIONS,FRESH,CHOPPED	1-3/4 lbs	1 qts 1 cup	2 lbs
GARLIC POWDER	1/2 oz	1 tbsp	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
CHILI POWDER,DARK,GROUND	5-1/4 oz	1-1/4 cup	
CUMIN,GROUND	2-1/4 oz	1/2 cup 2-2/3 tbsp	
OREGANO,CRUSHED	3-3/4 oz	1-1/2 cup	
PEPPERS,JALAPENOS,CANNED,CHOPPED	2-2/3 oz	1/2 cup 1 tbsp	

**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly.
- 2 Cover with water; bring to a boil; boil 2 minutes; turn off heat.
- 3 Cover; let soak 1 hour. Drain beans.
- 4 Combine pork, water, onions, garlic, salt, chili powder, cumin, oregano, and jalapeno peppers with beans in steam-jacketed kettle or stock pot; simmer 1-1/2 to 2 hours or until beans are tender. DO NOT COVER. Stir occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

**Notes**

- 1 Chalupas can be served with shredded lettuce, chopped onions, chopped tomatoes, sour cream.

**CHICKEN PARMESAN (PRECOOKED FILLET)**

**Yield** 100

**Portion** 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
559 cal	25 g	29 g	38 g	77 mg	1224 mg	181 mg

**Ingredient**

CHICKEN FILLET,BREADED,PRECOOKED,FROZEN,5 OZ  
 CHEESE,MOZZARELLA  
 SAUCE,PIZZA,CANNED  
 CHEESE,PARMESAN,GRATED

**Weight**

32 lbs  
 3 lbs  
 16-7/8 lbs  
 7 oz

**Measure**

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

**Issue**

**Method**

- 1 Place 15 fillets on each sheet pan. Using a convection oven, bake at 375 F. 12 to 14 minutes on high fan, closed vent or until thoroughly heated.
- 2 Cut cheese slices in half. Place 1/2 slice cheese on each fillet.
- 3 Heat sauce to a simmer. Pour about 1 quart over each sheet pan.
- 4 Sprinkle about 4-1/2 tablespoons parmesan cheese over fillets in each pan.
- 5 Using a convection oven, bake at 375 F. 5-10 minutes or until cheese is melted on high fan, closed vent. CCP: Hold for service at 140 F. or higher.

**CHICKEN PARMESAN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
261 cal	7 g	38 g	8 g	100 mg	319 mg	178 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 CHEESE,MOZZARELLA,PART SKIM  
 SAUCE,PIZZA,CANNED  
 BASIL,SWEET,WHOLE,CRUSHED  
 PEPPER,BLACK,GROUND  
 OREGANO,CRUSHED  
 GARLIC POWDER  
 CHEESE,PARMESAN,GRATED

**Weight**

31-1/4 lbs  
 2 oz  
 3 lbs  
 16-7/8 lbs  
 1/2 oz  
 1/4 oz  
 1/2 oz  
 1/8 oz  
 7 oz

**Measure**

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

**Issue****Method**

- 1 Wash chicken breasts thoroughly under cold running water. Drain well.
- 2 Place chicken breasts in each lightly sprayed sheet pan.
- 3 Lightly spray chicken breasts in each pan with cooking spray.
- 4 Using a convection oven, bake 8 to 10 minutes at 325 F. on high fan, closed vent.
- 5 Place 1 oz mozzarella cheese on each chicken breast.
- 6 Add herbs to sauce; stir. Ladle about 1/4 cup of sauce over each chicken breast.
- 7 Sprinkle about 1/3 cup parmesan cheese evenly over chicken breasts in each pan.
- 8 Using a convection oven, bake at 325 F. an additional 4-6 minutes cheese melts on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREAMED CHIPPED BEEF**

**Yield** 100

**Portion** 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
169 cal	12 g	13 g	7 g	15 mg	1219 mg	110 mg

**Ingredient**

BEEF,CHIPPED,DRIED,CHOPPED  
 WATER,WARM  
 MILK,NONFAT,DRY  
 WATER,WARM  
 MARGARINE,SOFTENED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 PEPPER,BLACK,GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Separate dried beef slices, cut into 1-inch slices.
- 2 Place beef in 190 F. water. Soak 5 minutes. Drain thoroughly.
- 3 Reconstitute milk. Heat to just below boiling. DO NOT BOIL.
- 4 Combine butter or margarine with flour and pepper; add to milk, stirring constantly. Cook 5 minutes until thickened.
- 5 Add beef to sauce; blend well. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEEF STROGANOFF**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
250 cal	8 g	31 g	9 g	93 mg	844 mg	48 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,SWISS STEAK,LEAN,RAW,THAWED	30 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS	3-1/8 lbs	2 qts 1 cup	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
BEEF BROTH		1 gal 1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PAPRIKA,GROUND	1-1/4 oz	1/4 cup 1-1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER,WARM	5 lbs	2 qts 1-1/2 cup	
SOUR CREAM,LOW FAT	4 lbs	2 qts	

**Method**

- 1 Slice beef into strips about 1/2 inch wide. Lightly spray griddle with cooking spray. Grill beef strips 3 to 4 minutes or until lightly browned while tossing intermittently.
- 2 Drain mushrooms. Reserve 1 quart mushroom liquid. Set mushrooms aside for use in Step 7.
- 3 Cook onions in a lightly sprayed steam-jacketed kettle or stock pot 8 to 10 minutes, stirring constantly.
- 4 Add beef broth to cooked onions; stir to blend. Bring to a boil; reduce heat to a simmer.
- 5 Blend flour and mushroom liquid, stirring to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat ; simmer 10 minutes or until thickened, stirring frequently.
- 6 Reconstitute milk with warm water. Add salt, paprika, pepper and garlic powder; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 7 Stir beef strips and mushrooms gently into thickened sauce. Heat to a simmer. CCP: Temperature must reach 145 F. or higher for 15 seconds. Remove from heat.
- 8 Carefully blend sour cream with 1 quart of sauce mixture. Combine with remaining sauce mixture. Mix well.
- 9 Pour beef stroganoff into each ungreased pan. CCP: Hold for service at 140 F. or higher. Serve with Boiled Noodles or Steamed Rice.



**BEEF STROGANOFF (CREAM OF MUSHROOM SOUP)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
292 cal	8 g	31 g	14 g	93 mg	570 mg	53 mg

**Ingredient**

MUSHROOMS,CANNED,SLICED,INCL LIQUIDS  
 SOUP,CONDENSED,CREAM OF MUSHROOM  
 PAPRIKA,GROUND  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 BEEF,SWISS STEAK,LEAN,RAW,THAWED  
 COOKING SPRAY,NONSTICK  
 ONIONS,FRESH,CHOPPED  
 SOUR CREAM,LOW FAT

**Weight**

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

**Measure**

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

**Issue**

3-7/8 lbs

**Method**

- 1 Drain mushrooms; reserve liquid for use in Step 2 and mushrooms for Step 6.
- 2 Combine cream of mushroom soup with paprika, pepper, and garlic powder; stir well; add reserved mushroom liquid; stir well.
- 3 Slice beef into strips about 1/2-inch wide.
- 4 Spray griddle with non-stick cooking spray. Brown strips 5 minutes turning frequently.
- 5 Place about 11 pounds 3 ounces strips in each pan.
- 6 Add about 1 quart mushrooms and 1-1/4 quarts onions to meat in each pan; stir well.
- 7 Add about 1 gallon sauce to meat in each pan. Stir well.
- 8 Cover; Using a convection oven, bake 1 hour 15 minutes at 325 F. or until tender on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 9 Remove from oven. Skim off excess fat.
- 10 Add 1 quart sour cream to each pan, stirring to blend. Heat. CCP: Hold for service at 140 F. or higher. Serve with Boiled Noodles or Steamed Rice.

**Notes**

- 1 In Step 5, 33-3/4 pounds beef fajita strips may be used.

**HAMBURGER STROGANOFF**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
330 cal	8 g	32 g	18 g	113 mg	862 mg	52 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 ONIONS,FRESH,CHOPPED  
 MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS  
 BEEF BROTH  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PAPRIKA,GROUND  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 MILK,NONFAT,DRY  
 WATER,WARM  
 SOUR CREAM,LOW FAT

**Weight**

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

**Measure**

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

**Issue**

3-7/8 lbs

**Method**

- 1 Cook beef in a steam jacketed kettle or stock pot for 10 minutes, stirring to break apart.
- 2 Drain mushrooms. Reserve 1 quart mushroom liquid. Set mushrooms aside for use in Step 7.
- 3 Add beef broth to cooked onions and beef; stir to blend. Bring to a boil; reduce heat to a simmer.
- 4 Blend flour and mushroom liquid, stirring to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently.
- 5 Reconstitute milk with warm water. Add salt, paprika, pepper and garlic powder; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 6 Stir beef, onions and mushrooms gently into thickened sauce. Heat to a simmer. CCP: Temperature must reach 155 F. or higher for 15 seconds. Remove from heat.
- 7 Carefully blend sour cream with 1 quart of sauce mixture. Combine with remaining sauce mixture. Mix well.
- 8 Pour stroganoff into each ungreased pan. CCP: Hold for service at 140 F. or higher. Serve with Boiled Noodles or Steamed Rice.

**GROUND TURKEY STROGANOFF**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
244 cal	8 g	27 g	11 g	91 mg	913 mg	71 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,GROUND,90% LEAN,RAW	30 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS	3-1/8 lbs	2 qts 1 cup	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
BEEF BROTH		1 gal 1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PAPRIKA,GROUND	1-1/4 oz	1/4 cup 1-1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER,WARM	5 lbs	2 qts 1-1/2 cup	
SOUR CREAM,LOW FAT	4 lbs	2 qts	

**Method**

- 1 Lightly spray griddle with cooking spray. Grill turkey 3 to 4 minutes or until lightly browned while tossing intermittently.
- 2 Drain mushrooms. Reserve 1 quart mushroom liquid. Set mushrooms aside for use in Step 7.
- 3 Cook onions in a lightly sprayed steam-jacketed kettle or stock pot 8 to 10 minutes, stirring constantly.
- 4 Add beef broth to cooked onions; stir to blend. Bring to a boil; reduce heat to a simmer.
- 5 Blend flour and mushroom liquid, stirring to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat ; simmer 10 minutes or until thickened, stirring frequently.
- 6 Reconstitute milk with warm water. Add salt, paprika, pepper and garlic powder; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 7 Stir turkey and mushrooms gently into thickened sauce. Heat to a simmer. CCP: Temperature must reach 165 F. or higher for 15 seconds. Remove from heat.
- 8 Carefully blend sour cream with 1 quart of sauce mixture. Combine with remaining sauce mixture. Mix well.
- 9 Pour turkey stroganoff into each ungreased pan. CCP: Hold for service at 140 F. or higher. Serve with Boiled Noodles or Steamed Rice.

**BEEF STROGANOFF (FAJITA STRIPS)**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
291 cal	8 g	35 g	12 g	103 mg	871 mg	51 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,FAJITA STRIPS	33-3/4 lbs		
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
MUSHROOMS, CANNED, STEMS & PIECES, INCL LIQUIDS	3-1/8 lbs	2 qts 1 cup	
ONIONS, FRESH, CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
BEEF BROTH		1 gal 1 qts	
FLOUR, WHEAT, GENERAL PURPOSE	1-1/8 lbs	1 qts	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PAPRIKA, GROUND	1-1/4 oz	1/4 cup 1-1/3 tbsp	
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
MILK, NONFAT, DRY	2-3/8 oz	1 cup	
WATER, WARM	5 lbs	2 qts 1-1/2 cup	
SOUR CREAM, LOW FAT	4 lbs	2 qts	

**Method**

- 1 Lightly spray griddle with cooking spray. Grill beef strips 3 to 4 minutes or until lightly browned while tossing intermittently.
- 2 Drain mushrooms. Reserve 1 quart mushroom liquid. Set mushrooms aside for use in Step 7.
- 3 Cook onions in a lightly sprayed steam-jacketed kettle or stock pot 8 to 10 minutes, stirring constantly.
- 4 Add beef broth to cooked onions; stir to blend. Bring to a boil; reduce heat to a simmer.
- 5 Blend flour and mushroom liquid, stirring to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently.
- 6 Reconstitute milk with warm water. Add salt, paprika, pepper and garlic powder; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 7 Stir beef strips and mushrooms gently into thickened sauce. Heat to a simmer. CCP: Temperature must reach 145 F. or higher for 15 seconds. Remove from heat.
- 8 Carefully blend sour cream with 1 quart of sauce mixture. Combine with remaining sauce mixture. Mix well.
- 9 Pour beef stroganoff into each ungreased pan. CCP: Hold for service at 140 F. or higher. Serve with Boiled Noodles or Steamed Rice.

## STEAK RANCHERO

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	12 g	37 g	10 g	108 mg	432 mg	18 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF, SWISS STEAK, LEAN, RAW, THAWED	37-1/2 lbs		
COOKING SPRAY, NONSTICK	3/4 oz	1 tbsp	
PEPPERS, GREEN, FRESH, CHOPPED	4 lbs	3 qts	4-3/4 lbs
ONIONS, FRESH, CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
SALT	1-7/8 oz	3 tbsp	
CHILI POWDER, DARK, GROUND	2-1/8 oz	1/2 cup	
PAPRIKA, GROUND	1 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
CUMIN, GROUND	1/8 oz	1/3 tsp	
SOUP, CONDENSED, TOMATO	6-1/4 lbs	2 qts 3-1/4 cup	
WATER	10-1/2 lbs	1 gal 1 qts	
FLOUR, WHEAT, GENERAL PURPOSE	8 oz	1-3/4 cup	
WATER, COLD	1 lbs	2 cup	

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Grill steaks 5 minutes on one side and 4 minutes on the other side.
- 2 Evenly shingle 25 steaks into each ungreased steam table pan.
- 3 Cook onions and peppers in a lightly sprayed steam jacketed kettle or stock pot 8 to 10 minutes stirring constantly.
- 4 Add water, tomato soup, salt, chili powder, paprika, cumin and garlic powder to cooked onions and peppers; stir to blend. Bring to a boil; reduce heat to a simmer.
- 5 Blend flour and cold water stirring to make a slurry. Add slurry to tomato soup mixture stirring constantly to make Ranchero Sauce. Bring to a boil. Cover; reduce heat; simmer 2 minutes or until thickened, stirring frequently.
- 6 Pour Ranchero Sauce evenly over steaks in each pan.
- 7 Cover. Using a convection oven, bake 2 hours at 325 F. or until tender, 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.

**Notes**

- 1 In Step 1, 31-1/8 lb (100-5 oz.) cube steaks may be substituted. In Step 7, reduce baking time to 1-1/2 hours.

**BEEF CORDON BLEU**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
369 cal	9 g	32 g	22 g	128 mg	727 mg	113 mg

**Ingredient**

BEEF,OVEN ROAST,TEMPERED  
HAM,COOKED,1 OZ SLICE  
CHEESE,AMERICAN,SLICED  
POTATO,WHITE,INSTANT,GRANULES  
MILK,NONFAT,DRY  
WATER  
EGGS,WHOLE,FROZEN  
BREADCRUMBS  
SALT  
PEPPER,BLACK,GROUND  
SHORTENING

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Slice beef into 1/4-inch thick slices, 4 ounces per slice.
- 2 Slice ham and cheese in 1/2. Place 1/2 slice ham and 1/2 slice cheese on each slice of beef.
- 3 Fold beef slice in half, enclosing ham and cheese. Pound edges of beef together to seal.
- 4 Dredge beef in instant potato granules. Set aside for use in Step 6.
- 5 Reconstitute milk; combine with eggs.
- 6 Dip beef in milk and egg mixture. Drain.
- 7 Dredge in mixture of bread crumbs, salt, and pepper; shake off excess.
- 8 Fry on griddle at 350 F. for 3 minutes on each side or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**SOUTHERN FRIED CATFISH FILLETS**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
250 cal	10 g	21 g	13 g	68 mg	248 mg	11 mg

**Ingredient**

FISH,CATFISH,FILLET  
 CORN MEAL  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Separate fillets; cut into 4-1/2 ounce portions, if necessary.
- 2 Dredge fish in mixture of cornmeal, flour, salt and pepper; shake off excess.
- 3 Fry at 365 F. about 4 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

## TAMALE PIE (GROUND BEEF)

Yield 100

Portion 9-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
385 cal	36 g	24 g	16 g	71 mg	514 mg	152 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CORN MEAL	6-1/2 lbs	1 gal 1-1/3 qts	
WATER,BOILING	25-1/8 lbs	3 gal	
BEEF,GROUND,BULK,RAW,90% LEAN	16 lbs		
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
CORN,CANNED,WHOLE KERNEL,DRAINED	6-3/4 lbs	1 gal 2/3 qts	
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	3-1/2 lbs	3 qts	
CHILI POWDER,DARK,GROUND	4-1/4 oz	1 cup	
CUMIN,GROUND	1-1/4 oz	1/4 cup 2-1/3 tbsp	
GARLIC POWDER	1 oz	3-1/3 tbsp	
SALT	7/8 oz	1 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
CHEESE,CHEDDAR,GRATED	3 lbs	3 qts	

**Method**

- 1 Mix cornmeal; chili powder and salt together; gradually stir into boiling water. Bring to a boil.
- 2 Reduce heat; simmer 25 minutes, stirring frequently until a stiff paste is formed. Set aside for use in Step 5.
- 3 Cook beef with onions and peppers until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 4 Add tomatoes, corn, olives, chili powder, cumin, salt, garlic powder, and red pepper to beef mixture; simmer 15 minutes, stirring frequently.
- 5 Lightly spray each pan with non-stick cooking spray. Spread 2-1/3 cup cornmeal paste over bottom and sides of each pan to form a thin crust.
- 6 Pour 2 quarts meat mixture over crust in each pan.
- 7 Spread 4-2/3 cups cornmeal paste evenly over meat mixture in each pan.
- 8 Using a convection oven, bake at 325 F. 50 to 60 minutes on low fan, open vent; remove from oven. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 9 Sprinkle 1-1/2 cups cheese evenly over each pan.
- 10 Let stand 10 to 15 minutes to allow filling to firm and cheese to melt. CCP: Hold for service at 140 F. or higher. Cut 3 by 4.



**HOT TAMALES WITH CHILI GRAVY**

**Yield** 100

**Portion** 2 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
284 cal	16 g	12 g	20 g	47 mg	778 mg	51 mg

**Ingredient**

TAMALE,BEEF  
CHILI GRAVY

**Weight**

28-2/3 lbs

**Measure**

1 gal 2-1/4 qts

**Issue**

**Method**

- 1 Use canned beef tamales or frozen beef tamales. Heat according to directions on container. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Serve with Chili Gravy, Recipe No. O 016 03.

TAMALE PIZZA

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
336 cal	22 g	22 g	18 g	71 mg	676 mg	155 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CORN BREAD MIX	4-1/2 lbs	3 qts 1-3/8 cup	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
BEEF, GROUND, BULK, RAW, 90% LEAN	16 lbs		
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qt 2 cup	2-1/3 lbs
PEPPERS, GREEN, FRESH, CHOPPED	14-1/2 oz	2-3/4 cup	1-1/8 lbs
TOMATOES, CANNED, DICED, DRAINED	13-1/4 lbs	1 gal 2 qts	
GARLIC POWDER	1-1/8 oz	1/4 cup	
SALT	1 oz	1 tbsp	
CHILI POWDER, DARK, GROUND	4-1/4 oz	1 cup	
PEPPER, RED, GROUND	1/8 oz	1/4 tsp	
CUMIN, GROUND	5/8 oz	3 tbsp	
OLIVES, RIPE, PITTED, SLICED, INCL LIQUIDS	3-1/8 lbs	2 qts 2-3/4 cup	
CHEESE, CHEDDAR, GRATED	3 lbs	3 qts	

**Method**

- 1 Use canned cornbread mix. Prepare according to directions on container.
- 2 Spread 1-3/4 cups corn bread batter in a thin layer in each greased pan.
- 3 Cook beef with onions and peppers until beef loses its pink color, stirring to break apart. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Drain or skim off excess fat.
- 4 Add tomatoes, garlic, salt, chili powder, red pepper, cumin, and olives to beef mixture; simmer 15 minutes, stirring frequently.
- 5 Cover batter with 1-1/2 quart meat filling.
- 6 Sprinkle 1-1/2 cups cheese evenly over each pan. Using a convection oven, bake at 375 F. 15 minutes on low fan, open vent.
- 7 Let stand 10 to 15 minutes to allow filling to firm and cheese to melt.
- 8 Cut 3x4. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 9-inch pie pans may be used. In each pan, use 1 cup corn bread batter, 3-2/3 cups meat filling and 7/8 cup shredded cheese. Cut into 8 wedges. EACH PORTION: 1 wedge or 5 ounces.

**CHILI AND MACARONI (CANNED CHILI CON CARNE)**

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
420 cal	49 g	24 g	14 g	36 mg	1116 mg	216 mg

**Ingredient**

MACARONI NOODLES,ELBOW,DRY  
 SALT  
 WATER,BOILING  
 ONIONS,FRESH,CHOPPED  
 SHORTENING  
 CHILI CON CARNE,CANNED,NO BEANS  
 TOMATOES,CANNED,INCL LIQUIDS  
 WATER  
 PEPPER,BLACK,GROUND  
 CHILI POWDER,DARK,GROUND  
 CUMIN,GROUND  
 CHEESE,CHEDDAR,GRATED

**Weight**

7-3/8 lbs  
 1-2/3 oz  
 43-7/8 lbs  
 8-1/2 lbs  
 7-1/4 oz  
 33-3/4 lbs  
 13-3/4 lbs  
 4-1/8 lbs  
 2/3 oz  
 1 oz  
 1/4 oz  
 4 lbs

**Measure**

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

**Issue**

9-3/8 lbs

**Method**

- 1 Add macaroni slowly to salted water; bring to a boil, stirring occasionally. Boil 10 to 15 minutes. Drain; set aside for use in Step 5.
- 2 Saute onions in shortening for 10 minutes or until tender.
- 3 Heat chili to boiling. Reduce heat; skim off excess fat.
- 4 Add macaroni, onions, tomatoes, water, salt, pepper, chili powder and cumin; mix thoroughly.
- 5 Pour 2-1/4 gallons chili mixture into each pan.
- 6 Sprinkle 1 quart cheese over mixture in each pan.
- 7 Using a convection oven, bake 20 to 30 minutes at 350 F. on high fan, closed vent or until cheese is lightly browned and mixture is thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHILI CON CARNE (WITH BEANS)**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
222 cal	29 g	16 g	5 g	13 mg	866 mg	66 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
ONIONS,FRESH,CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
PEPPERS,GREEN,FRESH,CHOPPED	4 lbs	3 qts	4-3/4 lbs
CHILI CON CARNE,CANNED,NO BEANS	27 lbs	3 gal	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	18-3/4 lbs	3 gal	
CHILI POWDER,DARK,GROUND	1/2 oz	2 tbsp	

**Method**

- 1 Cook onions and peppers until onions are transparent in steam jacketed kettle or stock pot.
- 2 Remove excess solid fat from surface of chili con carne cans. Add chili con carne, beans and chili powder to onions and peppers.
- 3 Cover; bring to a boil; reduce heat; uncover; simmer 10 to 15 minutes or until thoroughly heated stirring frequently. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**HAMBURGER PARMESAN**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
334 cal	16 g	28 g	17 g	101 mg	451 mg	203 mg

**Ingredient**

PIZZA SAUCE  
 BEEF,GROUND,BULK,RAW,90% LEAN  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 BREADCRUMBS,DRY,GROUND,FINE  
 CHEESE,PARMESAN,GRATED  
 CHEESE,MOZZARELLA,SLICED

**Weight**

18-3/4 lbs  
 1-3/8 lbs  
 1-3/4 oz  
 2 lbs  
 9-5/8 oz  
 2-3/8 lbs  
 2-2/3 oz  
 6-1/4 lbs

**Measure**

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

**Issue****Method**

- 1 Prepare Pizza Sauce, Recipe No. O 012 00. Set aside for use in Step 8.
- 2 Dredge patties in flour, shake off excess.
- 3 Reconstitute milk; and eggs. Stir to blend well.
- 4 Dip patties in milk and egg mixture. Drain well.
- 5 Combine crumbs and cheese. Dredge patties in crumb-cheese mixture; shake off excess.
- 6 Fry 2-1/2 minutes in 350 F. deep fat or until evenly browned. Drain well in basket or on absorbent paper. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 7 Place 20 patties in each sheet pan. Top each patty with 1 slice cheese.
- 8 Pour about 2 tablespoons of sauce evenly over patties in each pan.
- 9 Using a convection oven, bake at 325 F. 4 to 5 minutes or cheese is melted and patties are cooked, on high fan, closed vent. CCP: Hold at 140 F. or higher for service.

TEXAS HASH (GROUND BEEF)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
325 cal	24 g	27 g	13 g	85 mg	320 mg	57 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 RICE,LONG GRAIN  
 WATER  
 CHILI POWDER,DARK,GROUND  
 SALT  
 PEPPER,BLACK,GROUND

**Weight**

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

**Measure**

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

**Issue**

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

**Method**

- 1 Cook beef until beef loses its pink color; stirring to break apart. Drain or skim off excess fat.
- 2 Add tomatoes, onions, peppers, rice, water, chili powder, salt and pepper to beef. Mix thoroughly. Heat to a simmer.
- 3 Place about 5 3/4 qts mixture into each steam table pan.
- 4 Cover pans; bake at 375 F. for 1 hour or until rice is tender. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

TEXAS HASH (GROUND TURKEY)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
255 cal	24 g	23 g	8 g	68 mg	362 mg	73 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,GROUND,90% LEAN,RAW	24 lbs		
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	19-7/8 lbs	2 gal 1 qts	
ONIONS,FRESH,CHOPPED	5-1/4 lbs	3 qts 3 cup	5-7/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	4 lbs	3 qts	4-3/4 lbs
RICE,LONG GRAIN	3-2/3 lbs	2 qts 1 cup	
WATER	1 lbs	2 cup	
CHILI POWDER,DARK,GROUND	3-1/8 oz	3/4 cup	
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	

**Method**

- 1 Cook turkey until turkey loses its pink color; stirring to break apart. Drain or skim off excess fat.
- 2 Add tomatoes, onions, peppers, rice, water, chili powder, salt and pepper to turkey. Mix thoroughly. Heat to a simmer.
- 3 Place about 5 3/4 qts mixture into each pan.
- 4 Cover pans; using a convection oven, bake at 325 F. 1 hour or until rice is tender on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**YAKISOBA (BEEF AND SPAGHETTI)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	31 g	30 g	8 g	70 mg	1002 mg	27 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,OVEN ROAST,TEMPERED	25 lbs		
WATER,BOILING	50-1/8 lbs	6 gal	
SALT	1-2/3 oz	2-2/3 tbsp	
SPAGHETTI NOODLES,DRY	8 lbs	2 gal 5/8 qts	
COOKING SPRAY,NONSTICK	1 oz	2 tbsp	
ONIONS,FRESH,CHOPPED	4-1/4 lbs	3 qts	4-3/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	4-1/4 lbs	3 qts 1 cup	5-1/4 lbs
WATER	4-1/8 lbs	2 qts	
SOY SAUCE	1-5/8 lbs	2-1/2 cup	
SALT	3-1/8 oz	1/4 cup 1-1/3 tbsp	
GARLIC POWDER	1 oz	3-1/3 tbsp	
GINGER,GROUND	1 oz	1/4 cup 1-1/3 tbsp	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
ONIONS,GREEN,FRESH,CHOPPED	11-1/8 oz	3-1/2 cup	

**Method**

- 1 Trim excess fat from roast. Slice beef into thin slices, 1/4-inch or less. Cut slices into strips 2-1/4x2-inches.
- 2 Add salt to boiling water. Slowly add spaghetti while stirring constantly until water boils again. Cook spaghetti in water until tender, about 10 to 12 minutes, stirring occasionally. Do not over cook. Drain thoroughly.
- 3 Spray steam-jacketed kettle or tilt fry pan with non-stick cooking spray. Cook beef 3 to 4 minutes or until beef begins to lose red color, stirring constantly.
- 4 Add onions and peppers; cook 4 minutes or until beef is done and vegetables are tender-crisp, stirring constantly. CCP: Internal temperature of beef must reach 145 F. or higher for 15 seconds.
- 5 Combine water, soy sauce, garlic powder, ginger, and pepper. Add to meat mixture. Stir to distribute seasonings.
- 6 Add spaghetti and green onions; stir until thoroughly mixed. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

**Notes**

- 1 In Step 1, 18 pounds 12 ounces of ready-to-use beef cut for fajitas may be used per 100 portions. Cut into 2-inch pieces.



**HAMBURGER YAKISOBA (GROUND BEEF)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
393 cal	24 g	35 g	16 g	106 mg	813 mg	28 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SPAGHETTI NOODLES, DRY	6 lbs	1 gal 2-1/2 qts	
WATER, BOILING	33-1/2 lbs	4 gal	
SALT	1-1/4 oz	2 tbsp	
BEEF, GROUND, BULK, RAW, 90% LEAN	30 lbs		
PEPPERS, GREEN, FRESH, JULIENNE	5-1/4 lbs	1 gal	6-3/8 lbs
ONIONS, FRESH, CHOPPED	4-1/4 lbs	3 qts	4-3/4 lbs
SOY SAUCE	1-1/4 lbs	2 cup	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	3/4 oz	2-2/3 tbsp	
GINGER, GROUND	3/4 oz	1/4 cup 1/3 tbsp	
PEPPER, BLACK, GROUND	1/3 oz	1 tbsp	
WATER	4-1/8 lbs	2 qts	
ONIONS, GREEN, FRESH, SLICED	12-1/3 oz	3-1/2 cup	13-3/4 oz

**Method**

- 1 Cook spaghetti in salted water until tender, 10 to 12 minutes.
- 2 Cook beef in steam-jacketed kettle or stock pot until beef loses its pink color, stirring to break apart. Drain and skim off excess fat.
- 3 Combine beef with onions, peppers, soy sauce, salt, garlic powder, ginger, and pepper. Cook until onions are tender, about 10 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 4 Add water, green onions, and spaghetti. Mix thoroughly. Heat to serving temperature. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## TURKEY YAKISOBA

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
315 cal	24 g	31 g	10 g	90 mg	871 mg	47 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SPAGHETTI NOODLES, DRY	6 lbs	1 gal 2-1/2 qts	
WATER, BOILING	33-1/2 lbs	4 gal	
SALT	1-1/4 oz	2 tbsp	
TURKEY, GROUND, 90% LEAN, RAW	32 lbs		
ONIONS, FRESH, CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
PEPPERS, GREEN, FRESH, CHOPPED	5-1/4 lbs	1 gal	6-3/8 lbs
SOY SAUCE	1-1/4 lbs	2 cup	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	3/4 oz	2-2/3 tbsp	
GINGER, GROUND	3/4 oz	1/4 cup 1/3 tbsp	
PEPPER, BLACK, GROUND	1/3 oz	1 tbsp	
WATER	4-1/8 lbs	2 qts	
ONIONS, GREEN, FRESH, CHOPPED	12-1/3 oz	3-1/2 cup	13-3/4 oz

**Method**

- 1 Cook spaghetti in salted water until tender, 10 to 12 minutes.
- 2 Cook turkey in steam-jacketed kettle or stock pot until turkey loses its pink color, stirring to break apart. Drain and skim off excess fat.
- 3 Combine turkey with onions, peppers, soy sauce, salt, garlic powder, ginger, and pepper. Cook until onions are tender, about 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Add water, green onions, and spaghetti. Mix thoroughly. Heat to serving temperature. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## ENCHILADAS (GROUND BEEF)

Yield 100

Portion 2 Enchiladas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
440 cal	34 g	27 g	22 g	83 mg	690 mg	246 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FLOUR,WHEAT,GENERAL PURPOSE	1-1/4 lbs	1 qts 1/2 cup	
SHORTENING	1 lbs	2-1/4 cup	
TOMATO PASTE,CANNED	2-1/4 lbs	3-7/8 cup	
CHILI POWDER,DARK,GROUND	4-1/2 oz	1 cup	
CUMIN,GROUND	1 oz	1/4 cup 2/3 tbsp	
BEEF BROTH		2 qts 1-1/4 cup	
PEPPER,BLACK,GROUND	<1/16th oz	1/8 tsp	
BEEF,GROUND,BULK,RAW,90% LEAN	18 lbs		
ONIONS,FRESH,CHOPPED	2-1/2 lbs	1 qts 3-1/8 cup	2-3/4 lbs
CHILI POWDER,DARK,GROUND	4-1/4 oz	1 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,RED,GROUND	1/2 oz	2-2/3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
TORTILLAS,CORN,6 INCH	11-1/2 lbs	200 each	
CHEESE,CHEDDAR,SHREDDED	4 lbs	1 gal	
ONIONS,FRESH,CHOPPED	1-7/8 lbs	1 qts 1-3/8 cup	2-1/8 lbs

**Method**

- 1 Blend together melted shortening or salad oil and sifted general purpose flour until smooth. Cook at low heat 2 minutes. Add canned tomato paste, chili powder, ground cumin; blend well.
- 2 Prepare beef broth following package directions. Add stock to roux, stirring constantly. Bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly. Add pepper. Stir to blend.
- 3 Cook beef until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 4 Add 2 quarts gravy, onions, chili powder, salt, red pepper, and garlic powder to beef. Blend well. CCP: Hold at 140 F. or higher for use in Step 7. Spread 2 cups gravy in each pan.
- 5 Wrap tortillas in foil; place in 150 F. oven or in a warmer for 15 minutes or until warm and pliable.
- 6 Place 3 tablespoons meat filling in center of each tortilla. Roll tightly around filling; place seam-side down in pan, 50 per pan.
- 7 Pour 1-1/4 quarts gravy evenly over enchiladas in each pan.
- 8 Using a convection oven, bake 18-20 minutes in 325 F. oven or until thoroughly heated. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Remove from oven.
- 9 Sprinkle 1 quart cheese and 1-1/3 cups onions over enchiladas in each pan.
- 10 Heat in oven 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher for 15 seconds.

**ENCHILADAS (FROZEN)**

**Yield** 100

**Portion** 2 Enchiladas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
416 cal	37 g	19 g	22 g	51 mg	1669 mg	347 mg

**Ingredient**

ENCHILADAS,FROZEN  
 CHEESE,CHEDDAR,LOWFAT,SHREDDED  
 ONIONS,FRESH,CHOPPED

**Weight**

50 lbs  
 4 lbs  
 2-1/8 lbs

**Measure**

1 gal  
 1 qts 2 cup

**Issue**

2-1/3 lbs

**Method**

- 1 Follow manufacturer's directions on container for heating frozen enchiladas. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Sprinkle an equal quantity of cheese and onions over enchiladas in each sheet pan. Using a convection oven, bake 3 minutes at 300 F. on high fan, closed vent to melt cheese. CCP: Hold at 140 F. or higher for service.

## ENCHILADAS (GROUND TURKEY)

Yield 100

Portion 2 Enchiladas

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	22 g	23 g	18 g	70 mg	692 mg	213 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FLOUR,WHEAT,GENERAL PURPOSE	1-1/4 lbs	1 qts 1/2 cup	
SHORTENING	1 lbs	2-1/4 cup	
TOMATO PASTE,CANNED	2-1/4 lbs	3-7/8 cup	
CHILI POWDER,DARK,GROUND	4-1/2 oz	1 cup	
CUMIN,GROUND	1 oz	1/4 cup 2/3 tbsp	
CHICKEN BROTH		2 qts 1-1/4 cup	
PEPPER,BLACK,GROUND	<1/16th oz	1/8 tsp	
TURKEY,GROUND,90% LEAN,RAW	18 lbs		
ONIONS,FRESH,CHOPPED	2-1/2 lbs	1 qts 3-1/8 cup	2-3/4 lbs
CHILI POWDER,DARK,GROUND	4-1/4 oz	1 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,RED,GROUND	1/2 oz	2-2/3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
TORTILLAS,CORN,6 INCH	5-3/4 lbs	100 each	
CHEESE,CHEDDAR,SHREDDED	4 lbs	1 gal	
ONIONS,FRESH,CHOPPED	1-7/8 lbs	1 qts 1-3/8 cup	2-1/8 lbs

**Method**

- 1 Blend together melted shortening or salad oil and sifted general purpose flour until smooth. Cook at low heat 2 minutes. Add canned tomato paste, chili powder, ground cumin; blend well.
- 2 Prepare chicken broth following package directions. Add stock to roux, stirring constantly. Bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly. Add pepper. Stir to blend.
- 3 Cook turkey until turkey loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 4 Add 2 quarts gravy, onions, chili powder, salt, red pepper, and garlic powder to turkey. Blend well. CCP: Hold at 140 F. or higher for use in Step 7. Spread 2 cups gravy in each pan.
- 5 Wrap tortillas in foil; place in 150 F. oven or in a warmer for 15 minutes or until warm and pliable.
- 6 Place 3 tablespoons meat filling in center of each tortilla. Roll tightly around filling; place seam-side down in pan, 50 per pan.
- 7 Pour 1-1/4 quarts gravy evenly over enchiladas in each pan.
- 8 Using a convection oven, bake 18-20 minutes in 325 F. oven or until thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Remove from oven.
- 9 Sprinkle 1 quart cheese and 1-1/3 cups onions over enchiladas in each pan.
- 10 Heat in oven 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.

**CREOLE MACARONI (GROUND BEEF)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
267 cal	32 g	18 g	8 g	43 mg	869 mg	69 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	12-1/2 lbs	1 gal 2 qts	
TOMATO PASTE,CANNED	7-3/4 lbs	3 qts 1-1/2 cup	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-3/4 lbs
ONIONS,FRESH,CHOPPED	1-1/4 lbs	3-1/2 cup	1-3/8 lbs
SUGAR,GRANULATED	5-1/4 oz	3/4 cup	
SALT	3-3/8 oz	1/4 cup 1-2/3 tbsp	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	3/8 oz	2-2/3 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
MACARONI NOODLES,ELBOW,DRY	6 lbs	1 gal 2-1/2 qts	
SALT	1 oz	1 tbsp	
WATER,BOILING	33-1/2 lbs	4 gal	
BEEF,GROUND,BULK,RAW,90% LEAN	11 lbs		
CHEESE,AMERICAN,SHREDED	1 lbs	1 qts	

**Method**

- 1 Combine water, tomato paste, tomatoes, peppers, onions, sugar, salt, black pepper, garlic powder, basil, red pepper, and thyme in steam-jacketed kettle or stock pot. Mix well; bring to a boil; reduce heat; cover; simmer 10 to 15 minutes or until thickened.
- 2 Add macaroni to salted water; bring to a boil stirring constantly. Cook 10 minutes, stirring occasionally; drain well. Do not overcook.
- 3 Brown beef until beef loses its pink color. Drain or skim off excess fat.
- 4 Combine beef, tomato sauce mixture, and macaroni. Mix well.
- 5 Pour about 8-1/4 quarts macaroni mixture in each pan.
- 6 Sprinkle 1-1/3 cups cheese over macaroni mixture in each pan.
- 7 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent or until mixture is bubbling and cheese is melted. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREOLE MACARONI (GROUND TURKEY)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
242 cal	32 g	16 g	6 g	38 mg	646 mg	77 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	12-1/2 lbs	1 gal 2 qts	
TOMATO PASTE,CANNED	8-1/8 lbs	3 qts 2 cup	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-3/4 lbs
ONIONS,FRESH,CHOPPED	1-3/8 lbs	1 qts	1-5/8 lbs
SUGAR,GRANULATED	5-1/4 oz	3/4 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	1/2 oz	3 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
MACARONI NOODLES,ELBOW,DRY	6 lbs	1 gal 2-1/2 qts	
WATER,BOILING	33-1/2 lbs	4 gal	
SALT	1 oz	1 tbsp	
TURKEY,GROUND,90% LEAN,RAW	12 lbs		
CHEESE,AMERICAN,SHREDED	1 lbs	1 qts	

**Method**

- 1 Combine water, tomato paste, tomatoes, peppers, onions, sugar, salt, black pepper, garlic powder, basil, red pepper, and thyme in steam-jacketed kettle or stock pot. Mix well; bring to a boil; reduce heat; cover; simmer 10 to 15 minutes or until thickened.
- 2 Add macaroni to salted water; bring to a boil stirring constantly. Cook 10 minutes, stirring occasionally; drain well. Do not overcook.
- 3 Brown turkey until turkey loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 4 Combine turkey, tomato sauce mixture, and macaroni. Mix well.
- 5 Pour about 8-1/4 quarts macaroni mixture in each pan.
- 6 Sprinkle 1-1/3 cups cheese over macaroni mixture in each pan.
- 7 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent or until mixture is bubbling and cheese is melted. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## HUNGARIAN GOULASH

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
382 cal	37 g	30 g	12 g	104 mg	637 mg	40 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	10-1/2 lbs	1 gal 1 qts	
ONIONS,FRESH,CHOPPED	7-1/2 lbs	1 gal 1-1/3 qts	8-1/3 lbs
PAPRIKA,GROUND	3-7/8 oz	1 cup	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
WATER,COLD	2-1/8 lbs	1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
WATER,BOILING	100-1/3 lbs	12 gal	
NOODLES,EGG	9 lbs	6 gal 2-7/8 qts	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Place beef, hot water, onions, paprika, salt, garlic powder, pepper and thyme in steam jacketed kettle. Bring to a boil. Reduce heat; cover; simmer about 2 hours or until beef is tender. Skim excess fat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Combine cold water and flour to make a smooth mixture. Stir in beef mixture until well blended. Return to boil; reduce heat; cook 10 minutes or until thickened. CCP: Hold for service at 140 F. or higher.
- 3 Add noodles to boiling salted water, while stirring constantly. Cook 8-10 minutes. Stir occasionally. Do not overcook. Drain thoroughly.
- 4 Serve 3/4 cup (6 oz) goulash with 1 cup noodles.



SAUERBRATEN

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
467 cal	19 g	36 g	27 g	114 mg	491 mg	51 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,POT ROAST,RAW	40 lbs		
WATER	15-2/3 lbs	1 gal 3-1/2 qts	
VINEGAR,DISTILLED	9-3/8 lbs	1 gal 1/2 qts	
SUGAR,BROWN,PACKED	1-1/4 lbs	1 qts	
SALT	3 oz	1/4 cup 1 tbsp	
MUSTARD,DRY	4 oz	1/2 cup 2 tbsp	
CLOVES,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	3/8 oz	12 each	
ONIONS,FRESH,CHOPPED	4 lbs	2 qts 3-3/8 cup	4-1/2 lbs
CARROTS,FRESH,SLICED	3-1/8 lbs	2 qts 3-1/8 cup	3-3/4 lbs
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
RESERVED LIQUID	27-1/8 lbs	3 gal 1 qts	
COOKIES,GINGERSNAPS,CRUSHED	2 lbs		

**Method**

- 1 Place roasts in a steam-jacketed kettle or stock pot.
- 2 Combine water, vinegar, sugar, salt, mustard flour, cloves, pepper, garlic, bay leaves, onions, carrots and celery.
- 3 Pour mixture over beef; bring to a boil; cover. Simmer 3-1/2 to 4 hours or until tender; turn roasts every hour. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Remove beef and bay leaves. Reserve 3-1/4 gallons marinade. Let beef stand 20 minutes; slice 1/8-inch thick. Arrange 50 portions in each steam table pan.
- 5 Bring marinade to a boil; add cookie crumbs, simmer until crumbs are dissolved, stirring constantly. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 6 Pour 6-1/2 quarts gravy over beef in each pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 5, a mixture of 1 pound 8 ounces or 1-1/2 quarts flour and 1 quart water may be used for thickening instead of cookie crumbs.

**GLAZED HAM LOAF**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
297 cal	8 g	28 g	16 g	114 mg	1126 mg	47 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MILK,NONFAT,DRY	3 oz	1-1/4 cup	
WATER	3-1/2 lbs	1 qts 2-5/8 cup	
BREAD,WHITE,SLICED	1-1/2 lbs	1 gal 1 qts	
ONIONS,FRESH,CHOPPED	1-1/3 lbs	3-3/4 cup	1-1/2 lbs
EGGS,WHOLE,FROZEN	1-3/4 lbs	3-1/4 cup	
PORK,HAM,CURED,GROUND	18 lbs	3 gal 3/8 qts	
PORK,GROUND,RAW	12 lbs		
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
SUGAR,BROWN,PACKED	10-7/8 oz	2-1/8 cup	
MUSTARD,DRY	3-1/8 oz	1/2 cup	
VINEGAR,DISTILLED	12-1/2 oz	1-1/2 cup	

**Method**

- 1 Reconstitute milk in mixer bowl.
- 2 Add bread; mix to moisten; let stand 5 minutes; mix until smooth.
- 3 Add onions, eggs, ham, pork and pepper. Mix at medium speed until well blended.
- 4 Shape into 8-4 pound 14 ounce loaves; place 4 loaves, crosswise, in each roasting pan.
- 5 Combine brown sugar, mustard flour and vinegar. Blend well. Spoon 6 tablespoons mixture over each loaf.
- 6 Bake 1-1/2 hours at 350 F.; baste each loaf with brown sugar mixture at least twice during a cooking period. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Remove excess liquid. Cool slightly. Cut 13 slices per loaf. CCP: Hold for service at 140 F. or higher.

## SCALLOPED HAM AND NOODLES

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
238 cal	18 g	22 g	8 g	61 mg	1208 mg	71 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
NOODLES,EGG	3 lbs	2 gal 1 qts	
WATER,BOILING	33-1/2 lbs	4 gal	
HAM,CANNED,CHUNKS	20 lbs		
MILK,NONFAT,DRY	14-3/8 oz	1 qts 2 cup	
WATER,WARM	15-2/3 lbs	1 gal 3-1/2 qts	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
ONIONS,FRESH,CHOPPED	1-5/8 lbs	1 qts 5/8 cup	1-3/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
BUTTER,MELTED	3 oz	1/4 cup 2-1/3 tbsp	
BREADCRUMBS,DRY,GROUND,FINE	7-5/8 oz	2 cup	
PAPRIKA,GROUND	1/8 oz	1/4 tsp	

**Method**

- 1 Cook noodles in boiling salted water 8 to 10 minutes until tender. Drain.
- 2 Drain ham chunks, cut into bite-sized pieces. Reserve 2 qt ham juices.
- 3 Reconstitute milk in warm water; add reserved ham juices and mustard powder. Heat. DO NOT BOIL.
- 4 Blend flour and cold water stirring to make a slurry. Add slurry to hot milk and ham juices stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently.
- 5 Stir onions, peppers, ham and noodles into thickened sauce. Cover; reduce heat; simmer 5 minutes.
- 6 Pour 1-2/3 gallons of ham and noodle mixture evenly into each ungreased pan.
- 7 Combine bread crumbs, paprika and butter or margarine. Sprinkle crumb mixture evenly over ham and noodles in each pan.
- 8 Sprinkle crumb mixture over each pan.
- 9 Using a convection oven, bake 20 minutes or until lightly browned at 325 F. on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 1, 6 pounds of macaroni may be used.

**BAKED HAM**

**Yield** 100

**Portion** 3 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
172 cal	0 g	22 g	9 g	57 mg	1446 mg	8 mg

**Ingredient**

HAM,COOKED,BONELESS

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Split casing; peel from ham; place hams in pans.
- 2 Insert meat thermometer into center of ham. DO NOT ADD WATER; DO NOT COVER.
- 3 Using a convection oven, bake 2 hours uncovered at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let stand 20 minutes before slicing.

**GRILLED HAM STEAK**

**Yield** 100

**Portion** 3 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
174 cal	0 g	22 g	9 g	57 mg	1446 mg	8 mg

**Ingredient**

HAM,COOKED,BONELESS  
SHORTENING

**Weight**

25 lbs  
7/8 oz

**Measure**

2 tbsp

**Issue**

**Method**

- 1 Slice ham into 4 ounce steaks.
- 2 Cut edge of each steak in several places to prevent curling. Grill ham on lightly greased 350 F. griddle about 1-1/2 minutes on each side or until browned. Remove fat from griddle as it accumulates. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BARBECUED HAM STEAK**

**Yield** 100

**Portion** 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
224 cal	13 g	22 g	9 g	57 mg	1567 mg	19 mg

**Ingredient**

HAM,COOKED,BONELESS  
 SHORTENING  
 SUGAR,GRANULATED  
 CHILI POWDER,DARK,GROUND  
 CLOVES,GROUND  
 ALLSPICE,GROUND  
 PEPPER,RED,GROUND  
 MUSTARD,PREPARED  
 TOMATO PASTE,CANNED  
 VINEGAR,DISTILLED  
 ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED

**Weight**

25 lbs  
 7/8 oz  
 2 lbs  
 1-5/8 oz  
 1/2 oz  
 3/8 oz  
 1/4 oz  
 13-1/4 oz  
 2 lbs  
 3-1/8 lbs  
 8-1/2 oz  
 6-1/3 oz

**Measure**

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

**Issue**

9-1/2 oz  
 8-2/3 oz

**Method**

- 1 Split casing; peel from hams. Cut hams into steaks weighing about 4 ounces each.
- 2 Grill 1-1/2 minutes on each side on a lightly greased 350 F. griddle. Place steaks, overlapping, in pans. CCP: Hold for service at 140 F. or higher.
- 3 Combine sugar, chili powder, cloves, allspice, red pepper, mustard, tomato paste, vinegar, onions and celery. Bring to a boil; reduce heat; simmer 15 minutes.
- 4 Pour 2 quarts sauce over steaks in each pan. Cover.
- 5 Bake at 300 F. for 15 minutes or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Serve sauce with steaks. CCP: Hold for service at 140 F. or higher.

**BARBECUED HAM STEAK CANNED HAM**

**Yield** 100

**Portion** 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
224 cal	13 g	22 g	9 g	57 mg	1567 mg	19 mg

**Ingredient**

HAM,CANNED,CHUNKS  
 SHORTENING  
 SUGAR,GRANULATED  
 CHILI POWDER,DARK,GROUND  
 CLOVES,GROUND  
 ALLSPICE,GROUND  
 PEPPER,RED,GROUND  
 MUSTARD,PREPARED  
 TOMATO PASTE,CANNED  
 VINEGAR,DISTILLED  
 ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED

**Weight**

25 lbs  
 7/8 oz  
 2 lbs  
 1-5/8 oz  
 1/2 oz  
 3/8 oz  
 1/4 oz  
 13-1/4 oz  
 2 lbs  
 3-1/8 lbs  
 8-1/2 oz  
 6-1/3 oz

**Measure**

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

**Issue**

9-1/2 oz  
 8-2/3 oz

**Method**

- 1 Cut ham into 3 ounce steaks.
- 2 Grill 1-1/2 minutes on each side on a lightly greased 350 F. griddle. Place steaks, overlapping, in pans.
- 3 Combine sugar, chili powder, cloves, allspice, red pepper, mustard, tomato paste, vinegar, onions and celery. Bring to a boil; reduce heat; simmer 15 minutes.
- 4 Pour 2 quarts sauce over steaks in each pan. Cover.
- 5 Bake at 300 F. for 15 minutes or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Serve sauce with steaks. CCP: Hold for service at 140 F. or higher.

**BAKED CANNED HAM**

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
184 cal	3 g	22 g	9 g	57 mg	1447 mg	11 mg

**Ingredient**

HAM,CANNED,COOKED  
 SUGAR,BROWN,PACKED  
 VINEGAR,DISTILLED  
 CLOVES,GROUND

**Weight**

25 lbs  
 10-7/8 oz  
 4-1/8 oz  
 1/4 oz

**Measure**

2-1/8 cup  
 1/2 cup  
 1 tbsp

**Issue****Method**

- 1 Remove wrapping. Place hams in roasting pans.
- 2 Score ham with knife 1/8-inch deep in diamond shape pattern, allowing 1 inch between scores. Insert meat thermometer in center of ham.
- 3 Using a convection oven, bake uncovered on high fan, closed vent, at 300 F. for 1 hour.
- 4 Combine sugar, vinegar and ground cloves. Spread mixture evenly over hams in pan.
- 5 Bake uncovered 30 to 40 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Let stand 20 minutes before slicing. Slice about 1/8-inch thick. CCP: Hold for service at 140 F. or higher.



**BAKED HAM STEAK (CANNED HAM)**

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
184 cal	3 g	22 g	9 g	57 mg	1447 mg	11 mg

**Ingredient**

HAM,CANNED,COOKED  
 SUGAR,BROWN,PACKED  
 VINEGAR,DISTILLED  
 CLOVES,GROUND

**Weight**

25 lbs  
 10-7/8 oz  
 4-1/8 oz  
 1/4 oz

**Measure**

2-1/8 cup  
 1/2 cup  
 1 tbsp

**Issue****Method**

- 1 Slice ham into 4 ounce steaks about 1/4-inch thick.
- 2 Overlap steaks in roasting pans.
- 3 Combine sugar, vinegar, and ground cloves. Spread mixture evenly over steaks in each pan.
- 4 Using a convection oven, bake at 325 F. for 30 minutes 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.

**GRILLED HAM STEAK (CANNED HAM)**

**Yield** 100

**Portion** 3 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
178 cal	3 g	17 g	10 g	55 mg	1269 mg	7 mg

**Ingredient**

HAM,COOKED,SLICED  
SHORTENING

**Weight**

25 lbs  
7/8 oz

**Measure**

4 gal 1-7/8 qts  
2 tbsp

**Issue**

**Method**

- 1 Slice ham into 100 slices.
- 2 Grill ham on lightly greased 350 F. griddle 1-1/2 minutes on each side or until browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**GRILLED HAM SLICE (CANNED HAM)**

**Yield** 100

**Portion** 2-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
140 cal	0 g	17 g	7 g	45 mg	1157 mg	6 mg

**Ingredient**

HAM,CANNED,COOKED  
SHORTENING

**Weight**

20 lbs  
7/8 oz

**Measure**

2 tbsp

**Issue**

**Method**

- 1 Slice ham into about 3-1/4 ounce slices. Grill ham on a lightly greased 350 F. griddle about 1 minute on each side. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED HAM, MACARONI, AND TOMATOES (CANNED HAM)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
258 cal	25 g	16 g	11 g	36 mg	947 mg	130 mg

**Ingredient**

MACARONI NOODLES,ELBOW,DRY  
 SALT  
 WATER,BOILING  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 MUSHROOMS,CANNED,DRAINED  
 GARLIC POWDER  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 SUGAR,GRANULATED  
 OREGANO,CRUSHED  
 OIL,SALAD  
 HAM,CANNED,COOKED,DICED  
 CHEESE,AMERICAN,SHREDDED

**Weight**

4-1/2 lbs  
 1 oz  
 25-1/8 lbs  
 4-1/4 lbs  
 2 lbs  
 2 lbs  
 1/4 oz  
 19-7/8 lbs  
 2-1/4 oz  
 1/4 oz  
 7-2/3 oz  
 10 lbs  
 3 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Add macaroni slowly to boiling, salted water; stir occasionally, until water returns to a boil. Boil 10 to 12 minutes. Drain. Use in Step 5.
- 2 Sautee onions, peppers, mushrooms and garlic in salad oil or shortening until tender.
- 3 Combine sauteed vegetables, tomatoes, sugar, and oregano. Bring to a boil; reduce heat; simmer 10 minutes.
- 4 Combine ham, vegetables and macaroni.
- 5 Place about 1-1/2 gallons in each steam table pan.
- 6 Bake 25 minutes at 350 F. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Sprinkle 3 cups cheese evenly over mixture in each pan. Bake 10 minutes or until cheese is lightly browned. CCP: Hold for service at 140 F. or higher.

**BAKED LUNCHEON MEAT, MACARONI, AND CHEESE**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
350 cal	26 g	13 g	22 g	38 mg	955 mg	131 mg

**Ingredient**

MACARONI NOODLES,ELBOW,DRY  
 SALT  
 WATER,BOILING  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 MUSHROOMS,CANNED,DRAINED  
 OIL,SALAD  
 GARLIC POWDER  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 SUGAR,GRANULATED  
 OREGANO,CRUSHED  
 LUNCHEON MEAT,CANNED  
 CHEESE,AMERICAN,SHREDDED

**Weight**

4-1/2 lbs  
 1 oz  
 25-1/8 lbs  
 4-1/4 lbs  
 2 lbs  
 2 lbs  
 7-2/3 oz  
 1/4 oz  
 19-7/8 lbs  
 2-1/4 oz  
 1/4 oz  
 10 lbs  
 3 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Add macaroni slowly to boiling salted water; stir occasionally, until water returns to a boil. Boil 10 to 15 minutes. Drain.
- 2 Saute onions, peppers, mushrooms and garlic in salad oil or shortening until tender.
- 3 Combine sauteed vegetables, tomatoes, sugar, and oregano. Bring to a boil; reduce heat; simmer 10 minutes.
- 4 Combine luncheon meat, vegetables and macaroni.
- 5 Place about 1-1/2 gallons in each steam table pan.
- 6 Bake 25 minutes at 350 F. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Sprinkle 3 cups cheese evenly over mixture in each pan. Bake 10 minutes or until cheese is lightly browned. CCP: Hold for service at 140 F. or higher.

**BAKED HAM, MACARONI AND TOMATOES (CANNED CHUNKS)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
327 cal	25 g	25 g	14 g	58 mg	1525 mg	133 mg

**Ingredient**

MACARONI NOODLES,ELBOW,DRY  
 SALT  
 WATER,BOILING  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 MUSHROOMS,CANNED,DRAINED  
 OIL,SALAD  
 GARLIC POWDER  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 SUGAR,GRANULATED  
 OREGANO,CRUSHED  
 HAM,CANNED,COOKED,DICED  
 CHEESE,AMERICAN,SHREDDED

**Weight**

4-1/2 lbs  
 1 oz  
 25-1/8 lbs  
 4-1/4 lbs  
 2 lbs  
 2 lbs  
 7-2/3 oz  
 1/4 oz  
 19-7/8 lbs  
 2-1/4 oz  
 1/4 oz  
 20 lbs  
 3 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Add macaroni slowly to boiling salted water; stir occasionally, until water returns to a boil. Boil 10 to 15 minutes. Drain. Use in Step 5.
- 2 Saute onions, peppers, mushrooms and garlic in salad oil or shortening until tender.
- 3 Combine vegetables, tomatoes, sugar, and oregano. Bring to a boil; reduce heat; simmer 10 minutes.
- 4 Combine drained, canned ham chunks, vegetables and macaroni.
- 5 Place about 1-1/2 gallons in each steam table pan.
- 6 Bake 25 minutes at 350 F. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Sprinkle 3 cups cheese evenly over mixture in each pan. Bake 10 minutes or until cheese is lightly browned. CCP: Hold for service at 140 F. or higher.

SCALLOPED HAM AND POTATOES (CANNED HAM)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
335 cal	12 g	23 g	21 g	86 mg	1363 mg	153 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
HAM,CANNED,CHUNKS	20 lbs		
POTATO,WHITE,DEHYDRATED,DICED	3-1/2 lbs		
WATER	23 lbs	2 gal 3 qts	
MILK,NONFAT,DRY	1-1/3 lbs	2 qts 5/8 cup	
WATER,WARM	5-1/4 lbs	2 qts 2 cup	
RESERVED STOCK	2-5/8 lbs	1 qts 1 cup	
BUTTER,MELTED	3 lbs	1 qts 2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-2/3 lbs	1 qts 2 cup	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
CHEESE,CHEDDAR,SHREDDED	2 lbs	2 qts	

**Method**

- 1 Drain ham chunks. Reserve 1-1/4 quart of liquid for use in Step 3. Cut ham into bite-sized pieces; use in Step 6.
- 2 Add potatoes to water. Cover. Bring quickly to a boil; simmer 15 minutes. Drain; set aside for use in Step 6.
- 3 Reconstitute milk. Add reserved stock; heat to just below boiling. DO NOT BOIL.
- 4 Blend butter or margarine and flour together until smooth. Add to hot milk, stirring constantly.
- 5 Add onions; simmer sauce 5 minutes or until thickened.
- 6 Combine ham, potatoes, and sauce. Place 6-1/4 quarts ham-potato mixture in each pan.
- 7 Bake 25 minutes at 350 F. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Sprinkle 2 cups cheese evenly over mixture in each steam table pan.
- 9 Bake an additional 10 minutes or until cheese is lightly browned. CCP: Hold for service at 140 F. or higher.

**CHILIES RELLENOS**

**Yield** 100

**Portion** 1 Serving

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
278 cal	27 g	7 g	17 g	15 mg	582 mg	148 mg

**Ingredient**

CHILIES RELLENOS,FROZEN,4 OZ

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Put Chilies Rellenos in basket in single layer to prevent overcooking and bursting of filling.
- 2 Fry 5 minutes at 350 F. or until golden brown. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.



**BROCCOLI, CHEESE, AND RICE**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
317 cal	28 g	15 g	17 g	35 mg	718 mg	346 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	3-5/8 lbs	2 qts 3/4 cup	
WATER	9-3/8 lbs	1 gal 1/2 qts	
ONIONS, FRESH, CHOPPED	2-2/3 lbs	1 qts 3-1/2 cup	3 lbs
SALT	7/8 oz	1 tbsp	
MILK, NONFAT, DRY	7-3/4 oz	3-1/4 cup	
WATER, WARM	8-1/3 lbs	1 gal	
SOUP, CONDENSED, CREAM OF MUSHROOM	9-1/2 lbs	1 gal 1/3 qts	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER, BLACK, GROUND	1/2 oz	2 tbsp	
OREGANO, CRUSHED	1/2 oz	3 tbsp	
BROCCOLI, FROZEN, SPEARS, THAWED, 1/2"	26-7/8 lbs	4 gal 3-1/2 qts	
CHEESE, AMERICAN	8 lbs	2 gal <1/16th qts	
MARGARINE, MELTED	8 oz	1 cup	
BREADCRUMBS, DRY, GROUND, FINE	1 lbs	1 qts	

**Method**

- 1 Combine rice, water, onions, and salt in steam-jacketed kettle or stock pot; bring to a boil. Stir occasionally.
- 2 Cover tightly; reduce heat; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Reconstitute milk. Blend in soup, garlic powder, pepper, and oregano. Combine with rice mixture, stirring well. Bring to a boil stirring constantly.
- 4 Add broccoli; bring to a boil, stirring constantly; simmer 5 minutes or until broccoli is almost tender.
- 5 Reduce heat; add cheese, stirring constantly until cheese is melted.
- 6 Pour 5-1/2 quarts mixture into each steam table pan.
- 7 Combine butter or margarine and bread crumbs. Mix well. Sprinkle 4-1/2 ounces or 1-1/2 cups crumbs evenly over each pan.
- 8 Using a convection oven, bake on high fan, closed vent 15 to 20 minutes at 350 F. or until sauce is bubbly and crumbs are lightly browned. DO NOT OVERBAKE. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 1, 4 pounds of parboiled brown rice may be used per 100 portions. Cook 30-35 minutes or until most of the water is absorbed.

**BEEF MANICOTTI (CANNELLONI)**

Yield 100

Portion 2 Shells

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
588 cal	63 g	27 g	26 g	63 mg	1037 mg	212 mg

**Ingredient**

SAUCE,PIZZA,CANNED

MANICOTTI,BEEF,W/O SAUCE,FROZEN

**Weight**

36-1/8 lbs

46-7/8 lbs

**Measure**

3 gal 3 qts

**Issue**

**Method**

- 1 Spread 1-1/2 cups pizza sauce in thin layer over bottom of each steam table pan.
- 2 Place 20 frozen manicotti in each pan.
- 3 Pour 4-1/2 cups pizza sauce over each pan to cover manicotti.
- 4 Cover pans.
- 5 Using a convection oven, bake 30 minutes on high fan, closed vent at 350 F. Remove cover; bake 5 minutes longer. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHEESE MANICOTTI**

Yield 100

Portion 2 Shells

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
307 cal	34 g	16 g	12 g	37 mg	1132 mg	344 mg

**Ingredient**

SAUCE,PIZZA,CANNED

MANICOTTI,CHEESE,W/O SAUCE,FROZEN

**Weight**

36-1/8 lbs

46-7/8 lbs

**Measure**

3 gal 3 qts

**Issue****Method**

- 1 Spread 1-1/2 cups pizza sauce in thin layer over bottom of each steam table pan.
- 2 Place 20 frozen manicotti in each pan.
- 3 Pour 4-1/2 cups pizza sauce over each pan to cover manicotti.
- 4 Cover pans.
- 5 Using a convection oven, bake 30 minutes on high fan, closed vent at 350 F. Remove cover; bake 5 minutes longer. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## SAVORY ROAST LAMB

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
333 cal	1 g	37 g	19 g	122 mg	92 mg	29 mg

**Ingredient**

LAMB,LEG,BONELESS  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND  
 OREGANO,CRUSHED  
 VINEGAR,DISTILLED  
 OIL,SALAD

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place roasts fat side up in pans. Combine garlic, oregano, paprika, pepper, vinegar and salad oil. Refrigerate 2 hours; turn occasionally. DO NOT ADD WATER; DO NOT COVER.
- 2 Roast 3 to 4 hours at 325 F. Insert meat thermometer after 2 hours of cooking; continue to roast until the thermometer registers the desired degree of doneness. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Let roasts stand 20 minutes. Remove string or netting before slicing. CCP: Hold for service at 140 F. or higher.

**CHICKEN ADOBO (8 PC)**

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
321 cal	14 g	41 g	11 g	119 mg	1091 mg	36 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 VINEGAR,DISTILLED  
 WATER  
 SOY SAUCE  
 GINGER,GROUND  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 COOKING SPRAY,NONSTICK  
 CHICKEN BROTH  
 PEPPERS,GREEN,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 SUGAR,GRANULATED  
 WATER,COLD  
 CORNSTARCH

**Weight**

82 lbs  
 5-1/4 lbs  
 12-1/2 lbs  
 2-7/8 lbs  
 2 oz  
 7/8 oz  
 5/8 oz  
 2-1/8 oz  
  
 4-3/8 lbs  
 3-1/2 lbs  
 10-5/8 oz  
 3-2/3 lbs  
 1-1/4 lbs

**Measure**

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

**Issue**

5-3/8 lbs  
 3-7/8 lbs

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place approximately 22 pounds chicken in each roasting pan; cover.
- 2 Combine vinegar, water, soy sauce, ginger, pepper, and garlic powder; stir to blend.
- 3 Ladle 3 quarts marinade over chicken in each pan. CCP: Cover; marinate under refrigeration at 41 F. or lower for 45 minutes, turning once.
- 4 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 7.
- 5 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 6 Using a convection oven, bake for 40 minutes on 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer chicken to steam table pans. CCP: Hold at 140 F. or higher for use in Step 9.
- 7 Combine marinade, broth, peppers, onions and sugar in a steam-jacketed kettle or stockpot. Bring to a boil. Cover, reduce heat; simmer 8-10 minutes until tender.
- 8 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to broth and vegetable mixture. Bring to a boil. Cover, reduce heat; simmer 3 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 9 Pour 2-3/4 quarts sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**SWEET AND SOUR PORK CHOPS**

**Yield** 100

**Portion** 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
355 cal	18 g	29 g	18 g	81 mg	126 mg	12 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 VINEGAR,DISTILLED  
 SOY SAUCE  
 RESERVED LIQUID  
 SUGAR,GRANULATED  
 GINGER,GROUND  
 PEPPERS,GREEN,FRESH,JULIENNE  
 CORNSTARCH  
 WATER  
 PORK CHOP,BONELESS,5 OZ  
 COOKING SPRAY,NONSTICK

**Weight**

6-5/8 lbs  
 1-2/3 lbs  
 5-1/8 oz  
 4-1/8 lbs  
 2-1/4 lbs  
 1/4 oz  
 1-1/4 lbs  
 7-7/8 oz  
 1-5/8 lbs  
 31-1/4 lbs  
 2 oz

**Measure**

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

**Issue**

1-1/2 lbs

**Method**

- 1 Drain pineapple; reserve juice for Step 2; reserve pineapple for use in Step 3.
- 2 Combine vinegar, soy sauce, reserved pineapple juice and water, sugar and ginger. Bring to a boil; reduce heat; simmer 5 minutes.
- 3 Add pineapple and peppers to sauce. Bring to a boil; reduce heat; simmer 5 minutes or until peppers are almost tender, stirring constantly.
- 4 Dissolve cornstarch in water; stir until smooth. Add to sauce, stirring constantly. Cook until thick and clear. Keep hot for Step 6.
- 5 Brown chops 11 minutes on each side on 375 F. griddle. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 CCP: Hold for service at 140 F. or higher. Serve with 1/4 cup sauce.

## SWEET AND SOUR CHICKEN (8 PC)

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
351 cal	23 g	39 g	10 g	119 mg	198 mg	26 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN, 8 PC CUT, SKIN REMOVED	82 lbs		
COOKING SPRAY, NONSTICK	2-1/8 oz	1/4 cup 2/3 tbsp	
PINEAPPLE, CANNED, CHUNKS, JUICE PACK, INCL LIQUIDS	5-1/4 lbs	2 qts 1-1/2 cup	
RESERVED LIQUID	4-1/8 lbs	2 qts	
SUGAR, GRANULATED	2-1/4 lbs	1 qts 1 cup	
VINEGAR, DISTILLED	1-2/3 lbs	3-1/4 cup	
SOY SAUCE	5-1/8 oz	1/2 cup	
GINGER, GROUND	3/8 oz	2 tbsp	
PEPPERS, GREEN, FRESH, JULIENNE	2 lbs	1 qts 2 cup	2-3/8 lbs
CORNSTARCH	2 lbs	1 qts 3 cup	
WATER, COLD	1-5/8 lbs	3 cup	

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well.
- 2 Lightly spray chicken with cooking spray. Place chicken on lightly sprayed sheet pan.
- 3 Using a convection oven, bake 40 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for use in Step 8.
- 4 Drain pineapple. Reserve juice.
- 5 Combine reserved pineapple juice, sugar, vinegar, soy sauce and ginger in steam-jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 5 minutes.
- 6 Add pineapple and peppers to sauce. Bring to a boil; reduce heat; simmer 5 minutes or until peppers are almost tender, stirring constantly.
- 7 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 8 Transfer chicken to steam table pans. Pour sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**SWEET AND SOUR CHICKEN (COOKED DICED)**

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
420 cal	68 g	25 g	6 g	73 mg	398 mg	35 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 RESERVED LIQUID  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 SOY SAUCE  
 GINGER,GROUND  
 PEPPERS,GREEN,FRESH,JULIENNE  
 CORNSTARCH  
 WATER,COLD  
 CHICKEN,COOKED,DICED

**Weight**

20-7/8 lbs  
 16-3/4 lbs  
 8-7/8 lbs  
 6-3/4 lbs  
 1-1/4 lbs  
 1-1/2 oz  
 7-7/8 lbs  
 2 lbs  
 6-1/4 lbs  
 18 lbs

**Measure**

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

**Issue**

9-5/8 lbs

**Method**

- 1 Drain pineapple.
- 2 Combine reserved pineapple juice, sugar, vinegar, soy sauce and ginger in steam-jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 5 minutes.
- 3 Add pineapple and peppers to sauce. Bring to a boil; reduce heat; simmer 5 minutes or until peppers are almost tender, stirring constantly.
- 4 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 5 Stir chicken gently into thickened sauce. Cover; reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Pour sweet and sour chicken into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.



## PORK CHOP SUEY

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
384 cal	23 g	32 g	18 g	98 mg	859 mg	58 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PORK CUBES,RAW	32 lbs		
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GINGER,GROUND	<1/16th oz	1/8 tsp	
WATER	10-1/2 lbs	1 gal 1 qts	
SOY SAUCE	2-1/2 lbs	1 qts	
MOLASSES	5-3/4 oz	1/2 cup	
ONIONS,FRESH,SLICED	12-1/8 lbs	2 gal 4 qts	13-1/2 lbs
CELERY,FRESH,SLICED	8-1/2 lbs	2 gal <1/16th qts	11-5/8 lbs
CABBAGE,GREEN,FRESH,WEDGED	4-1/3 lbs	1 gal 3 qts	5-3/8 lbs
CORNSTARCH	1 lbs	3-3/4 cup	
WATER	4-1/8 lbs	2 qts	
BEAN SPROUTS,CANNED,DRAINED	3-1/8 lbs	1 gal 1-3/4 qts	
NOODLES,CHOW MEIN,CANNED	3-5/8 lbs	2 gal 1 qts	

**Method**

- 1 Brown pork in steam-jacketed kettle or stock pot.
- 2 Sprinkle pork with pepper and ginger.
- 3 Add water, soy sauce, and molasses; bring to a boil; cover; simmer 1 hour or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Add onions, celery and cabbage to pork mixture; mix well; cover; bring to a boil; reduce heat; simmer 10 minutes.
- 5 Combine cornstarch and water. Stir slowly into hot mixture, stirring constantly. Cook 3 to 5 minutes or until thickened.
- 6 Add bean sprouts; mix well; bring to a simmer. CCP: Hold for service at 140 F. or higher.
- 7 Serve with 1/3 cup chow mein noodles and steamed rice.

**SHRIMP CHOP SUEY**

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
221 cal	23 g	19 g	6 g	140 mg	1640 mg	79 mg

**Ingredient**

SHRIMP,FROZEN,RAW,PEELED,DEVEINED  
 WATER,BOILING  
 RESERVED LIQUID  
 ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 CABBAGE,GREEN,FRESH,SHREDDED  
 SOY SAUCE  
 MOLASSES  
 SALT  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 GINGER,GROUND  
 CORNSTARCH  
 WATER  
 NOODLES,CHOW MEIN,CANNED  
 BEAN SPROUTS,CANNED,DRAINED

**Weight**

20 lbs  
 25-1/8 lbs  
 20-7/8 lbs  
 10-1/8 lbs  
 9-1/2 lbs  
 3-1/3 lbs  
 3-3/4 lbs  
 5-3/4 oz  
 3-3/8 oz  
 1/4 oz  
 1/8 oz  
 <1/16th oz  
 1-1/8 lbs  
 4-1/8 lbs  
 3-5/8 lbs  
 6-3/4 lbs

**Measure**

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

**Issue**

11-1/4 lbs  
 13 lbs  
 4-1/8 lbs

**Method**

- 1 Place shrimp in boiling water; cover; return to boil. Reduce heat; simmer 3 to 5 minutes. Immediately remove shrimp from cooking liquid and rinse in cold water or ice bath for 2 minutes. Drain shrimp. Reserve shrimp cooking liquid for use in Step 2. CCP: Refrigerate shrimp at 41 F. for use in Step 4.
- 2 Combine cooking liquid, onions, celery, cabbage, soy sauce, molasses, salt, garlic powder, pepper, and ginger. Bring to a boil; reduce heat; simmer, covered, for 10 minutes, stirring occasionally until vegetables are tender-crisp. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Combine cornstarch and water. Stir to make a smooth slurry. Add slurry to hot mixture, stirring constantly. Bring to a boil. Cook gently 3 to 5 minutes, stirring occasionally.
- 4 Add shrimp and bean sprouts; mix well. Simmer 2 to 3 minutes. CCP: Hold for service at 140 F. or higher. Serve over chow mein noodles.

**ROAST PORK**

**Yield** 100

**Portion** 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
247 cal	0 g	27 g	14 g	81 mg	59 mg	20 mg

**Ingredient**

PORK,LOIN,BONELESS,RAW  
PEPPER,BLACK,GROUND

**Weight**

31-1/4 lbs  
7/8 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Place roasts, fat side up in pans without crowding. Sprinkle with pepper.
- 2 Insert meat thermometer in center of the thickest part of a roast. DO NOT ADD WATER. DO NOT COVER.
- 3 Using a convection oven, roast 1 1/2 hours to 2 hours at 325 F. on high fan, closed vent, depending on size of roasts. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let stand 20 minutes. Remove strings or netting before slicing. CCP: Hold for service at 140 F. or higher.

**ROAST PORK TENDERLOIN**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	0 g	30 g	6 g	93 mg	65 mg	6 mg

**Ingredient**

PORK, TENDERLOIN  
PEPPER,BLACK,GROUND

**Weight**

31-1/4 lbs  
7/8 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue****Method**

- 1 Tie roasts. Place roasts fat side up in roasting pans. Sprinkle with pepper.
- 2 Insert meat thermometer in center of the thickest part of a roast. DO NOT ADD WATER. DO NOT COVER.
- 3 Using a convection oven, roast 45 - 60 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.

**BARBECUED PORK LOIN**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
303 cal	14 g	28 g	15 g	81 mg	628 mg	39 mg

**Ingredient**

PORK,LOIN,BONELESS,RAW  
 PEPPER,BLACK,GROUND  
 BARBECUE SAUCE

**Weight**

31-1/4 lbs  
 7/8 oz

**Measure**

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

**Issue****Method**

- 1 Place roasts, fat side up in pans without crowding. Sprinkle with pepper.
- 2 Insert meat thermometer in center of the thickest part of a roast. DO NOT ADD WATER. DO NOT COVER.
- 3 Roast 2 to 4 hours at 325 F., depending on size of roasts. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let stand 20 minutes. Remove strings or netting before slicing.
- 5 Prepare Barbecue Sauce, Recipe No. O 002 00, or use prepared Barbecue Sauce.
- 6 Serve 1/4 cup hot Barbecue Sauce over pork. CCP: Hold for service at 140 F. or higher.

## SWEET AND SOUR PORK

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
348 cal	28 g	29 g	13 g	98 mg	329 mg	26 mg

**Ingredient**

BEAN SPROUTS,CANNED,INCL LIQUIDS  
 PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 RESERVED LIQUID  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 SOY SAUCE  
 GINGER,GROUND  
 GARLIC POWDER  
 PORK CUBES,RAW  
 CORNSTARCH  
 WATER  
 PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN

**Weight**

13 lbs  
 6-3/4 lbs  
 7-5/8 lbs  
 3-1/2 lbs  
 3-1/8 lbs  
 10-1/8 oz  
 2/3 oz  
 1/8 oz  
 32 lbs  
 14-2/3 oz  
 4-1/8 lbs  
 4 lbs

**Measure**

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

**Issue**

4-3/4 lbs

**Method**

- 1 Drain bean sprouts and pineapple; reserve juices for use in Step 2.
- 2 Combine reserved juices, sugar, vinegar, soy sauce, ginger and garlic. Blend well. Set aside for use in Step 4.
- 3 Cook pork in steam-jacketed kettle or stock pot about 10 minutes or until tender. DO NOT OVERCOOK. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Add soy sauce mixture to pork. Bring to a boil; reduce heat; simmer 3 minutes.
- 5 Dissolve cornstarch in water; stir until smooth. Add to pork mixture. Bring to boil; reduce heat; simmer 5 minutes or until thickened, stirring constantly.
- 6 Add green peppers, pineapple and bean sprouts. Bring to a boil; reduce heat; cook 5 minutes. CCP: Hold for service at 140 F. or higher. Serve with steamed rice.

## CREOLE PORK CHOPS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
326 cal	9 g	31 g	18 g	81 mg	282 mg	33 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PORK CHOP,BONELESS,5 OZ	31-1/4 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
TOMATO PASTE,CANNED	1 lbs	1-3/4 cup	
ONIONS,FRESH,CHOPPED	1-5/8 lbs	1 qts 5/8 cup	1-3/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
CELERY,FRESH,CHOPPED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops on griddle for 5 minutes on each side.
- 2 Place an equal number of chops in each pan.
- 3 Combine tomatoes, tomato paste, onions, peppers, celery, flour, Worcestershire sauce, sugar, salt and peppers.
- 4 Bring to a boil; stir well; reduce heat; cover; simmer 5 minutes or until thickened.
- 5 Pour about 3 quart sauce over chops in each pan. Cover.
- 6 Using a convection oven, bake 1-1/4 hours on high fan, closed vent or until tender in 325 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BARBECUED PORK CHOPS**

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
324 cal	6 g	30 g	19 g	81 mg	452 mg	15 mg

**Ingredient**

PORK CHOP,BONELESS,5 OZ  
 COOKING SPRAY,NONSTICK  
 SAUCE,BARBECUE

**Weight**

31-1/4 lbs  
 2 oz  
 11 lbs

**Measure**

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

**Issue****Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops at 375 F. griddle for 5 minutes on each side.
- 2 Place an equal number of chops in each steam table pan.
- 3 Heat prepared barbecue sauce.
- 4 Pour 6-1/2 cups sauce over chops in each pan. Cover pans.
- 5 Using a convection oven, bake 1-1/4 hours or until tender in 325 F. oven 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.



**BAKED STUFFED PORK CHOPS**

**Yield** 100

**Portion** 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
342 cal	10 g	31 g	19 g	91 mg	209 mg	29 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PORK CHOP,BONELESS,5 OZ	31-1/4 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
BREAD,WHITE,SLICED	3-2/3 lbs	3 gal	
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
SALT	5/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
SEASONING,POULTRY	1/4 oz	2 tbsp	
EGGS,WHOLE,FROZEN	8-5/8 oz	1 cup	
WATER	5-1/4 lbs	2 qts 2 cup	
PEPPERS,GREEN,FRESH,RINGS	4 lbs	3 qts 1/8 cup	4-7/8 lbs
WATER	2-5/8 lbs	1 qts 1 cup	

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops on griddle for 5 minutes on each side.
- 2 Place 20 chops in each steam table pan.
- 3 Combine bread, onions, salt, pepper, poultry seasoning, eggs, and water; mix lightly but thoroughly.
- 4 Place 1 pepper ring on each chop; top with 1/4 cup bread mixture.
- 5 Pour 1 cup water in each pan.
- 6 Using a convection oven, bake 40-45 minutes on high fan, closed vent or until tender in 325 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**PORK CHOPS WITH APPLE RINGS**

**Yield** 100

**Portion** 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
315 cal	7 g	29 g	18 g	81 mg	45 mg	8 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PORK CHOP,BONELESS,5 OZ	31-1/4 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
APPLES,COOKING,FRESH,UNPEELED	7 lbs	25 each	8-1/4 lbs
SUGAR,GRANULATED	8-7/8 oz	1-1/4 cup	
WATER	2-5/8 lbs	1 qts 1 cup	

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops on griddle for 6 minutes on each side.
- 2 Place 20 chops in each steam table pan.
- 3 Core apples; slice crosswise into rings 1/2-inch thick, 4 rings per apple.
- 4 Place 1 ring on each chop; sprinkle about 1/4 cup sugar over apples in each pan.
- 5 Pour 2-1/2 cups water in each pan.
- 6 Using a convection oven, bake 18 to 20 minutes at 325 F. oven or until apples are tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BRAISED PORK CHOPS**

**Yield** 100

**Portion** 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
286 cal	0 g	29 g	18 g	81 mg	184 mg	6 mg

**Ingredient**

PORK CHOP,BONELESS,5 OZ  
 COOKING SPRAY,NONSTICK  
 SALT  
 PEPPER,BLACK,GROUND  
 WATER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops on griddle for 5 minutes on each side.
- 2 Sprinkle mixture of salt and pepper evenly over pork chops.
- 3 Place an equal quantity of chops in each steam table pan.
- 4 Pour 3 cups water in each pan. Cover.
- 5 Using a convection oven, bake in 325 F. oven for 1-1/4 hours or until done 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.

**GRILLED PORK CHOPS**

**Yield** 100

**Portion** 3 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
286 cal	0 g	29 g	18 g	81 mg	44 mg	6 mg

**Ingredient**

PORK CHOP,BONELESS,5 OZ  
COOKING SPRAY,NONSTICK

**Weight**

31-1/4 lbs  
2 oz

**Measure**

1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Grill chops on griddle 11 minutes on each side or until browned and thoroughly cooked. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**PORK CHOPS WITH MUSHROOM GRAVY**

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
344 cal	6 g	30 g	21 g	81 mg	343 mg	18 mg

**Ingredient**

PORK CHOP,BONELESS,5 OZ  
 COOKING SPRAY,NONSTICK  
 PEPPER,BLACK,GROUND  
 SOUP,CONDENSED,CREAM OF MUSHROOM  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER

**Weight**

31-1/4 lbs  
 2 oz  
 1/8 oz  
 9-1/2 lbs  
 13-1/4 oz  
 3-2/3 lbs

**Measure**

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

**Issue****Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops on griddle for 5 minutes on each side.
- 2 Place an equal quantity of chops in each steam table pan.
- 3 Combine pepper, soup, and flour. Mix well. Add water; bring to a boil, stirring constantly.
- 4 Pour 2 quarts gravy over chops in each pan. Cover.
- 5 Using a convection oven, bake in 325 F. oven for 1-1/4 hours on high fan, closed vent or until done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREOLE PORK STEAKS (FROZEN BREADED PORK STEAKS)**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
409 cal	29 g	25 g	22 g	114 mg	484 mg	81 mg

**Ingredient**

CREOLE SAUCE  
PORK,STEAK,BREADED,FROZEN

**Weight**

35 lbs

**Measure**

2 gal

**Issue**

**Method**

- 1 Prepare 1 recipe Creole Sauce, Recipe No. O 005 00 per 100 portions.
- 2 Deep fat fry at 350 F. pork steak 7 to 8 minutes or until done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Drain well in basket or on absorbent paper. Place on sheet pans. CCP: Hold for service at 140 F. or higher.
- 4 Serve 1/3 cup of sauce with each steak.

**Notes**

- 1 For oven method, bake in a 325 F. convection oven for 20 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**BREADED PORK STEAKS (FROZEN)**

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
509 cal	31 g	33 g	27 g	163 mg	401 mg	77 mg

**Ingredient**

PORK,STEAK,BREADED,FROZEN

**Weight**

35 lbs

**Measure**

**Issue**

**Method**

- 1 Deep fat fry at 350 F. pork steak 7 to 8 minutes or until done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain in basket or on absorbent paper. Place on pans. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 For oven method, bake at 325 F. in a convection oven, for 20 minutes on high fan, and closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**PORK SCHNITZEL (FROZEN BREADED PORK STEAKS)**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
371 cal	23 g	24 g	20 g	114 mg	281 mg	63 mg

**Ingredient**

PORK,STEAK,BREADED,FROZEN  
LEMONS,FRESH

**Weight**

35 lbs  
3-1/2 lbs

**Measure**

9 each

**Issue**

**Method**

- 1 Deep fat fry at 350 F. pork steak 7 to 8 minutes or until done CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or on absorbent paper. Place on sheet pans. CCP: Hold for service at 140 F. or higher.
- 3 Remove ends of lemons. Cut 11 to 12 slices per lemon. Serve 1 lemon slice with each steak.

**Notes**

- 1 For oven method, bake in 325 F. convection oven for 20 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.



PORK CHOPS MEXICANA

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
319 cal	7 g	30 g	19 g	81 mg	376 mg	22 mg

**Ingredient**

PORK CHOP,BONELESS,5 OZ  
 COOKING SPRAY,NONSTICK  
 WATER  
 CATSUP,TOMATO,CANNED  
 SOY SAUCE  
 VINEGAR,DISTILLED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CHILI POWDER,DARK,GROUND  
 PAPRIKA,GROUND  
 GARLIC POWDER  
 SUGAR,GRANULATED  
 MUSTARD,DRY

**Weight**

31-1/4 lbs  
 2 oz  
 4-2/3 lbs  
 2-7/8 lbs  
 10-1/8 oz  
 1 lbs  
 1-3/4 lbs  
 14-1/2 oz  
 6-1/3 oz  
 1-1/2 oz  
 3/8 oz  
 7/8 oz  
 3-1/8 oz

**Measure**

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

**Issue**

2 lbs  
 1-1/8 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Brown chops 5 minutes on both sides on 375 F. griddle.
- 2 Place an equal number of chops in each steam table pan.
- 3 Combine water, catsup, soy sauce, vinegar, onions, peppers, chili powder, paprika, garlic, sugar, and mustard flour; mix thoroughly. Bring to boil; reduce heat; cover; simmer 5 minutes.
- 4 Pour 2 quarts mixture over chops in each pan.
- 5 Bake in 375 F. oven for 1-3/4 to 2 hours or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Skim excess fat from sauce; serve sauce over chops. CCP: Hold for service at 140 F. or higher.

**GRILLED POLISH SAUSAGE**

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
202 cal	1 g	9 g	18 g	43 mg	544 mg	7 mg

**Ingredient**

SAUSAGE,POLISH,PORK,RAW

**Weight**

18-3/4 lbs

**Measure****Issue****Method**

- 1 Cut sausage into 3 ounce pieces or cut diagonally in 1/2-inch thick slices.
- 2 Grill until thoroughly cooked and browned. Turn frequently to ensure even browning. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Sausage may be simmered. Pierce each sausage. Cover with water in a steam jacketed kettle or stock pot. Cover; bring to a boil; reduce heat; simmer 10 minutes. Drain, leaving enough water to cover bottom of container.

**BAKED ITALIAN SAUSAGE (HOT OR SWEET)**

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	1 g	12 g	16 g	48 mg	573 mg	15 mg

**Ingredient**

SAUSAGE,ITALIAN,SWEET,RAW  
WATER

**Weight**

18-3/4 lbs  
1 lbs

**Measure**

2 cup

**Issue**

**Method**

- 1 Place Italian sausage links in single layers on sheet pans. Pierce each sausage.
- 2 Pour 1 cup hot water over sausages in each pan. Cover; bake in 400 F. oven 20 minutes.
- 3 Remove cover; bake 15 minutes or until browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**GRILLED FRANKFURTERS**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
290 cal	2 g	10 g	26 g	45 mg	1016 mg	10 mg

**Ingredient**

FRANKFURTERS

**Weight**

20 lbs

**Measure**

**Issue**

**Method**

- 1 Pierce each frankfurter before grilling.
- 2 Grill until thoroughly cooked and browned. Turn frequently to ensure even browning. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Frankfurters may be simmered. Pierce each frankfurter. Cover with water in a steam jacketed kettle or stock pot. Cover; bring to a boil; 10 minutes. Drain, leaving enough water to cover bottom of container.

**GRILLED BRATWURST**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
256 cal	2 g	12 g	22 g	51 mg	474 mg	37 mg

**Ingredient**

BRATWURST

**Weight**

18-3/4 lbs

**Measure**

**Issue**

**Method**

- 1 Pierce each bratwurst before grilling.
- 2 Grill until thoroughly cooked and browned. Turn frequently to ensure even browning. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SIMMERED KNOCKWURST**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
279 cal	2 g	11 g	25 g	53 mg	916 mg	10 mg

**Ingredient**

KNOCKWURST,3 OZ

**Weight**

20 lbs

**Measure**

**Issue**

**Method**

- 1 Pierce each knockwurst; cover with water in steam-jacketed kettle or stock pot. Cover. Bring to a boil; reduce heat; simmer 10 minutes.
- 2 Drain, leaving enough water to cover bottom of container. Keep hot until served. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**GRILLED SAUSAGE PATTIES**

**Yield** 100

**Portion** 2 Patties

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
197 cal	0 g	10 g	17 g	44 mg	690 mg	17 mg

**Ingredient**

SAUSAGE,PORK,RAW

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Slice sausage into 2 ounce patties.
- 2 Grill 12 minutes or until patties are browned and well done. Turn frequently to ensure even browning. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Patties may be baked in a 350 F. oven for 25 minutes or until well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**GRILLED SAUSAGE PATTIES (PREFORMED)**

Yield 100

Portion 1 Patty

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
147 cal	0 g	8 g	12 g	33 mg	517 mg	13 mg

**Ingredient**

SAUSAGE PATTY,PORK,RAW,3 OZ

**Weight**

18-3/4 lbs

**Measure****Issue****Method**

- 1 Use frozen preformed pork sausage patties.
- 2 Grill 7 minutes or until well done. Turn frequently to ensure even browning. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Patties may be baked at 325 F. in convection oven, for 7 minutes on low fan. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**GRILLED SAUSAGE LINKS (COOKED PORK AND BEEF)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
176 cal	1 g	6 g	16 g	38 mg	461 mg	5 mg

**Ingredient**

SAUSAGE,PORK AND BEEF,SMOKED

**Weight**

12 lbs

**Measure****Issue****Method**

- 1 Heat sausage on griddle about 5 minutes.
- 2 Turn frequently to ensure even browning. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Sausages may be baked in a 400 F. oven for 10 minutes or until heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BARBECUED SPARERIBS**

**Yield** 100

**Portion** 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
594 cal	16 g	40 g	41 g	161 mg	1022 mg	81 mg

**Ingredient**

PORK,SPARERIBS,FROZEN,RAW  
 WATER  
 SAUCE,CHILI  
 CATSUP  
 WORCESTERSHIRE SAUCE  
 MUSTARD,PREPARED  
 VINEGAR,DISTILLED  
 SALT  
 PEPPER,BLACK,GROUND  
 PEPPER,RED,GROUND

**Weight**

75 lbs  
 33-1/2 lbs  
 2-1/8 lbs  
 11-1/8 lbs  
 14-7/8 oz  
 6-5/8 oz  
 1-1/3 lbs  
 1-7/8 oz  
 2/3 oz  
 1/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Cut ribs into serving size portions 10 to 12 ounces raw weight total or 2 to 4 ribs. Place ribs in steam-jacketed kettle or stock pot.
- 2 Cover with water; bring to a boil; reduce heat; simmer 45 minutes or until tender. Drain ribs.
- 3 Combine chili sauce, catsup, Worcestershire sauce, mustard, vinegar, salt, black and red pepper; bring to a boil. Reduce heat; simmer 5 minutes.
- 4 Dip ribs in sauce to coat well. Overlap ribs in rows fat side up, in pans.
- 5 Pour remaining sauce evenly over ribs in each steam table pan; cover pans.
- 6 Bake 1 hour in 325 F. oven, uncover pans; bake 30 minutes longer. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Skim off excess fat before serving. CCP: Hold for service at 140 F. or higher.

**BRAISED SPARERIBS**

**Yield** 100

**Portion** 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
536 cal	2 g	39 g	40 g	161 mg	451 mg	68 mg

**Ingredient**

PORK,SPARERIBS,FROZEN,RAW  
 ONIONS,FRESH,CHOPPED  
 SALT  
 PEPPER,BLACK,GROUND  
 WATER

**Weight**

75 lbs  
 5-1/4 lbs  
 3 oz  
 1/2 oz  
 6-1/4 lbs

**Measure**

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

**Issue**

5-7/8 lbs

**Method**

- 1 Cut ribs into 10 to 12 ounce portions, about 2 to 4 ribs. Overlap ribs in rows, fat side up, in pans. Using a convection oven, bake at 375 F. for 20 minutes on high fan, open vent or until golden brown.
- 2 Drain or skim off excess fat.
- 3 Sprinkle onions, salt and pepper over ribs. Add water to cover bottom of each pan. Cover.
- 4 Using convection oven, bake at 300 F. for 2 hours on low fan, closed vent until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SPARERIBS AND SAUERKRAUT**

**Yield** 100

**Portion** 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
548 cal	5 g	40 g	40 g	161 mg	865 mg	96 mg

**Ingredient**

PORK,SPARERIBS,FROZEN,RAW

PEPPER,BLACK,GROUND

SAUERKRAUT,SHREDDED,CANNED,DRAINED

**Weight**

75 lbs

1/4 oz

24-3/4 lbs

**Measure**

1 tbsp

4 gal 3-3/4 qts

**Issue**

**Method**

- 1 Cut ribs into 10 to 12 ounce portions or 2 to 4 ribs. Overlap ribs in rows, fat side up, in pans. Bake at 400 F. for 30 minutes or until golden brown in roasting pans.
- 2 Drain or skim off excess fat.
- 3 Place sauerkraut and pepper over ribs in each pan. Cover.
- 4 Using a convection oven, bake at 325 F. 2 hours on low fan closed vent or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

SWEET AND SOUR SPARERIBS

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
607 cal	21 g	39 g	40 g	161 mg	294 mg	84 mg

**Ingredient**

PORK,SPARERIBS,FROZEN,RAW  
 WATER  
 CORNSTARCH  
 WATER  
 SUGAR,BROWN,PACKED  
 GINGER,GROUND  
 SOY SAUCE  
 VINEGAR,DISTILLED  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS

**Weight**

75 lbs  
 33-1/2 lbs  
 6 oz  
 3-1/8 lbs  
 1-7/8 lbs  
 1/2 oz  
 10-1/8 oz  
 4-1/8 lbs  
 1/8 oz  
 1/8 oz  
 13-1/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Cut ribs into serving size portions, 2 to 4 ribs, 10 to 12 ounces raw weight total. Place ribs in steam-jacketed kettle or stock pot.
- 2 Cover with water; bring to a boil; reduce heat; simmer 45 minutes or until tender.
- 3 Drain.
- 4 Dissolve cornstarch in water. Add sugar, ginger, soy sauce, vinegar, pepper, and garlic powder. Cook at medium heat until sauce thickens. Stir frequently.
- 5 Combine pineapple with sauce. Bring to a boil.
- 6 Overlap ribs in rows, fat side up, in pans. Pour sauce evenly over ribs in each pan.
- 7 Using convection oven, bake at 325 F., covered for 1 hour on high fan, closed vent; uncover; bake for 15 minutes longer. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Skim off excess fat before serving. CCP: Hold for service at 140 F. or higher.

**CANTONESE SPARERIBS**

**Yield** 100

**Portion** 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
585 cal	13 g	41 g	40 g	161 mg	1529 mg	72 mg

**Ingredient**

PORK,SPARERIBS,FROZEN,RAW  
 WATER  
 SOY SAUCE  
 SUGAR,GRANULATED  
 CATSUP

**Weight**

75 lbs  
 33-1/2 lbs  
 5-1/8 lbs  
 2 lbs  
 2-1/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Cut ribs into 10 to 12 ounce pieces, about 2 to 4 ribs. Place in stock pot or steam-jacketed kettle.
- 2 Cover with cold water; bring to a boil; cook 30 minutes. Drain.
- 3 Place ribs in stainless steel pan. Combine soy sauce, sugar, and catsup. Pour marinade over ribs; marinate at least 1 hour. CCP: Marinate under refrigeration at 41 F. or lower.
- 4 Remove ribs from marinade; place an equal quantity of ribs in each steam table pan.
- 5 Bake at 400 F. for 1-1/2 to 2 hours, basting ribs frequently with marinade. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**ROAST FRESH HAM**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
247 cal	0 g	31 g	12 g	82 mg	2082 mg	11 mg

**Ingredient**

PORK,HAM,FRESH,BONELESS,RAW

**Weight**

45 lbs

**Measure**

6 gal 7/8 qts

**Issue**

**Method**

- 1 Place hams in pans.
- 2 Insert meat thermometer into thickest part of ham. DO NOT ADD WATER. DO NOT COVER.
- 3 Using a convection oven, bake at 300 F. for 4 hours. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let stand 20 minutes. Remove string or netting before slicing. CCP: Hold for service at 140 F. or higher.

SHRIMP JAMBALAYA

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
352 cal	49 g	25 g	6 g	100 mg	1792 mg	132 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

SHRIMP,RAW,PEELED,DEVEINED	10 lbs		
COOKING SPRAY, NONSTICK	1-1/2 oz	3 tbsp	
ONIONS,FRESH,CHOPPED	12 lbs	2 gal 1/2 qts	13-1/3 lbs
CELERY,FRESH,CHOPPED	1-3/4 lbs	1 qts 2-5/8 cup	2-3/8 lbs
PEPPERS, GREEN,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
GARLIC POWDER	5/8 oz	2 tbsp	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	26-1/2 lbs	3 gal	
TOMATO PASTE,CANNED	1-1/2 lbs	2-1/2 cup	
SALT	1-7/8 oz	3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	3-1/8 oz	1-1/4 cup	
MARJORAM,SWEET,GROUND	1/3 oz	1/4 cup 1-2/3 tbsp	
THYME,FRESH	2/3 oz	1/2 cup	
OREGANO,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
BAY LEAF,FRESH	1/4 oz	8 each	
CHICKEN BROTH		2 gal	
RICE, LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
HAM,COOKED,BONELESS	13 lbs		

**Method**

- 1 Thoroughly rinse and drain shrimp. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 2 Lightly spray steam jacketed kettle or stockpot with nonstick cooking spray. Stir-cook onions, peppers, and celery in a steam-jacketed kettle or stock pot 8 to 10 minutes or until tender, stirring constantly.
- 3 Add tomatoes, chicken broth, tomato paste, basil, salt, marjoram, thyme, oregano, garlic powder, red pepper, and bay leaves to cooked vegetables. Stir to blend. Bring to a boil. Reduce heat; simmer 10 minutes.
- 4 Add ham and rice to sauce mixture. Stir to blend. Bring to a boil. Cover; reduce heat; simmer 30 minutes or until rice is tender, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Add shrimp to sauce and rice mixture. Stir to blend. Bring to a boil. Cover; reduce heat; simmer 6 to 8 minutes or until shrimp is just done. Do not overcook the shrimp. CCP: Internal temperature of the shrimp must reach 145 F. or higher for 15 seconds. Remove the bay leaves. CCP: Hold for service at 140 F. or higher.



**PORK ADOBO**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
262 cal	6 g	28 g	13 g	98 mg	325 mg	16 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PORK CUBES,RAW	32 lbs		
SOY SAUCE	1 lbs	1-1/2 cup	
VINEGAR,DISTILLED	2-1/8 lbs	1 qts	
GARLIC POWDER	1/8 oz	1/8 tsp	
GINGER,GROUND	3/4 oz	1/4 cup 1/3 tbsp	
BAY LEAF,FRESH	1/8 oz	4 each	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
CORNSTARCH	11-1/4 oz	2-1/2 cup	
WATER,COLD	2-1/8 lbs	1 qts	
ONIONS,FRESH,SLICED	3 lbs	2 qts 3-7/8 cup	3-1/3 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	4 lbs	3 qts 1/8 cup	4-7/8 lbs

**Method**

- 1 Place pork in steam jacketed kettle or stock pot.
- 2 Combine soy sauce, vinegar, garlic, ginger, bay leaves, and pepper. Pour over pork; mix well. Cover; bring to a boil; reduce heat; simmer 30 minutes. Skim off excess fat. Remove bay leaves.
- 3 Dissolve cornstarch in water; stir into pork mixture. Bring to a boil, reduce heat; cook 5 minutes or until thickened.
- 4 Add onions and peppers; cook until tender, about 20 minutes. CCP: Internal temperature of pork must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SIMMERED PORK HOCKS (HAM HOCKS)**

**Yield** 100

**Portion** 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
461 cal	1 g	33 g	35 g	94 mg	2171 mg	27 mg

**Ingredient**

PORK,HOCKS,(CURED & SMOKED),FROZEN  
 WATER,BOILING  
 SALT  
 BAY LEAF,FRESH  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 ONIONS,FRESH,QUARTERED

**Weight**

64 lbs  
 66-7/8 lbs  
 3-3/4 oz  
 1/3 oz  
 1/4 oz  
 2/3 oz  
 3 lbs

**Measure**

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

**Issue**

3-1/3 lbs

**Method**

- 1 Place frozen pork hocks in steam-jacketed kettle or stock pot. Add water, salt, bay leaves, garlic, pepper, and onions. Cover; bring to a boil; reduce heat; simmer 2-1/2 hours or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Place pork hocks in serving pans. Add enough cooking liquid to half cover pork hocks. Remove bay leaves before serving. CCP: Hold for service at 140 F. or higher.

ITALIAN STYLE VEAL STEAKS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
190 cal	9 g	13 g	12 g	39 mg	471 mg	46 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
VEAL, PATTY, UNBREADED	25 lbs		
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
BEEF BROTH		2 qts	
TOMATOES, CANNED, DICED, DRAINED	13-1/4 lbs	1 gal 2 qts	
PARSLEY, FRESH, BUNCH, CHOPPED	4 oz	1-7/8 cup	4-1/4 oz
SUGAR, GRANULATED	3-1/2 oz	1/2 cup	
SALT	1 oz	1 tbsp	
OREGANO, CRUSHED	1/3 oz	2 tbsp	
BASIL, SWEET, WHOLE, CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	

**Method**

- 1 Lightly spray griddle with cooking spray. Grill veal steaks 8 minutes.
- 2 Evenly shingle 25 veal steaks into each ungreased steam table pan.
- 3 Stir-cook peppers and onions in a lightly sprayed steam jacketed kettle or stock pot about 8 to 10 minutes, stirring constantly.
- 4 Add tomatoes, broth, parsley, sugar, salt, sweet basil, oregano and garlic powder to cooked vegetables; stir to blend. Mix well; bring to a boil. Reduce heat. Simmer 5 minutes.
- 5 Pour 2-1/4 quart sauce over steaks in each pan.
- 6 Using a convection oven, bake at 325 F. 20 minutes 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.

## VEAL PAPRIKA STEAK

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
229 cal	9 g	14 g	15 g	47 mg	659 mg	46 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
VEAL,PATTY,UNBREADED	25 lbs		
COOKING SPRAY,NONSTICK	3/4 oz	1 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,SLICED	4 lbs	3 qts 3-3/4 cup	4-1/2 lbs
BEEF BROTH		1 gal 1 qts	
PAPRIKA,GROUND	1-1/3 oz	1/4 cup 1-2/3 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
SALT	1-1/4 oz	2 tbsp	
WATER	2-1/8 lbs	1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
MUSHROOMS,CANNED,DRAINED	2-3/4 lbs	2 qts	
SOUR CREAM	4 lbs	2 qts	
PAPRIKA	3/4 oz	3 tbsp	

**Method**

- 1 Lightly spray griddle with cooking spray. Grill veal steaks for 8 minutes.
- 2 Shingle 25 veal steaks into each ungreased steam table pan.
- 3 Stir-cook onions in a lightly sprayed steam jacketed kettle or stock pot 8 to 10 minutes; stirring constantly.
- 4 Add broth, paprika, salt and garlic powder to cooked onions; stir to blend. Bring to a boil, reduce heat to a simmer.
- 5 Blend flour and water together; stir to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil; reduce heat; simmer 5 minutes or until thickened stirring constantly.
- 6 Stir chopped mushrooms into thickened gravy; heat to a simmer. Remove from heat.
- 7 Blend sour cream with 1 qt gravy. Combine remaining gravy. Mix well.
- 8 Pour 2-1/2 qt of mushroom/onion gravy over steaks in each pan. Sprinkle 2-1/4 tsp paprika over steaks in each pan.
- 9 Cover; using a convection oven, bake at 325 F. 20 minutes or until thoroughly heated 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.

## VEAL PARMESAN

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
416 cal	17 g	28 g	26 g	109 mg	747 mg	146 mg

**Ingredient**

TOMATO SAUCE  
 VEAL, STEAKS, BREADED, FROZEN  
 CHEESE, MOZZARELLA, SLICED  
 CHEESE, PARMESAN, GRATED

**Weight**

37-1/2 lbs  
 3-1/8 lbs  
 7 oz

**Measure**

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

**Issue****Method**

- 1 Prepare 1 recipe Tomato Sauce, Recipe No. O 015 00 per 100 portions. Keep hot.
- 2 Place steaks on sheet pans. Using convection oven, bake at 400 F. for 10 minutes on high fan, closed vent. Turn steaks. Bake 6-8 minutes or until thoroughly heated and browned on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher.
- 3 Cut mozzarella cheese slices in half. Place 1/2 slice cheese on each steak.
- 4 Pour 1-1/4 quarts sauce over steaks in each pan.
- 5 Sprinkle about 6 tablespoons parmesan cheese over steaks in each pan.
- 6 Using convection oven, bake at 325 F. 6-8 minutes or until cheese is melted. Hold for service at 140 F. or higher.

## VEAL STEAK

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
358 cal	10 g	24 g	24 g	96 mg	383 mg	36 mg

**Ingredient**

VEAL,STEAKS,BREADED,FROZEN

**Weight**

37-1/2 lbs

**Measure****Issue****Method**

- 1 Deep fry veal steaks at 350 F. about 5 minutes or until golden brown.
- 2 CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**JAEGERSCHNITZEL**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
408 cal	17 g	25 g	26 g	99 mg	850 mg	45 mg

**Ingredient**

BUTTER,MELTED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 MUSHROOMS,CANNED,DRAINED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 PARSLEY,DEHYDRATED,FLAKED  
 BROWN GRAVY  
 TOMATO PASTE,CANNED  
 VEAL,STEAKS,BREADED,FROZEN

**Weight**

4 oz  
 1-1/4 lbs  
 3-1/2 lbs  
 7 oz  
 1/8 oz  
 1/4 oz  
 1/2 oz  
 11-1/2 oz  
 37-1/2 lbs

**Measure**

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

**Issue**

1-1/2 lbs

**Method**

- 1 Saute peppers, mushrooms, pimientos and garlic in butter or margarine 3 minutes. Add pepper and parsley. Cook 2 minutes.
- 2 Prepare 1 recipe Brown Gravy per 100 portions, Recipe No. O 016 00. Add tomato paste; mix well. Bring to boil, stirring constantly.
- 3 Add gravy mixture to mushroom mixture. Stir. CCP: Hold at 140 F. or higher for use in Step 5.
- 4 Place veal steaks on sheet pans. Using a convection oven, bake for 10 minutes at 400 F. high fan, closed vent. Turn steaks; bake 6-8 minutes or until thoroughly heated and browned on high fan, closed vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 5 Serve each steak with 1/4 cup hot mushroom sauce. CCP: Hold for service at 140 F. or higher.

VEAL CUBES PARMESAN

Yield 100

Portion 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
276 cal	6 g	29 g	15 g	114 mg	568 mg	89 mg

**Ingredient**

VEAL,ROAST,BONELESS,THAWED,DICED  
 ONIONS,FRESH,CHOPPED  
 SALT  
 SUGAR,GRANULATED  
 PEPPER,RED,GROUND  
 GARLIC POWDER  
 OREGANO,CRUSHED  
 BASIL,SWEET,WHOLE,CRUSHED  
 TOMATO PASTE,CANNED  
 WATER  
 CHEESE,PARMESAN,GRATED

**Weight**

30 lbs  
 2-1/8 lbs  
 1-7/8 oz  
 1-3/4 oz  
 <1/16th oz  
 1/8 oz  
 1/8 oz  
 1/8 oz  
 5 lbs  
 18-3/4 lbs  
 14-1/8 oz

**Measure**

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

**Issue**

2-1/3 lbs

**Method**

- 1 Brown veal in steam-jacketed kettle. Drain or skim off excess fat.
- 2 Add onions; saute until tender.
- 3 Mix salt, sugar, red pepper, garlic, oregano, basil, tomato paste, and water. Add to veal; bring to a boil. Reduce heat; cover; simmer 1 hour 15 minutes or until veal is tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place 4-1/4 quarts of veal mixture in each steam table pan.
- 5 Sprinkle 1 cup cheese over mixture in each pan. CCP: Hold for service at 140 F. or higher.



**ROAST VEAL**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
296 cal	0 g	34 g	17 g	140 mg	127 mg	26 mg

**Ingredient**

VEAL,ROAST,BONELESS,RAW  
PEPPER,BLACK,GROUND

**Weight**

38 lbs  
1/2 oz

**Measure**

2 tbsp

**Issue**

**Method**

- 1 Place roasts fat side up in pans without crowding. Sprinkle roasts with pepper.
- 2 Insert meat thermometer into roasts. DO NOT ADD WATER; DO NOT COVER.
- 3 Using a convection oven, bake at 325 F. 3-1/2 hours on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let stand 20 minutes. Remove netting before slicing. CCP: Hold for service at 140 F. or higher.

**ROAST VEAL WITH HERBS**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
296 cal	0 g	34 g	17 g	140 mg	127 mg	29 mg

**Ingredient**

VEAL,ROAST,BONELESS,RAW  
 PEPPER,BLACK,GROUND  
 THYME,GROUND  
 GARLIC POWDER  
 TARRAGON,GROUND  
 DILL WEED,DRIED

**Weight**

38 lbs  
 1/3 oz  
 1/4 oz  
 1/8 oz  
 1/8 oz  
 1/8 oz

**Measure**

1 tbsp  
 1 tbsp  
 1/4 tsp  
 1 tbsp  
 1 tbsp

**Issue**

**Method**

- 1 Place roasts fat side up in pans. Rub roasts with pepper, ground thyme, garlic powder, ground tarragon and dill weed.
- 2 Insert meat thermometer into roasts. DO NOT ADD WATER; DO NOT COVER.
- 3 Using a convection oven, roast at 325 F. 3-1/2 hours on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Let stand 20 minutes. Remove netting before slicing. CCP: Hold for service at 140 F. or higher.

**BRAISED LIVER WITH ONIONS**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
268 cal	15 g	22 g	13 g	326 mg	480 mg	17 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 BEEF, LIVER, RAW, SLICED, 4 OZ  
 FLOUR, WHEAT, GENERAL PURPOSE  
 SALT  
 PEPPER, BLACK, GROUND  
 PAPRIKA, GROUND  
 SHORTENING  
 ONIONS, FRESH, SLICED  
 WATER

**Weight**

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

**Measure**

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

**Issue**

8-7/8 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Dredge liver in mixture of flour, salt, pepper, and paprika; shake off excess. Brown on a 375 F. griddle.
- 2 Overlap about 50 slices in each pan.
- 3 Saute onions in shortening or salad oil until tender; spread an equal quantity over liver in each pan.
- 4 Pour hot water over liver and onions in each roasting pan; cover.
- 5 Bake 30 minutes in 350 F. oven or until liver is fork-tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**GRILLED LIVER**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
182 cal	12 g	22 g	5 g	326 mg	478 mg	9 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 BEEF, LIVER, RAW, SLICED, 4 OZ  
 FLOUR, WHEAT, GENERAL PURPOSE  
 SALT  
 PEPPER, BLACK, GROUND  
 PAPRIKA, GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Dredge liver in mixture of flour, salt, pepper, and paprika; shake off excess. Brown evenly on both sides on a 375 F. griddle. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

**BREADED LIVER**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
337 cal	20 g	24 g	18 g	357 mg	552 mg	29 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 BEEF,LIVER,RAW,SLICED,4 OZ  
 BREADCRUMBS,DRY,GROUND,FINE  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 SHORTENING

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk; add eggs.
- 2 Dip liver in milk and egg mixture. Drain.
- 3 Dredge liver in mixture of crumbs, flour, salt and pepper; shake off excess.
- 4 Brown slices on lightly greased griddle about 5 minutes per side at 375 F. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 CCP: Hold for service at 140 F. or higher.

**BREADED LIVER WITH ONION AND MUSHROOM GRAVY**

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
414 cal	25 g	25 g	23 g	357 mg	917 mg	33 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 BEEF,LIVER,RAW,SLICED,4 OZ  
 BREADCRUMBS,DRY,GROUND,FINE  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 SHORTENING  
 ONION AND MUSHROOM GRAVY

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Reconstitute milk; add eggs.
- 2 Dip liver in milk and egg mixture. Drain.
- 3 Dredge liver in mixture of crumbs, flour, salt and pepper; shake off excess.
- 4 Brown slices on lightly greased 375 F. griddle about 5 minutes per side. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Serve with 1 recipe Onion and Mushroom Gravy, Recipe No. O 016 09, per 100 portions. Each portion is 1 slice of liver plus 1/4 cup of gravy.

**OVEN FRIED CHICKEN FILLETS (3 OZ)**

**Yield** 100

**Portion** 2 Fillets

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
551 cal	21 g	28 g	39 g	73 mg	1165 mg	49 mg

**Ingredient**

CHICKEN FILLET,BREADED,PRECOOKED,FROZEN,3 OZ

**Weight**

37-1/2 lbs

**Measure**

**Issue**

**Method**

- 1 Place fillets on pans. Using a convection oven, bake 12 to 14 minutes or until thoroughly heated in a 375 F. oven on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**FRIED CHICKEN FILLETS (3 OZ)**

**Yield** 100

**Portion** 2 Fillets

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
611 cal	21 g	28 g	46 g	73 mg	1165 mg	49 mg

**Ingredient**

CHICKEN FILLET,BREADED,PRECOOKED,FROZEN,3 OZ

**Weight**

37-1/2 lbs

**Measure**

**Issue**

**Method**

- 1 Fry fillets in 350 F. deep fat fryer for 4 minutes or until thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Drain in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.



**OVEN FRIED CHICKEN FILLET (5 OZ)**

**Yield** 100

**Portion** 4-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
470 cal	18 g	24 g	33 g	62 mg	994 mg	42 mg

**Ingredient**

CHICKEN FILLET,BREADED,PRECOOKED,FROZEN,5 OZ

**Weight**

32 lbs

**Measure**

**Issue**

**Method**

- 1 Place fillets on sheet pans. Using a convection oven, bake 12 to 14 minutes at 375 F. on high fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**FRIED CHICKEN FILLETS (5 OZ)**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
510 cal	18 g	24 g	38 g	62 mg	994 mg	42 mg

**Ingredient**

CHICKEN FILLET,BREADED,PRECOOKED,FROZEN,5 OZ

**Weight**

32 lbs

**Measure**

**Issue**

**Method**

- 1 Fry fillets in 350 F. deep fat fryer 5 minutes or until thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Drain in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**OVEN FRIED CHICKEN FILLET NUGGETS**

**Yield** 100

**Portion** 10 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
481 cal	20 g	24 g	34 g	57 mg	1020 mg	53 mg

**Ingredient**

CHICKEN NUGGET,BREADED,PRECOOKED,IQF

**Weight**

32-1/4 lbs

**Measure**

**Issue**

**Method**

- 1 Place nuggets on sheet pans.
- 2 Using a convection oven, bake at 375 F. for 13 to 15 minutes or until thoroughly heated on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**FRIED CHICKEN FILLET NUGGETS**

**Yield** 100

**Portion** 10 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
521 cal	20 g	24 g	39 g	57 mg	1020 mg	53 mg

**Ingredient**

CHICKEN NUGGET,BREADED,PRECOOKED,IQF

**Weight**

32-1/4 lbs

**Measure**

**Issue**

**Method**

- 1 Fry nuggets at 350 F. in deep fat fryer for 2-1/2 to 3 minutes or until thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Drain in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**CORNED BEEF HASH**

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
208 cal	11 g	12 g	13 g	58 mg	730 mg	13 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,CORNED,RAW	15 lbs		
ONIONS,FRESH,CHOPPED	2-1/2 lbs	1 qts 3-1/8 cup	2-3/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
SHORTENING		1/2 cup	
POTATOES,WHITE,FRESH	10 lbs	1 gal 3-1/4 qts	
WATER,BOILING	14-5/8 lbs	1 gal 3 qts	
SALT	1/2 oz	3/8 tsp	
RESERVED STOCK	1-5/8 lbs	3 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Place whole pieces of corned beef in steam-jacketed kettle or stock pot; cover with water. Bring to a boil. Cover; reduce heat; simmer 2-1/2 hours. Remove scum as it rises to surface. Remove; reserve stock for use in Step 5. CCP: Hold stock at 140 F. or higher.
- 2 Let corned beef stand 12 to 20 minutes; chop finely.
- 3 Saute onions and peppers in shortening or salad oil about 10 minutes or until tender. Stir frequently.
- 4 Place potatoes in boiling salted water. Return to a boil. Reduce heat; cook 10 minutes or until tender, drain.
- 5 Combine beef, vegetables, potatoes, stock and pepper; mix thoroughly.
- 6 Lightly spray each pan with non-stick cooking spray. Place about 1-1/2 gallons corned beef mixture into each lightly sprayed steam table pan.
- 7 Using a convection oven, bake 25 minutes in 325 F. oven or until lightly browned high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 minutes.

**Notes**

- 1 In Steps 1 and 2, 9 pounds 15 ounces precooked corned beef, may be used per 100 portions. Follow Steps 3 and 4. In Step 5, use 3 cups water for reserved stock. Follow Steps 6 and 7.

**CORNED BEEF HASH (CANNED)**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
258 cal	6 g	12 g	20 g	50 mg	443 mg	0 mg

**Ingredient**

CORNED BEEF HASH

**Weight**

27 lbs

**Measure**

**Issue**

**Method**

- 1 Prepare according to instructions on container. CCP: Hold for service at 140 F. or higher for 15 seconds.

## NEW ENGLAND BOILED DINNER

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
626 cal	46 g	36 g	33 g	168 mg	2008 mg	130 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,CORNED,RAW	43-1/2 lbs		
WATER	33-1/2 lbs	4 gal	
CABBAGE,GREEN,FRESH,WEDGED	30 lbs	12 gal 5/8 qts	37-1/2 lbs
CARROTS,FRESH,2"" STRIPS	10 lbs	2 gal 2-1/3 qts	12-1/4 lbs
RUTABAGAS,FRESH,CHOPPED	10 lbs	2 gal 1/8 qts	11-3/4 lbs
POTATOES,FRESH,PEELED,CUBED	30-1/4 lbs	5 gal 2 qts	37-1/3 lbs
ONIONS,FRESH,QUARTERED	5 lbs	1 gal 7/8 qts	5-1/2 lbs

**Method**

- 1 Place whole pieces of corned beef in steam-jacketed kettle or stock pot; cover with water.
- 2 Bring to a boil. Cover; reduce heat; simmer 2-1/2 hours. Remove scum as it rises to surface.
- 3 Remove corned beef from liquid. Reserve liquid for use in Step 7.
- 4 Place corned beef in roasting pans.
- 5 Bake at 325 F. 1 hour or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Let stand 15 to 20 minutes before slicing. Slice corned beef across grain into 3/16-inch slices.
- 7 Bring reserved liquid to a boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Add cabbage; return to a boil; cook 12 to 15 minutes or until tender. Remove from liquid. Cover; keep warm.
- 8 Add carrots and rutabagas to reserved liquid; return to a boil; continue to cook 5 minutes.
- 9 Add potatoes; return to a boil; cook 10 minutes.
- 10 Add onions; return to a boil; continue to cook 15 minutes or until vegetables are tender. CCP: Hold for service at 140 F. or higher.  
Each portion: 1 wedge cabbage, 1-1/3 cup other vegetables topped with 3 to 4 thin slices of corned beef.

**NEW ENGLAND BOILED DINNER (PRECOOKED FROZEN BEEF)**

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
545 cal	47 g	30 g	27 g	135 mg	2522 mg	134 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,CORNED,COOKED	30 lbs		
HAM BROTH (FROM MIX)		8 gal	
CABBAGE,GREEN,FRESH,WEDGED	30 lbs	12 gal 5/8 qts	37-1/2 lbs
CARROTS,FRESH,2"" STRIPS	10 lbs	2 gal	12-1/4 lbs
RUTABAGAS,FRESH,CHOPPED	10 lbs	2 gal	11-3/4 lbs
RESERVED LIQUID	62-2/3 lbs	7 gal 2 qts	
POTATOES,FRESH,PEELED,CUBED	30-1/4 lbs	5 gal 2 qts	37-1/3 lbs
ONIONS,FRESH,QUARTERED	5 lbs	3 qts 3-3/4 cup	5-1/2 lbs

**Method**

- 1 Place precooked corned beef on sheet pans.
- 2 Using a convection oven, bake 30 to 35 minutes at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Let stand 15 to 20 minutes before slicing. Slice corned beef across grain into 3/16-inch slices.
- 4 Prepare stock according to recipe to make reserved liquid. Bring reserved liquid to a boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Add cabbage; return to a boil; cook 12 to 15 minutes or until tender. Remove from liquid. Cover; keep warm.
- 5 Add carrots and rutabagas to reserved liquid; return to a boil; continue to cook 5 minutes.
- 6 Add potatoes; return to a boil; cook 10 minutes.
- 7 Add onions; return to a boil; continue to cook 15 minutes or until vegetables are tender. CCP: Hold for service at 140 F. or higher. Each portion: 1 wedge cabbage, 1-1/3 cup other vegetables topped with 3 to 4 thin slices of corned beef.

**Notes**

- 1 Due to the grain of brisket being varied within a cut, turn piece of meat while carving to ensure cutting across grain to prevent shredding.



**SIMMERED CORNED BEEF**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
431 cal	1 g	31 g	33 g	168 mg	1952 mg	18 mg

**Ingredient**

BEEF,CORNED,RAW  
WATER

**Weight**

43-1/2 lbs  
41-3/4 lbs

**Measure**

5 gal

**Issue****Method**

- 1 Place whole pieces of corned beef in steam-jacketed kettle or stock pot; cover with water.
- 2 Bring to a boil. Cover; reduce heat; simmer 2-1/2 hours. Remove scum as it rises to surface.
- 3 Remove corned beef from liquid.
- 4 Place corned beef in roasting pans.
- 5 Bake 1 hour or until tender in 325 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Let stand 15 to 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

## APPLE GLAZED CORNED BEEF

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
467 cal	10 g	32 g	33 g	168 mg	2038 mg	27 mg

**Ingredient**

BEEF,CORNED,RAW  
 WATER  
 JUICE,APPLE,CANNED  
 SOY SAUCE  
 WORCESTERSHIRE SAUCE  
 VINEGAR,DISTILLED  
 MUSTARD,DRY  
 SUGAR,BROWN,PACKED

**Weight**

43-1/2 lbs  
 41-3/4 lbs  
 9-1/2 lbs  
 5-1/8 oz  
 6-1/3 oz  
 1 lbs  
 2 oz  
 10-7/8 oz

**Measure**

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

**Issue****Method**

- 1 Place whole pieces of corned beef in steam-jacketed kettle or stock pot; cover with water.
- 2 Bring to a boil. Cover; reduce heat; simmer 2-1/2 hours. Remove scum as it rises to surface.
- 3 Remove corned beef from liquid.
- 4 Combine canned apple juice, soy sauce, Worcestershire sauce, vinegar, mustard, and packed brown sugar; blend well; pour over meat in roasting pans.
- 5 Bake 1 hour or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Baste every 15 minutes.
- 6 Let stand 15 to 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

**BAKED CORNED BEEF (PRECOOKED FROZEN)**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
342 cal	1 g	25 g	26 g	133 mg	1543 mg	11 mg

**Ingredient**

BEEF,CORNED,COOKED

**Weight**

30 lbs

**Measure**

**Issue**

**Method**

- 1 Place thawed precooked corned beef on sheet pans. Using a convection oven, bake at 300 F. for 30 to 35 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Let stand 15 to 20 minutes before slicing. CCP: Hold for service at 140 F. or higher.

**BAKED FRANKFURTERS WITH SAUERKRAUT**

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
312 cal	7 g	11 g	27 g	45 mg	1765 mg	44 mg

**Ingredient**

SAUERKRAUT, SHREDDED, CANNED, INCL LIQUIDS  
FRANKFURTERS

**Weight**

25 lbs  
20 lbs

**Measure**

3 gal

**Issue**

**Method**

- 1 Heat sauerkraut to a simmer. Drain excess liquid.
- 2 Place 3 quarts sauerkraut in each steam table pan. Arrange 50 frankfurters on top of sauerkraut in each pan.
- 3 Using a convection oven, bake 20 to 25 minutes at 300 F. on low fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED KNOCKWURST WITH SAUERKRAUT**

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
301 cal	6 g	12 g	25 g	53 mg	1665 mg	44 mg

**Ingredient**

SAUERKRAUT,SHREDDED,CANNED,INCL LIQUIDS  
KNOCKWURST,3 OZ

**Weight**

25 lbs  
20 lbs

**Measure**

3 gal

**Issue**

**Method**

- 1 Heat sauerkraut to a simmer. Drain excess liquid.
- 2 Place 3 quarts sauerkraut in each pan. Arrange knockwurst on top of sauerkraut in each pan.
- 3 Using a convection oven, bake 20 to 25 minutes at 300 F. on low fan, open vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**TERIYAKI CHICKEN (8 PC)**

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	6 g	42 g	10 g	119 mg	1726 mg	34 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 WATER  
 SOY SAUCE  
 JUICE,PINEAPPLE,CANNED,UNSWEETENED  
 GINGER,GROUND  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 COOKING SPRAY,NONSTICK

**Weight**

82 lbs  
 11 lbs  
 6-1/3 lbs  
 5 lbs  
 4-5/8 oz  
 1-1/3 oz  
 1-1/4 oz  
 2-1/8 oz

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place approximately 22 pounds in each roasting pan.
- 2 Combine water, soy sauce, pineapple juice, ginger, pepper, and garlic powder; mix well. Pour 3-1/2 qt marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes, turning once.
- 3 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 5.
- 4 Lightly spray chicken with cooking spray. Place chicken, meat side up, on lightly sprayed sheet pans.
- 5 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent. Baste chicken with 1 cup reserved marinade per pan. Discard remaining marinade. Bake an additional 20 minutes for a total of 40 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, 2 gallons of prepared teriyaki sauce may be used per 100 portions.

**TERIYAKI CHICKEN (THIGHS)**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
308 cal	1 g	38 g	16 g	135 mg	487 mg	20 mg

**Ingredient**

CHICKEN,THIGHS,BNLS/SKNLS,RAW  
 WATER  
 SOY SAUCE  
 JUICE,PINEAPPLE,CANNED,UNSWEETENED  
 GINGER,GROUND  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans, cover.
- 2 Combine water, soy sauce, pineapple juice, ginger, pepper, and garlic powder; mix well.
- 3 Pour teriyaki sauce over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place chicken thighs on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray. Discard remaining teriyaki sauce.
- 5 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, 2 gallons of prepared teriyaki sauce may be used per 100 portions.

**SPICY BAKED FISH**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	8 g	27 g	5 g	72 mg	585 mg	32 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FISH,FLOUNDER/SOLE FILLET,RAW	30 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
OIL,SALAD	7-2/3 oz	1 cup	
SAUCE,BARBECUE	9-7/8 lbs	1 gal 1/2 qts	
MUSHROOMS,CANNED,STEMS & PIECES,CHOPPED,DRAINED	5-1/2 lbs	1 gal	
JUICE,LEMON	4-1/3 oz	1/2 cup	

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Saute onions in shortening or salad oil in stock pot or steam-jacketed kettle until tender.
- 3 Add barbecue sauce, mushrooms, and lemon juice to sauteed onions. Bring sauce to a boil; reduce heat; simmer 10 minutes.
- 4 Pour 7-1/2 cups sauce evenly over fish in each pan. Cover.
- 5 Bake 10 minutes; uncover; bake 10 minutes or until done in 375 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 6 Serve fish with 1/4 cup sauce.



## MACARONI TUNA SALAD

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	13 g	14 g	10 g	66 mg	367 mg	21 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	14-5/8 lbs	1 gal 3 qts	
SALT	1/2 oz	3/8 tsp	
OIL,SALAD	1/3 oz	1/3 tsp	
MACARONI NOODLES,ELBOW,DRY	2-1/3 lbs	2 qts 2 cup	
FISH,TUNA,CANNED,WATER PACK,INCL LIQUIDS	9-1/2 lbs	1 gal 3 qts	
CELERY,FRESH,CHOPPED	3-1/8 lbs	2 qts 3-3/4 cup	4-1/4 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PIMIENTO,CANNED,DRAINED,CHOPPED	3-3/8 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
JUICE,LEMON	8-5/8 oz	1 cup	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
SALAD DRESSING,MAYONNAISE TYPE	3-5/8 lbs	1 qts 3-3/8 cup	
EGG,HARD COOKED,CHOPPED	2-1/2 lbs	2 qts 1/4 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1/2 oz	1/4 cup	1/2 oz
PAPRIKA,GROUND	1/4 oz	1 tbsp	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add macaroni slowly while stirring constantly until water boils again. Cook about 8 to 10 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly. Use immediately in recipe preparation or place in shallow containers and cover.
- 4 Combine tuna, macaroni, celery, onions, and pimientos. Mix lightly but thoroughly.
- 5 Combine salad dressing, pickle relish, lemon juice and pepper. Stir to blend thoroughly.
- 6 Add chopped eggs and salad dressing mixture to tuna mixture. Mix lightly.
- 7 Garnish with parsley and paprika; cover. CCP: Refrigerate product at 41 F. or lower until ready to serve.

**CHICKEN ROTINI SALAD (CANNED CHICKEN)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
281 cal	16 g	17 g	16 g	94 mg	692 mg	28 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	20-7/8 lbs	2 gal 2 qts	
SALT	5/8 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
MACARONI NOODLES,ROTINI,DRY	3-1/8 lbs	3 qts 1-1/2 cup	
CHICKEN,BONED,CANNED,PIECES	15-1/2 lbs	1 gal 2-1/8 qts	
CELERY,FRESH,CHOPPED	4 lbs	3 qts 3-1/8 cup	5-1/2 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PIMIENTO,CANNED,DRAINED,CHOPPED	3-3/8 oz	1/2 cup	
SALAD DRESSING,MAYONNAISE TYPE	4-1/8 lbs	2 qts 3/8 cup	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
JUICE,LEMON	8-5/8 oz	1 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
EGG,HARD COOKED,CHOPPED	2-1/2 lbs	2 qts 1/4 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1/2 oz	1/4 cup	1/2 oz
PAPRIKA,GROUND	1/4 oz	1 tbsp	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add rotini slowly while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. DO NOT OVER COOK.
- 3 Drain. Rinse with cold water; drain thoroughly.
- 4 Cut chicken into 1/2-inch pieces.
- 5 Combine chicken, rotini, celery, onions and pimientos. Mix lightly but thoroughly.
- 6 Combine salad dressing, pickle relish, lemon juice, salt and pepper. Stir to blend thoroughly.
- 7 Add chopped eggs and salad dressing mixture to chicken mixture. Mix lightly.
- 8 Garnish with parsley and paprika; cover. CCP: Refrigerate product at 41 F. or lower until ready to serve.

**CHICKEN ROTINI SALAD (COOKED DICED)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
268 cal	16 g	19 g	14 g	102 mg	403 mg	26 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

WATER	20-7/8 lbs	2 gal 2 qts	
SALT	5/8 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
MACARONI NOODLES,ROTINI,DRY	3-1/8 lbs	3 qts 1-1/2 cup	
CHICKEN,COOKED,DICED	12 lbs		
CELERY,FRESH,CHOPPED	3-1/8 lbs	2 qts 3-3/4 cup	4-1/4 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PIMIENTO,CANNED,DRAINED,CHOPPED	3-3/8 oz	1/2 cup	
SALAD DRESSING,MAYONNAISE TYPE	3-5/8 lbs	1 qts 3-3/8 cup	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
JUICE,LEMON	8-5/8 oz	1 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
EGG,HARD COOKED,CHOPPED	2-1/2 lbs	2 qts 1/4 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1/2 oz	1/4 cup	1/2 oz
PAPRIKA,GROUND	1/4 oz	1 tbsp	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add rotini slowly while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender. Stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.
- 4 Combine chicken, rotini, celery, onions and pimientos. Mix lightly but thoroughly.
- 5 Combine salad dressing, pickle relish, lemon juice, salt and pepper. Stir to blend thoroughly.
- 6 Add chopped eggs and salad dressing mixture to chicken mixture. Mix lightly.
- 7 Garnish with parsley and paprika; cover. CCP: Refrigerate product at 41 F. or lower until ready to serve.

**GRILLED LUNCHEON MEAT**

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
407 cal	2 g	14 g	38 g	60 mg	1408 mg	10 mg

**Ingredient**

LUNCHEON MEAT,CANNED  
SHORTENING

**Weight**

24 lbs  
9 oz

**Measure**

1-1/4 cup

**Issue**

**Method**

- 1 Cut luncheon meat into 1-3/4 ounce slices.
- 2 Grill meat on a lightly greased 350 F. griddle 1 minute per side or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Luncheon meat may be oven cooked. Using a convection oven, bake at 325 F. 5 minutes on low fan, open vent.

**BAKED FISH**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
162 cal	0 g	26 g	6 g	72 mg	364 mg	22 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 FISH, FLOUNDER/SOLE FILLET, RAW  
 JUICE, LEMON  
 MARGARINE, MELTED  
 SALT  
 PAPRIKA, GROUND  
 PARSLEY, FRESH, BUNCH, CHOPPED

**Weight**

2 oz  
 30 lbs  
 12-7/8 oz  
 1 lbs  
 1-7/8 oz  
 1/2 oz  
 1 oz

**Measure**

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

**Issue**

1 oz

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on pans.
- 2 Combine lemon juice, butter or margarine, salt and paprika. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 325 F. on high fan, closed vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Garnish with parsley before serving.

**BAKED FISH WITH GARLIC BUTTER**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
178 cal	0 g	26 g	8 g	72 mg	246 mg	22 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 MARGARINE,MELTED  
 SALT  
 GARLIC POWDER  
 PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

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

**Measure**

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

**Issue**

1 oz

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, butter or margarine, salt and garlic powder. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake at 325 F. for 7 minutes or until lightly browned 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. Garnish with parsley before serving.

**ONION-LEMON BAKED FISH**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	1 g	26 g	6 g	72 mg	365 mg	24 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY, NONSTICK  
 JUICE,LEMON  
 MARGARINE,MELTED  
 SALT  
 PAPRIKA,GROUND  
 ONIONS,FRESH,CHOPPED  
 MARGARINE,MELTED  
 PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

30 lbs  
 2 oz  
 12-7/8 oz  
 12 oz  
 1-7/8 oz  
 1/2 oz  
 2-1/8 lbs  
 4 oz  
 1 oz

**Measure**

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

**Issue**

2-1/3 lbs  
 1 oz

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, butter or margarine, salt, and paprika. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Saute finely chopped onions in butter or margarine until tender. Distribute 1 cup sauteed onions over top of fish in each pan.
- 4 Using a convection oven, bake 7 minutes or until lightly browned in 325 F. oven 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. Garnish with parsley before serving.

## LEMON BAKED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
154 cal	0 g	26 g	5 g	72 mg	354 mg	21 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 MARGARINE,MELTED  
 SALT  
 PAPRIKA,GROUND  
 PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

30 lbs  
 2 oz  
 1-1/8 lbs  
 12 oz  
 1-7/8 oz  
 1/2 oz  
 1 oz

**Measure**

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

**Issue**

1 oz

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, butter or margarine, salt and paprika. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 325 F. on high fan, closed vent, or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Garnish with parsley before serving.



**HERBED BAKED FISH**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
162 cal	0 g	26 g	6 g	72 mg	364 mg	22 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 MARGARINE,MELTED  
 SALT  
 BASIL,DRIED,CRUSHED  
 THYME,GROUND  
 TARRAGON,GROUND  
 MARJORAM,SWEET,GROUND  
 DILL WEED,DRIED

**Weight**

30 lbs  
 2 oz  
 12-7/8 oz  
 1 lbs  
 1-7/8 oz  
 <1/16th oz  
 <1/16th oz  
 <1/16th oz  
 <1/16th oz  
 <1/16th oz

**Measure**

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

**Issue****Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, butter or margarine, salt, ground basil, ground thyme, ground tarragon, ground marjoram and whole dill weed. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 325 F. on high fan, closed vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**MUSTARD-DILL BAKED FISH**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	2 g	26 g	6 g	72 mg	183 mg	24 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 FISH, FLOUNDER/SOLE FILLET, RAW  
 JUICE, LEMON  
 MARGARINE, MELTED  
 MUSTARD, PREPARED  
 SUGAR, GRANULATED  
 DILL WEED, DRIED  
 GARLIC POWDER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, melted butter or margarine, prepared mustard, granulated sugar, whole dillweed and garlic powder. Stir to blend ingredients well. Drizzle about 1-1/3 cups sauce mixture over fish in each pan.
- 3 Using a convection oven, bake at 325 F. 7 minutes on high fan, closed vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## FISH AMANDINE

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	1 g	26 g	7 g	72 mg	364 mg	29 mg

**Ingredient**

ALMONDS,SLIVERED  
 FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 MARGARINE,MELTED  
 SALT  
 PAPRIKA,GROUND

**Weight**

11-3/8 oz  
 30 lbs  
 2 oz  
 12-7/8 oz  
 1 lbs  
 1-7/8 oz  
 1/2 oz

**Measure**

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

**Issue****Method**

- 1 Spread shelled slivered almonds on a sheet pan in a thin layer. Using a convection oven, bake at 300 F. 12 to 15 minutes on high fan, open vent, stirring occasionally until almonds are lightly browned. Remove from oven.
- 2 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on pans.
- 3 Combine lemon juice, butter or margarine, salt, and paprika. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 4 Using a convection oven, bake 7 minutes at 325 F. on high fan, closed vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 5 Sprinkle 3/4 cup toasted almonds over fish in each pan.

CAJUN BAKED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	1 g	26 g	6 g	72 mg	364 mg	24 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 MARGARINE,MELTED  
 SALT  
 ONION POWDER  
 OREGANO,CRUSHED  
 PAPRIKA,GROUND  
 GARLIC POWDER  
 PEPPER,RED,GROUND  
 PEPPER,BLACK,GROUND

**Weight**

30 lbs  
 2 oz  
 12-7/8 oz  
 1 lbs  
 1-7/8 oz  
 1/2 oz  
 1/3 oz  
 1/2 oz  
 1/3 oz  
 1/4 oz  
 1/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary. Lightly spray pans with non-stick cooking spray. Arrange single layers of fish on sheet pans.
- 2 Combine lemon juice, butter or margarine,salt, onion powder, crushed oregano, ground paprika, garlic powder, red pepper and black pepper. Mix well. Drizzle 3/4 cup mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 325 F. on high fan, closed vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED STUFFED FISH**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
275 cal	22 g	28 g	7 g	85 mg	380 mg	32 mg

**Ingredient**

CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 BUTTER,MELTED  
 CRACKER CRUMBS  
 PEPPER,BLACK,GROUND  
 THYME,GROUND  
 WATER  
 FISH,FLOUNDER/SOLE FILLET,RAW  
 COOKING SPRAY,NONSTICK  
 JUICE,LEMON  
 BUTTER,MELTED  
 SALT  
 PAPRIKA,GROUND

**Weight**

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

**Measure**

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

**Issue**

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

**Method**

- 1 Saute celery and onions in butter or margarine until tender.
- 2 Combine cracker crumbs, pepper, and thyme; add to vegetables.
- 3 Add water to vegetable-crumbs mixture; toss mixture but do not pack.
- 4 Lightly spray each sheet pan with non-stick cooking spray. Separate fillets; cut into 2-1/4 ounce pieces. Place 50 pieces on each pan.
- 5 Place 1/4 cup vegetable crumb mixture on each piece. Cover with second fish piece.
- 6 Combine lemon juice and butter or margarine; pour over fish in each pan.
- 7 Sprinkle salt and paprika over fish.
- 8 Bake about 25 minutes in 375 F. oven or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SHRIMP SCAMPI**

Yield 100

Portion 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	6 g	24 g	9 g	210 mg	583 mg	61 mg

**Ingredient**

SHRIMP,RAW,PEELED,DEVEINED  
TOMATOES,CANNED,DICED,DRAINED  
MARGARINE,MELTED  
JUICE,LEMON  
GARLIC POWDER  
SALT  
PARSLEY,DEHYDRATED,FLAKED  
PEPPER,BLACK,GROUND  
BREADCRUMBS

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Rinse shrimp; drain. Place 7-1/2 pounds shrimp in each steam table pan.
- 2 Add 2 cups tomatoes to each pan.
- 3 Combine margarine or butter, lemon juice, garlic, salt, parsley, and pepper. Blend well; mixture will separate.
- 4 While stirring, ladle about 14 ounces scampi sauce over shrimp and tomatoes in each pan. Toss lightly but thoroughly.
- 5 Cover, using a convection oven, bake 15 minutes at 350 F. on high fan, closed vent; uncover, stir; bake 5 minutes or until shrimp are done. DO NOT OVERCOOK. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove from oven.
- 6 Evenly sprinkle 2 cups breadcrumbs over top of each pan. Stir to blend crumbs with liquid to thicken sauce. Serve with steamed rice or pasta.

PAN FRIED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
239 cal	8 g	27 g	10 g	72 mg	309 mg	28 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 BREADCRUMBS  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 SHORTENING,VEGETABLE,MELTED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary.
- 2 Dredge fish in mixture of crumbs, flour, salt, and pepper; shake off excess.
- 3 Fry fish in hot shallow fat, 1/8-inch deep. Brown 2 to 4 minutes on each side; turn carefully. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Drain well on absorbent paper. CCP: Hold for service at 140 F. or higher.

TEMPURA FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
255 cal	11 g	28 g	10 g	94 mg	382 mg	55 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
TEMPURA BATTER

**Weight**

30 lbs

**Measure**

1 gal

**Issue**

**Method**

- 1 Separate fillets or steaks; cut into 4-1/2 ounce portions, if necessary.
- 2 Prepare 1 recipe Tempura Batter per 100 portions, Recipe No. D 038 00.
- 3 Dip fish into batter. Drain. Fry in 365 F. deep fat fryer for 2 to 4 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Frying time for fish will vary with type and thickness of fish.
- 4 Drain well on absorbent paper. CCP: Hold for service at 140 F. or higher.



**DEEP FAT FRIED FISH**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
247 cal	8 g	27 g	11 g	72 mg	309 mg	28 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 BREADCRUMBS  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Separate fillets; cut into 4-1/2 ounce portions, if necessary.
- 2 Dredge fish in crumbs, flour, salt, and pepper mixture; shake off excess.
- 3 Fry in 365 F. deep fat fryer for 2 to 4 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Frying time for fish will vary with type and thickness of fish.
- 4 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

## OVEN FRIED FISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
236 cal	9 g	27 g	9 g	73 mg	373 mg	50 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
MILK,NONFAT,DRY  
WATER,WARM  
BREADCRUMBS  
SALT  
PEPPER,BLACK,GROUND  
COOKING SPRAY,NONSTICK  
OIL,SALAD

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Separate fish fillets; cut into 4-1/2 ounce portions, if necessary.
- 2 Reconstitute milk. Dip fillets into milk mixture. Drain.
- 3 Dredge fillets in crumb mixture; shake off excess.
- 4 Lightly spray sheet pans with non-stick cooking spray. Place fillets in a single layer on each sprayed pan.
- 5 Sprinkle 3/4 cup salad oil, shortening or margarine over fillets in each pan.
- 6 Using a convection oven, bake 10 to 15 minutes at 350 F. on high fan, open vent or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED FISH PORTIONS**

**Yield** 100

**Portion** 3-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
278 cal	24 g	16 g	12 g	114 mg	594 mg	20 mg

**Ingredient**

FISH,PORTIONS,BREADED,FRZ

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Place fish on ungreased sheet pans. Portions should not touch. DO NOT THAW FISH before baking.
- 2 Using a convection oven, bake 20 to 22 minutes at 400 F. or until browned on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED FISH PORTIONS (BATTER DIPPED)**

**Yield** 100

**Portion** 6 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
416 cal	36 g	24 g	19 g	171 mg	891 mg	31 mg

**Ingredient**

FISH,BATTER DIPPED,FROZEN

**Weight**

37-1/2 lbs

**Measure**

**Issue**

**Method**

- 1 Place fish on sheet pans. Portions should not touch. DO NOT THAW FISH before baking.
- 2 Using a convection oven, bake at 400 F. 20 to 22 minutes or until browned on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**FRENCH FRIED FISH PORTIONS**

**Yield** 100

**Portion** 3-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
318 cal	24 g	16 g	17 g	114 mg	594 mg	20 mg

**Ingredient**

FISH,PORTIONS,BREADED,FRZ

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Fry fish portions in 350 F. deep fat fryer for 4 to 4-1/2 minutes or until lightly browned. DO NOT thaw fish portions before frying.  
CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**FRENCH FRIED FISH PORTIONS (BATTER DIP)**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
503 cal	40 g	27 g	25 g	191 mg	990 mg	34 mg

**Ingredient**

FISH,BATTER DIPPED,FROZEN

**Weight**

37-1/2 lbs

**Measure**

**Issue**

**Method**

- 1 Fry breaded fish portions in 350 F. deep fat fryer or 4 to 4-1/2 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or absorbent paper. CCP: Hold for service at 140 F. or higher.

FISH AND CHIPS

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
701 cal	70 g	27 g	35 g	171 mg	902 mg	46 mg

**Ingredient**

FISH,BATTER DIPPED,FROZEN

FRENCH FRIED POTATOES (3-1/2 OUNCE)

**Weight**

37-1/2 lbs

25-3/4 kg

**Measure**

100 unit

**Issue**

**Method**

- 1 Place fish on ungreased pans. Bake for 35 minutes in 425 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Prepare Recipe Nos. Q 045 01 or Q 045 05, French Fried Potatoes. Each portion is 6 ounces of fish and 1 cup French Fries.

**BAKED FISH NUGGETS**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
262 cal	18 g	14 g	14 g	54 mg	452 mg	123 mg

**Ingredient**

FISH NUGGETS,BREADED,FROZEN

**Weight**

34 lbs

**Measure**

**Issue**

**Method**

- 1 Place about 5 pounds 10 ounces nuggets on each sheet pan. Bake in 450 F. oven 16 to 18 minutes or in 425 F. convection oven on high fan, closed vent 14 to 16 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**FRENCH FRIED FISH NUGGETS**

**Yield** 100

**Portion** 4-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
302 cal	18 g	14 g	19 g	54 mg	452 mg	123 mg

**Ingredient**

FISH NUGGETS,BREADED,FROZEN

**Weight**

34 lbs

**Measure**

**Issue**

**Method**

- 1 Fry fish nuggets in 350 F. deep fat fryer 4 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**MEAT, FISH, AND POULTRY No.L 125 00**  
**CHIPPER FISH**

**Yield** 100

**Portion** 4-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
251 cal	10 g	29 g	10 g	85 mg	406 mg	113 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 SALAD DRESSING,FRENCH,PREPARED,L/C  
 POTATO CHIPS  
 CHEESE,CHEDDAR,SHREDDED

**Weight**

30 lbs  
 4-5/8 lbs  
 2 lbs  
 2-3/4 lbs

**Measure**

2 qts  
 2 qts 3 cup

**Issue**

**Method**

- 1 Separate fillets; cut into 4-1/2 ounce portions, if necessary. Dip fillets in French dressing; place in single layers on sheet pans.
- 2 Crush chips. Combine chips and cheese. Sprinkle about 1 quart mixture over fish in each pan.
- 3 Using a convection oven, bake 7 minutes at 350 F. on high fan, closed vent, or until done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## FRIED OYSTERS

Yield 100

Portion 6 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
407 cal	54 g	16 g	13 g	89 mg	457 mg	30 mg

**Ingredient**

OYSTERS,FROZEN  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 MILK,NONFAT,DRY  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 CRACKER CRUMBS

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Dredge oysters in mixture of flour, salt, and pepper; shake off excess.
- 2 Reconstitute milk; add eggs.
- 3 Dip floured oysters in milk and egg mixture; drain.
- 4 Dredge oysters in cracker crumbs until well coated; shake off excess.
- 5 Fry about 5 minutes or until lightly browned in 375 F. deep fat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 4, 5 pounds or 1 gallon of dry bread crumbs or 13-3/4 cups of cornmeal may be used for cracker crumbs.

**FRIED OYSTERS (BREADED,FROZEN)**

Yield 100

Portion 6 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
219 cal	10 g	8 g	16 g	73 mg	378 mg	56 mg

**Ingredient**

OYSTERS,BREADED,IQF

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Fry oysters for 3 to 5 minutes or until lightly browned in 375 F. deep fat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**BOILED LOBSTER, WHOLE**

Yield 100

Portion 16 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
76 cal	1 g	16 g	0 g	56 mg	930 mg	56 mg

**Ingredient**

WATER,BOILING

SALT

LOBSTER,WHOLE,FROZEN

BAY LEAF,WHOLE,DRIED

PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

58-1/2 lbs

5-3/4 oz

100 lbs

1/8 oz

8 oz

**Measure**

7 gal

1/2 cup 1 tbsp

3 lf

3-3/4 cup

**Issue**

8-3/8 oz

**Method**

- 1 Plunge the first batch, about 25 lobsters, individually into steam-jacketed kettle of fast boiling water. Water should cover lobsters. Add salt and bay leaves to water, if desired.
- 2 Cover kettle. Bring water to a boil; reduce heat; simmer 15 minutes or until lobsters turn a brilliant red. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove lobsters.
- 3 Follow Steps 1 and 2 for remaining batches. Replenish water as needed to ensure lobsters are covered.
- 4 TO PREPARE FOR SERVING: Place lobster on back. Using a sharp knife, make quick incision at the mouth; draw knife quickly down entire length of body and tail. Be careful not to break the stomach or lady, a small sac just back of the head.
- 5 Spread the body flat. Remove, with your hand, the black colored intestinal vein which runs from the head to the tail; throw away. Remove and discard the lobster's stomach or lady and the spongy tissue. Leave the green liver and the red coral roe, if any.
- 6 Crack claws with a mallet.

**Notes**

- 1 Cook lobsters in batches of 25.
- 2 If using fresh, live lobsters, be sure each lobster is alive. When picked up, if the tail is stretched out flat, it should snap back.
- 3 Garnish with parsley.
- 4 Lobsters may be steamed. Steam lobster for 6 to 8 minutes in a 5 pound PSI steamer or for 4 to 6 minutes in a 15 pound PSI steamer. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**BOILED LOBSTER TAIL, FROZEN**

**Yield** 100

**Portion** 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
174 cal	2 g	36 g	1 g	127 mg	957 mg	114 mg

**Ingredient**

LOBSTER,FROZEN,SPINY,TAIL

WATER,BOILING

SALT

PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

50 lbs

33-1/2 lbs

2-1/2 oz

8 oz

**Measure**

4 gal

1/4 cup 1/3 tbsp

3-3/4 cup

**Issue**

8-3/8 oz

**Method**

- 1 Drop frozen tails into boiling salt water to cover, allow 1-1/3 tablespoons salt per gallon of water.
- 2 Return water to a boil; simmer 15 minutes or until tails turn a brilliant red or bright orange. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Drain.
- 3 Slit underside of tail lengthwise; remove membrane.
- 4 Garnish with parsley. NOTES: Lobster tails may be steamed. Steam in a 5 pound PSI steamer for 12 to 15 minutes or in a 15 pound PSI steamer for 10 to 12 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**BOILED CRAB LEGS, ALASKAN KING, FROZEN**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
173 cal	0 g	34 g	3 g	94 mg	1906 mg	113 mg

**Ingredient**

CRAB LEGS,ALASKAN KING  
 WATER,BOILING  
 BAY LEAF,WHOLE,DRIED  
 JUICE,LEMON  
 PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

50 lbs  
 58-1/2 lbs  
 1/4 oz  
 4-1/3 oz  
 8 oz

**Measure**

7 gal  
 6 lf  
 1/2 cup  
 3-3/4 cup

**Issue**

8-3/8 oz

**Method**

- 1 Drop legs in boiling water in steam-jacketed kettle or larger stock pot. If desired, add 6 bay leaves and lemon juice.
- 2 Bring water to boil; reduce heat. Cover. Simmer 10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove legs. Garnish with parsley. NOTES: Crab legs may be steamed. Steam in a 5 pound PSI for 6 to 8 minutes or in a 15 pound PSI for 4 to 5 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**BOILED SHRIMP, FROZEN**

Yield 100

Portion 7 Shrimp

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
49 cal	0 g	10 g	0 g	97 mg	112 mg	19 mg

**Ingredient**

SHRIMP,FROZEN,RAW,UNPEELED

**Weight**

25 lbs

**Measure**

**Issue**

**Method**

- 1 Place shellfish in perforated pans. Place perforated pans inside solid pans.
- 2 Boil until done, approximately 6 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Do not over cook. Serve shrimp immediately. Over cooking will cause shellfish to be tough, rubbery, and dry.

**Notes**

- 1 Shrimp may be steamed. Steam in a 5 pound PSI steamer for 14 to 16 minutes or in a 15 pound PSI steamer for 10 to 12 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.



## SALMON CAKES

Yield 100

Portion 2 Cakes

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	7 g	21 g	11 g	78 mg	319 mg	240 mg

**Ingredient**

SALMON,CANNED,PINK  
 POTATO,WHITE,INSTANT,GRANULES  
 MILK,NONFAT,DRY  
 SALT  
 BUTTER  
 EGGS,WHOLE,FROZEN  
 ONIONS,FRESH,CHOPPED  
 PEPPER,BLACK,GROUND  
 PARSLEY,DEHYDRATED,FLAKED  
 PAPRIKA,GROUND  
 MARGARINE,MELTED  
 BREADCRUMBS,DRY,GROUND,FINE  
 COOKING SPRAY,NONSTICK

**Weight**

19 lbs  
 6-3/4 oz  
 1-3/4 oz  
 1-1/4 oz  
 8 oz  
 2 lbs  
 1-3/8 lbs  
 1/3 oz  
 1/8 oz  
 1/4 oz  
 12 oz  
 1-7/8 lbs  
 1 oz

**Measure**

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

**Issue**

1-1/2 lbs

**Method**

- 1 Drain salmon; reserve liquid for use in Step 3. Remove and discard skin and bones from salmon. Flake salmon; cover.
- 2 Combine potatoes, milk, and salt; cover.
- 3 Blend salmon liquid and butter or margarine. Mix well. Take liquid mixture and rapidly add water to equal 2-1/2 qts per 100 portions to potato mixture. Whip until smooth.
- 4 Combine salmon, potato mixture, eggs, onions, pepper and parsley flakes. Mix thoroughly. Scoop and shape salmon into 3 inch diameter cakes by 1-1/2 inch thick, weighing about 2-1/2 ounces each.
- 5 Combine crumbs, paprika and margarine or butter; cover.
- 6 Lightly spray each sheet pan with non-stick cooking spray. Lightly coat each cake with crumb mixture. Brush off excess crumbs to ensure a thin coating. Place 34 cakes on each lightly sprayed sheet pan; cover.
- 7 Using a convection oven, bake 16-18 minutes or until lightly browned on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Serve immediately or hold for service at 140 F. or higher.

**Notes**

- 1 In Step 7, cakes may be cooked on a preheated 350 F. griddle. Lightly spray griddle with cooking spray. Grill salmon cakes 9 minutes; turn; grill second side 6 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SALMON LOAF**

**Yield** 100

**Portion** 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	9 g	21 g	7 g	73 mg	176 mg	244 mg

**Ingredient**

SALMON,CANNED,PINK  
 CELERY,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 ONIONS,FRESH,CHOPPED  
 RESERVED LIQUID  
 BREADCRUMBS  
 EGGS,WHOLE,FROZEN  
 PARSLEY,DEHYDRATED,FLAKED  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

1-7/8 lbs  
 1-1/2 lbs

**Method**

- 1 Drain salmon; reserve 2-1/2 qt of salmon liquid for use in Step 3. Remove and discard skin and bones from salmon. Flake salmon; cover salmon and salmon liquid.
- 2 Stir-cook celery and onions in a lightly sprayed steam-jacketed kettle or stock pot about 8 to 10 minutes, stirring constantly.
- 3 Combine salmon, salmon liquid and cooked vegetables with bread crumbs, eggs, pepper and parsley. Mix lightly but thoroughly. DO NOT OVERMIX.
- 4 Lightly spray each sheet pan with non-stick cooking spray. Firmly and evenly pack 8 lb 2 oz salmon mixture into each sheet pan. Divide into 2 equal loaves (about 7 inches wide) across the pan. Space evenly; smooth top and sides; cover.
- 5 Using a convection oven, bake 35 to 40 minutes at 325 F. or until lightly browned on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Let stand 10 minutes before slicing. Cut 13 slices per loaf. CCP: Hold for service at 140 F. or higher.

SCALLOPED SALMON AND PEAS

Yield 100

Portion 6-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
273 cal	15 g	23 g	13 g	55 mg	465 mg	288 mg

**Ingredient**

SALMON,CANNED,PINK  
 COOKING SPRAY,NONSTICK  
 MILK,NONFAT,DRY  
 WATER,WARM  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 BUTTER,MELTED  
 ONIONS,FRESH,CHOPPED  
 PAPRIKA,GROUND  
 PEAS,GREEN,CANNED,DRAINED  
 BREADCRUMBS  
 BUTTER,MELTED

**Weight**

19-3/8 lbs  
 2 oz  
 13-3/4 oz  
 15-2/3 lbs  
 1-1/8 lbs  
 1-1/2 oz  
 1 lbs  
 1 lbs  
 1/4 oz  
 9 lbs  
 1-3/8 lbs  
 1 lbs

**Measure**

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

**Issue**

1-1/8 lbs

**Method**

- 1 Lightly spray each steam table pan with non-stick spray. Place 2-1/2 quarts salmon in each steam table pan.
- 2 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 3 Blend flour, salt, and butter or margarine together; stir until smooth.
- 4 Add flour, salt, and butter or margarine mixture to milk stirring constantly. Cook 5 to 10 minutes or until thickened. Stir as necessary.
- 5 Add onions and paprika to sauce; cook 5 minutes.
- 6 Place 1-1/2 quarts peas over salmon. Mix carefully. Pour sauce over mixture; stir until lightly mixed.
- 7 Combine bread crumbs and melted butter or margarine. Sprinkle 3 cups buttered crumbs over each pan.
- 8 Using a convection oven, bake at 325 F. for 20 minutes on low fan, open vent or until browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 1, 18 lbs canned tuna may be used instead of salmon.

CHOPSTICK TUNA

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
387 cal	26 g	25 g	21 g	20 mg	666 mg	61 mg

**Ingredient**

FISH,TUNA,CANNED,WATER PACK,DRAINED  
 CELERY,FRESH,SLICED  
 ONIONS,FRESH,SLICED  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 NOODLES,CHOW MEIN,CANNED  
 SOUP,CONDENSED,CREAM OF MUSHROOM  
 NOODLES,CHOW MEIN,CANNED

**Weight**

14-1/2 lbs  
 10-1/2 lbs  
 3 lbs  
 4 lbs  
 3-1/8 lbs  
 8-3/4 lbs  
 3-1/8 lbs

**Measure**

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

**Issue**

14-3/8 lbs  
 3-1/3 lbs

**Method**

- 1 Drain tuna; discard juice. Flake tuna; combine with celery, onions, nuts, and chow mein noodles.
- 2 Combine soup with tuna mixture.
- 3 Pour an equal quantity of tuna-soup mixture into each steam table pan.
- 4 Sprinkle about 2 quart noodles over mixture in each pan.
- 5 Bake 20 to 25 minutes at 375 F. or until heated thoroughly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**TUNA SALAD**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
240 cal	10 g	22 g	12 g	110 mg	526 mg	47 mg

**Ingredient**

FISH,TUNA,CANNED,WATER PACK,INCL LIQUIDS  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PICKLE RELISH,SWEET,DRAINED  
 SALAD DRESSING,MAYONNAISE TYPE  
 PEPPER,BLACK,GROUND  
 JUICE,LEMON  
 EGG,HARD COOKED,CHOPPED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

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

**Measure**

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

**Issue**

11 lbs  
 1-5/8 lbs  
 6-1/4 lbs

**Method**

- 1 Combine tuna, celery and onions. Mix lightly but thoroughly.
- 2 Combine salad dressing, pickle relish, lemon juice and pepper. Stir to blend thoroughly.
- 3 Add chopped eggs and salad dressing mixture to tuna mixture. Mix lightly.
- 4 Place 1 lettuce leaf on each serving dish. Top with 3/4 cup tuna salad; cover. CCP: Refrigerate product at 41 F. or lower until ready to serve.

**SALMON SALAD (CANNED SALMON)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
264 cal	10 g	20 g	16 g	118 mg	332 mg	234 mg

**Ingredient**

SALMON,CANNED,PINK  
 ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 PICKLE RELISH,SWEET,DRAINED  
 JUICE,LEMON  
 PEPPER,BLACK,GROUND  
 SALAD DRESSING,MAYONNAISE TYPE  
 EGG,HARD COOKED,CHOPPED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

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

**Measure**

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

**Issue**

1-1/2 lbs  
 11 lbs  
 6-1/4 lbs

**Method**

- 1 Remove and discard skin and bones from salmon. Flake salmon. Coarsely chop salmon into 1 inch pieces. Cover.
- 2 Combine salmon, onions and celery. Mix lightly but thoroughly.
- 3 Combine salad dressing, pickle relish, lemon juice and pepper. Stir to blend thoroughly.
- 4 Add chopped eggs and salad dressing mixture to salmon mixture. Mix lightly.
- 5 Place 1 lettuce leaf on each serving dish. Top with 3/4 cup salmon salad; cover. CCP: Refrigerate product at 41 F. or lower until ready to serve.

## BAKED TUNA AND NOODLES

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
305 cal	25 g	24 g	12 g	45 mg	606 mg	99 mg

**Ingredient**

FISH,TUNA,CANNED,WATER PACK,DRAINED  
 NOODLES,EGG  
 WATER,BOILING  
 SALT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 SHORTENING,VEGETABLE,MELTED  
 MILK,NONFAT,DRY  
 WATER,WARM  
 CELERY,FRESH,SLICED  
 ONIONS,FRESH,CHOPPED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 COOKING SPRAY,NONSTICK  
 BREADCRUMBS  
 BUTTER,MELTED  
 PAPRIKA,GROUND

**Weight**

15-1/2 lbs  
 4-1/2 lbs  
 18-3/4 lbs  
 7/8 oz  
 1-3/8 lbs  
 1-2/3 oz  
 1-3/4 lbs  
 1-1/4 lbs  
 20-7/8 lbs  
 4-3/8 lbs  
 11-1/4 oz  
 11-1/4 oz  
 2 oz  
 11-3/8 oz  
 6 oz  
 3/4 oz

**Measure**

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

**Issue**

6 lbs  
 12-1/2 oz

**Method**

- 1 Drain tuna; flake.
- 2 Cook noodles in boiling salted water 8 minutes or until tender. Drain. Set aside for use in Step 7.
- 3 Blend flour, salt, and shortening or salad oil together using a wire whip; stir until smooth.
- 4 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 5 Add milk to roux, stirring constantly. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 6 Add celery and onions to sauce; bring to a boil, stirring constantly.
- 7 Combine tuna, noodles and pimientos with sauce. Mix well.
- 8 Lightly spray non-stick cooking spray in steam table pans. Pour about 6-1/2 quarts mixture into each steam table pan.
- 9 Combine crumbs, butter or margarine and paprika. Sprinkle about 1 cup over mixture in each pan.  
 Using a convection oven, bake at 325 F. 35 minutes on high fan, closed vent or until lightly browned and bubbly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED TUNA AND NOODLES (CREAM OF MUSHROOM SOUP)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
285 cal	25 g	23 g	10 g	45 mg	1010 mg	75 mg

**Ingredient**

FISH,TUNA,CANNED,WATER PACK,DRAINED  
 NOODLES,EGG  
 WATER,BOILING  
 SALT  
 SOUP,CONDENSED,CREAM OF MUSHROOM  
 MILK,NONFAT,DRY  
 WATER,WARM  
 CELERY,FRESH,SLICED  
 ONIONS,FRESH,CHOPPED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 COOKING SPRAY,NONSTICK  
 BREADCRUMBS  
 BUTTER,MELTED  
 PAPRIKA,GROUND

**Weight**

15-1/2 lbs  
 4-1/2 lbs  
 18-3/4 lbs  
 1 oz  
 18-3/4 lbs  
 6-5/8 oz  
 7-1/3 lbs  
 4-3/8 lbs  
 11-1/4 oz  
 11-1/4 oz  
 2 oz  
 11-3/8 oz  
 6 oz  
 3/4 oz

**Measure**

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

**Issue**

6 lbs  
 12-1/2 oz

**Method**

- 1 Drain tuna; flake.
- 2 Cook noodles in boiling salted water 8 minutes or until tender. Drain. Set aside for use in Step 4.
- 3 Use canned condensed cream of mushroom soup. Reconstitute nonfat dry milk with warm water. Add milk, celery and onions to soup. Blend; cover; heat to a simmer.
- 4 Combine tuna, noodles and pimientos with sauce. Mix well.
- 5 Lightly spray each steam table pan with non-stick cooking spray. Pour about 6-1/2 quarts mixture into each steam table pan.
- 6 Combine crumbs, butter or margarine and paprika. Sprinkle about 1 cup over mixture in each pan.
- 7 Using a convection oven, bake at 325 F. 35 minutes on high fan, closed vent or until browned and bubbly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**FRIED SCALLOPS**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	24 g	18 g	11 g	51 mg	769 mg	44 mg

**Ingredient**

SCALLOPS,SEA,RAW  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND  
 MILK,NONFAT,DRY  
 WATER,WARM  
 EGGS,WHOLE,FROZEN  
 BREADCRUMBS

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash scallops thoroughly; cut large ones in half. Drain well.
- 2 Dredge scallops in mixture of flour, salt, pepper and paprika; shake off excess.
- 3 Reconstitute milk; add eggs.
- 4 Dip floured scallops in milk and egg mixture. Drain.
- 5 Dredge scallops in crumbs until well coated.
- 6 Fry 3 minutes or until golden brown in 350 F. deep fat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**CREOLE SCALLOPS**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
166 cal	18 g	18 g	3 g	31 mg	571 mg	80 mg

**Ingredient**

CREOLE SAUCE  
 SCALLOPS,SEA,RAW  
 WATER

**Weight**

34 lbs  
 29-1/4 lbs

**Measure**

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

**Issue**

**Method**

- 1 Prepare 2 recipes Creole Sauce, Recipe No. O 005 00 per 100 portions for use in Step 4.
- 2 Wash scallops thoroughly; cut large ones in half. Drain well.
- 3 Cook scallops in steam-jacketed kettle or stock pot 3 to 4 minutes. DO NOT OVERCOOK. Drain well.
- 4 Add cooked scallops to sauce; bring to simmer; cook 2 to 3 minutes. CCP: Internal temperature must reach 145 F. or higher.
- 5 CCP: Hold for service at 140 F. or higher.

**MEAT, FISH, AND POULTRY No.L 135 01**  
**CREOLE FISH**

**Yield** 100

**Portion** 3-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
360 cal	32 g	17 g	18 g	114 mg	803 mg	48 mg

**Ingredient**

CREOLE SAUCE  
FISH,PORTIONS,BREADED,FRZ

**Weight**

25 lbs

**Measure**

2 gal 1/2 qts

**Issue**

**Method**

- 1 Prepare 1 recipe Creole Sauce per 100 portions, Recipe No. O 005 00 for use in Step 3.
- 2 Fry fish in 350 F. deep fat for 3 minutes or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Drain well on absorbent paper. Ladle 2 ounces or 1/4 cup sauce over each fish portion just before serving. CCP: Hold for service at 140 F. or higher.

**CREOLE FISH FILLETS**

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
167 cal	8 g	27 g	3 g	72 mg	321 mg	47 mg

**Ingredient**

CREOLE SAUCE  
FISH,FLOUNDER/SOLE FILLET,RAW

**Weight**

30 lbs

**Measure**

2 gal 1/2 qts

**Issue****Method**

- 1 Prepare 1 recipe Creole Sauce per 100 portions, Recipe No. O 005 00 for use in Step 3.
- 2 Separate fillets, cut into 4-1/2 ounces. Arrange in single layers in steam table pans.
- 3 Ladle 2 ounces or 1/4 cup hot sauce over each portion.
- 4 Using a convection oven, bake for 15 minutes at 325 F. on high fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREOLE SHRIMP**

**Yield** 100

**Portion** 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
319 cal	50 g	21 g	4 g	140 mg	870 mg	121 mg

**Ingredient**

SHRIMP,FROZEN,RAW,PEELED,DEVEINED  
 WATER,BOILING  
 CREOLE SAUCE  
 RICE,LONG GRAIN  
 WATER,COLD  
 SALT  
 OIL,SALAD

**Weight**

20 lbs  
 25-1/8 lbs  
 8-1/2 lbs  
 23 lbs  
 1-7/8 oz  
 1-1/2 oz

**Measure**

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

**Issue**

**Method**

- 1 Place shrimp in boiling water; cover; return to boil. Reduce heat; simmer 5 minutes; drain. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 2 Prepare 2-1/2 recipes Creole Sauce, Recipe No. O 005 00 per 100 portions.
- 3 Combine rice, water, salt and salad oil; bring to a boil. Stir occasionally.
- 4 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 5 Add shrimp to sauce; simmer until shrimp are heated through. DO NOT OVERCOOK. Stir occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Serve over rice. CCP: Hold for service at 140 F. or higher.

**FRENCH FRIED SHRIMP**

Yield 100

Portion 4 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
272 cal	22 g	19 g	12 g	179 mg	569 mg	51 mg

**Ingredient**

SHRIMP,FROZEN,RAW,PEELED,DEVEINED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND  
 EGGS,WHOLE,FROZEN  
 WATER  
 BREADCRUMBS

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash shrimp; drain well.
- 2 Dredge shrimp in mixture of flour, salt, pepper, and paprika; shake off excess.
- 3 Combine beaten eggs and water. Dip shrimp in egg and water mixture; drain well.
- 4 Dredge shrimp in crumbs until well coated; shake off excess.
- 5 Deep fry 2 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Drain well in basket or an absorbent paper. CCP: Hold for service at 140 F. or higher.

**TEMPURA SHRIMP**

**Yield** 100

**Portion** 4 Shrimp

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
238 cal	16 g	18 g	11 g	173 mg	567 mg	81 mg

**Ingredient**

SHRIMP,FROZEN,RAW,PEELED,DEVEINED  
TEMPURA BATTER

**Weight**

20 lbs

**Measure**

1 gal 2 qts

**Issue**

**Method**

- 1 Wash shrimp; drain well.
- 2 Prepare Tempura Batter, Recipe No. D 052 00. Dip shrimp into batter; deep fat fry at 350 F. for 2-1/2 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Drain well in basket or an absorbent paper. CCP: Hold for service at 140 F. or higher.

**FRENCH FRIED SHRIMP (BREADED, FROZEN)**

**Yield** 100

**Portion** 4 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
332 cal	14 g	26 g	19 g	214 mg	415 mg	81 mg

**Ingredient**

SHRIMP,BREADED,FROZEN

**Weight**

38 lbs

**Measure**

**Issue**

**Method**

- 1 Use shrimp, breaded, frozen. Do not allow shrimp to thaw before cooking.
- 2 Fry at 350 F. for 3 to 4 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.



**SHRIMP CURRY**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	12 g	16 g	9 g	140 mg	480 mg	45 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SHRIMP,FROZEN,RAW,PEELED,DEVEINED	20 lbs		
WATER,BOILING	25-1/8 lbs	3 gal	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
OIL,SALAD	3-7/8 oz	1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-2/3 lbs	1 qts 2 cup	
OIL,SALAD	1-1/2 lbs	3 cup	
WATER,WARM	20-7/8 lbs	2 gal 2 qts	
APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED	4-3/8 lbs	0 gal 4 qts	5-5/8 lbs
CELERY,FRESH,CHOPPED	1-5/8 lbs	1 qts 2-1/8 cup	2-1/4 lbs
CURRY POWDER	1-1/2 oz	1/4 cup 3 tbsp	
GINGER,GROUND	3/8 oz	2 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	
GARLIC POWDER	3/4 oz	2-2/3 tbsp	
HORSERADISH,PREPARED	1-5/8 oz	3 tbsp	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
MUSHROOMS,CANNED,STEMS & PIECES,CHOPPED,DRAINED	1-1/4 lbs	3-3/4 cup	
JUICE,LEMON	6-1/2 oz	3/4 cup	

**Method**

- 1 Place shrimp in boiling water; cover, return to a boil. Reduce heat; simmer 3 to 5 minutes; drain. DO NOT OVERCOOK. CCP: Hold at 41 F. or lower for use in Step 5.
- 2 Saute onions and peppers in salad oil or shortening 10 minutes or until tender.
- 3 Add flour to salad oil or shortening; blend thoroughly.
- 4 Cook until well browned, stirring frequently.
- 5 Gradually add water to flour mixture; cook until thick and smooth, stirring constantly.
- 6 Add sauteed vegetables.
- 7 Add apples, celery, curry powder, ginger, red pepper, garlic, horseradish and salt; simmer 20 minutes.
- 8 Add shrimp, mushrooms and lemon juice; simmer 2 to 3 minutes, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SHRIMP SALAD**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
124 cal	3 g	16 g	5 g	143 mg	408 mg	55 mg

**Ingredient**

SHRIMP,FROZEN,RAW,PEELED,DEVEINED  
 WATER,BOILING  
 CELERY,FRESH,CHOPPED  
 JUICE,LEMON  
 SALT  
 PEPPER,BLACK,GROUND  
 SALAD DRESSING,MAYONNAISE TYPE  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

20 lbs  
 25-1/8 lbs  
 6-1/3 lbs  
 8-5/8 oz  
 1-1/2 oz  
 1/8 oz  
 2 lbs  
 4 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Place shrimp in boiling water; cover; return to boil; reduce heat; simmer 3 to 5 minutes; drain. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Chill.
- 2 Cut shrimp into halves or quarters.
- 3 Combine shrimp, celery, lemon juice, salt, and pepper.
- 4 Cover; refrigerate to chill thoroughly. CCP: Refrigerate at 41 F. or lower.
- 5 Just before serving, add salad dressing; toss lightly. CCP: Hold for service at 41 F. or lower.
- 6 Optional: Place 1 lettuce leaf on each serving dish; add salad, cover; refrigerate until ready to serve.

SEAFOOD NEWBURG

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
210 cal	7 g	24 g	9 g	128 mg	401 mg	91 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW  
 SCALLOPS,SEA,RAW  
 SHRIMP,RAW,PEELED,DEVEINED  
 WATER,BOILING  
 MILK,NONFAT,DRY  
 RESERVED LIQUID  
 BUTTER,MELTED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PAPRIKA,GROUND  
 NUTMEG,GROUND  
 EGG YOLK,BEATEN

**Weight**

14 lbs  
 8 lbs  
 8 lbs  
 33-1/2 lbs  
 1 lbs  
 17-3/4 lbs  
 2 lbs  
 1-1/8 lbs  
 1-1/4 oz  
 1 oz  
 1/8 oz  
 8-3/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Add fish, scallops and shrimp to boiling water in steam-jacketed kettle or stock pot. Return to a boil. Reduce heat; simmer 5 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain. Reserve liquid for use in Step 3. Place 6 pounds 12 ounces fish, scallops and shrimp in each steam table pan. CCP: Hold at 140 F. or higher for use in Step 7.
- 3 Reconstitute milk with reserved liquid. Heat to just below boiling. DO NOT BOIL.
- 4 Blend butter or margarine and flour to make roux; stir until smooth. Add milk to roux stirring constantly.
- 5 Add salt, paprika and nutmeg. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 6 Add about 1 quart sauce to egg yolks while constantly stirring. Pour egg mixture slowly back into remaining sauce. Stir to blend well.
- 7 Pour 3-1/4 quarts sauce over seafood in each pan. Stir gently. CCP: Hold for service at 140 F. or higher.

## CRAB CAKES

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
404 cal	48 g	20 g	14 g	128 mg	1474 mg	154 mg

**Ingredient**

CRAB MEAT,COOKED  
 BREADCRUMBS  
 MUSTARD,PREPARED  
 SALAD DRESSING,MAYONNAISE TYPE  
 BUTTER,MELTED  
 EGGS,WHOLE,FROZEN  
 SALT  
 PEPPER,BLACK,GROUND  
 MILK,NONFAT,DRY  
 WATER  
 EGGS,WHOLE,FROZEN  
 BREADCRUMBS

**Weight**

15 lbs  
 18-1/8 lbs  
 2-1/4 oz  
 3 oz  
 2 lbs  
 2 lbs  
 2-1/2 oz  
 1/3 oz  
 1-3/4 oz  
 2 lbs  
 2 lbs  
 2-7/8 lbs

**Measure**

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

**Issue****Method**

- 1 Remove any shell or cartilage from crab meat.
- 2 Add bread crumbs, mustard, salad dressing, butter or margarine, eggs, salt, and pepper; mix lightly.
- 3 For each cake, measure 1/4 cup of mixture. Form into cakes 1/2 to 3/4-inch thick, about 2 ounce each. CCP: Refrigerate at 41 F. or lower.
- 4 Reconstitute milk; add eggs; mix well.
- 5 Dip chilled crab cakes in milk and egg mixture, then in bread crumbs; shake off excess.
- 6 Fry at 350 F. for 2 to 3 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**HONEY GLAZED ROCK CORNISH HENS**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
342 cal	12 g	25 g	21 g	147 mg	92 mg	22 mg

**Ingredient**

CORNISH HEN,ROCK,RAW,WHOLE  
 COOKING SPRAY,NONSTICK  
 SUGAR,BROWN,PACKED  
 HONEY  
 JUICE,ORANGE

**Weight**

78-1/8 lbs  
 2 oz  
 1-1/2 lbs  
 1-1/2 lbs  
 1-1/8 lbs

**Measure**

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

**Issue****Method**

- 1 Remove necks and giblets. Wash hens, inside and out, thoroughly under cold running water. Drain well; pat dry.
- 2 Using sharp boning knife or cleaver, split hens in half lengthwise.
- 3 Lightly spray sheet pans with non-stick cooking spray. Place each half skin side up, on sheet pans.
- 4 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent.
- 5 Heat brown sugar, honey and orange juice until sugar is melted to make a glaze.
- 6 Remove hens from oven; brush tops with glaze.
- 7 Return to convection oven; bake 20 minutes or until golden brown or done. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Brush remaining glaze over hens in each pan before serving. CCP: Hold for service at 140 F. or higher.

**ROCK CORNISH HENS WITH SYRUP GLAZE**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
349 cal	14 g	25 g	21 g	147 mg	104 mg	16 mg

**Ingredient**

CORNISH HEN,ROCK,RAW,WHOLE  
 COOKING SPRAY,NONSTICK  
 SYRUP,PANCAKE & WAFFLE

**Weight**

78-1/8 lbs  
 2 oz  
 4-1/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Remove necks and giblets. Wash hens, inside and out, thoroughly under cold running water. Drain well; pat dry.
- 2 Using sharp boning knife or cleaver, split hens in half lengthwise.
- 3 Lightly spray sheet pans with non-stick cooking spray. Place each half on sheet pans.
- 4 Using a convection oven, bake at 325 F. 30 minutes on high fan, closed vent.
- 5 Remove hens from oven; brush tops with maple syrup, or use Recipe No. D 050 00, Maple Syrup.
- 6 Return to oven; bake 20 minutes or until done in 325 F. oven. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Brush remaining warm syrup over hens in each pan before serving. CCP: Hold for service at 140 F. or higher.

**HERBED CORNISH HENS**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
295 cal	1 g	25 g	20 g	147 mg	369 mg	26 mg

**Ingredient**

CORNISH HEN,ROCK,RAW,WHOLE  
 JUICE,LEMON  
 SALT  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND  
 ONION POWDER  
 CELERY SEED  
 SEASONING,POULTRY  
 THYME,GROUND  
 BASIL,SWEET,WHOLE,CRUSHED

**Weight**

78-1/8 lbs  
 1-1/8 lbs  
 2-1/2 oz  
 3/4 oz  
 1/2 oz  
 1/2 oz  
 1/2 oz  
 1/2 oz  
 1/4 oz  
 1/3 oz  
 1/2 oz

**Measure**

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

**Issue****Method**

- 1 Remove necks and giblets. Wash hens, inside and out, thoroughly under cold running water. Drain well; pat dry.
- 2 Using sharp boning knife or cleaver, split hens in half lengthwise.
- 3 Place each half skin side up, on ungreased pans; brush hens with lemon juice.
- 4 Combine salt, garlic, black pepper, ground paprika, onion powder, celery seed, ground poultry seasoning, ground thyme, and crushed sweet basil; mix well. Sprinkle 3 tbsp mixture evenly over hens in each pan.
- 5 Using a convection oven, bake 1 to 1-1/4 hours at 325 F. on high fan, closed vent for 40 minutes or until done. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED CHICKEN (8 PC)**

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
260 cal	0 g	39 g	10 g	119 mg	394 mg	21 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 SALT  
 PEPPER, BLACK, GROUND

**Weight**

82 lbs  
 2-1/8 oz  
 2-1/2 oz  
 7/8 oz

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray sheet pans with non-stick cooking spray. Place chicken meat side up on each sheet pan.
- 3 Combine salt and pepper; mix well.
- 4 Sprinkle 1 tbsp seasoning mixture evenly over chicken in each pan. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 40 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.



**MEXICAN BAKED CHICKEN (8 PC)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
267 cal	1 g	39 g	11 g	119 mg	403 mg	35 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 CHILI POWDER, DARK, GROUND  
 SALT  
 CUMIN, GROUND  
 GARLIC POWDER  
 OREGANO, CRUSHED

**Weight**

82 lbs  
 2-1/8 oz  
 2-2/3 oz  
 2-1/2 oz  
 2-1/8 oz  
 1-3/4 oz  
 1-5/8 oz

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray sheet pans with non-stick cooking spray. Place chicken meat side up on each sheet pan.
- 3 Combine chili powder, salt, ground cumin, garlic powder and crushed oregano; mix well.
- 4 Sprinkle 4-2/3 tbsp seasoning mixture evenly over chicken in each pan. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 40 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.

**HERBED BAKED CHICKEN (8 PC)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
262 cal	1 g	39 g	10 g	119 mg	395 mg	34 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 SALT  
 PEPPER, BLACK, GROUND  
 OREGANO, CRUSHED  
 MARJORAM, SWEET, GROUND  
 ROSEMARY, GROUND

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray sheet pans with non-stick cooking spray. Place chicken meat side up on each sheet pan.
- 3 Combine salt, pepper, crushed oregano, ground marjoram and ground rosemary; mix well.
- 4 Sprinkle 2-2/3 tbsp seasoning mixture evenly over chicken in each pan. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 40 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.

**BAKED CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	0 g	32 g	4 g	88 mg	286 mg	16 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 SALT  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

1/4 cup 1/3 tbsp  
 3 tbsp  
 3 tbsp  
 3 tbsp

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray sheet pans with non-stick cooking spray. Place chicken breasts on each sheet pan.
- 3 Combine salt and pepper; mix well.
- 4 Sprinkle 1-1/2 tbsp seasoning mixture evenly over chicken in each pan. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 10 to 12 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.

**MEXICAN BAKED CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
184 cal	1 g	32 g	5 g	88 mg	293 mg	28 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 CHILI POWDER,DARK,GROUND  
 SALT  
 CUMIN,GROUND  
 GARLIC POWDER  
 OREGANO,CRUSHED  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray sheet pans with non-stick cooking spray. Place chicken breasts on each sheet pan.
- 3 Combine chili powder, salt, ground cumin, garlic powder and crushed oregano; mix well.
- 4 Sprinkle 5-2/3 tbsp seasoning mixture evenly over chicken in each pan. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake for 10-12 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.

**HERBED BAKED CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	0 g	32 g	4 g	88 mg	286 mg	25 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 SALT  
 PEPPER,BLACK,GROUND  
 OREGANO,CRUSHED  
 MARJORAM,SWEET,GROUND  
 ROSEMARY,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray sheet pans with non-stick cooking spray. Place chicken breasts on each sheet pan.
- 3 Combine salt, pepper, crushed oregano, ground marjoram and ground rosemary; mix well.
- 4 Sprinkle 3 tbsp seasoning mixture evenly over chicken in each pan. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake for 10-12 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.

## BAKED TURKEY AND NOODLES

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
277 cal	22 g	23 g	10 g	74 mg	985 mg	91 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
 WATER,BOILING  
 ONIONS,FRESH,CHOPPED  
 BAY LEAF,WHOLE,DRIED  
 WATER,BOILING  
 NOODLES,EGG  
 SALT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER,COLD  
 MILK,NONFAT,DRY  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 BASIL,SWEET,WHOLE,CRUSHED  
 BREADCRUMBS  
 BUTTER,MELTED  
 CHEESE,CHEDDAR,SHREDDED

**Weight**

23 lbs  
 31-1/3 lbs  
 4-1/4 lbs  
 1/3 oz  
 25-1/8 lbs  
 2-1/4 lbs  
 7/8 oz  
 2-1/4 lbs  
 4-1/8 lbs  
 5-3/8 oz  
 1-7/8 oz  
 1/4 oz  
 1/4 oz  
 1/3 oz  
 1 lbs  
 6 oz  
 8 oz

**Measure**

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

**Issue**

4-3/4 lbs

**Method**

- 1 Cut turkey into 3/4 to 1-inch cubes.
- 2 Place turkey in stock pot or steam-jacketed kettle; add water, onion, and bay leaves. Bring to a boil. Cover; reduce heat; simmer 35 to 40 minutes.
- 3 Remove bay leaves and discard. Drain turkey and onions. Reserve 2-1/2 gal stock for use in Step 7. CCP: Hold reserved stock at 140 F. or higher for use in Step 5. Hold turkey at 140 F. or higher for use in Step 7.
- 4 Cook noodles in boiling salted water 8 to 10 minutes or until tender. Drain. Use immediately in recipe preparation or rinse with cold water, drain thoroughly; place in shallow containers, cover and refrigerate.
- 5 Blend flour and cold water together to make a smooth slurry. Add slurry to stock stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 6 Reconstitute milk. Add salt, pepper, garlic powder and basil; stir milk mixture into thickened stock. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 7 Stir turkey, onions, and noodles gently into thickened sauce. Heat to a simmer.
- 8 Pour turkey and noodle mixture into ungreased steam table pans.
- 9 Combine crumbs, margarine (or butter) and cheese. Sprinkle 2 cups crumb mixture evenly over turkey and noodles in each pan.
- 10 Using a convection oven, bake 25 minutes at 325 F. on high fan, closed vent or until lightly browned and thoroughly heated. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED CHICKEN AND NOODLES (CANNED CHICKEN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
250 cal	20 g	21 g	9 g	62 mg	1401 mg	72 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	25-1/8 lbs	3 gal	
NOODLES,EGG	2-1/4 lbs	1 gal 2-3/4 qts	
SALT	7/8 oz	1 tbsp	
CHICKEN,BONED,CANNED,PIECES	18 lbs	1 gal 3-1/8 qts	
CHICKEN BROTH		2 gal 2 qts	
ONIONS,FRESH,QUARTERED	3 lbs	2 qts 3-7/8 cup	3-1/3 lbs
FLOUR,WHEAT,GENERAL PURPOSE	2-1/4 lbs	2 qts	
WATER,COLD	4-1/8 lbs	2 qts	
WATER,WARM	6 lbs	2 qts 3-1/2 cup	
MILK,NONFAT,DRY	5-3/8 oz	2-1/4 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
BASIL,SWEET,WHOLE,CRUSHED	1/3 oz	2 tbsp	
BREADCRUMBS	1 lbs	1 qts	
BUTTER,MELTED	6 oz	3/4 cup	
CHEESE,CHEDDAR,SHREDDED	8 oz	2 cup	

**Method**

- 1 Cook noodles in boiling salted water 8 to 10 minutes or until tender. Drain. Use immediately in recipe preparation or rinse with cold water, drain thoroughly, place in shallow containers, cover, and refrigerate.
- 2 Cut chicken into 1 inch pieces.
- 3 Add onions to broth and bring to a boil. Cover; reduce heat; simmer 8 to 10 minutes until tender.
- 4 Blend flour and cold water; stir to make a smooth slurry. Add slurry to broth and onion mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 5 Reconstitute milk in warm water. Add salt, pepper, garlic powder and basil; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 6 Stir chicken and noodles gently into thickened sauce. Heat to a simmer.
- 7 Pour chicken and noodle mixture into ungreased steam table pans.
- 8 Combine crumbs, margarine (or butter) and cheese. Sprinkle crumb mixture evenly over chicken and noodles in each pan.
- 9 Using a convection oven, bake 25 minutes at 325 F. on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED CHICKEN AND NOODLES (COOKED DICED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	20 g	28 g	9 g	89 mg	1101 mg	74 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	25-1/8 lbs	3 gal	
NOODLES,EGG	2-1/4 lbs	1 gal 2-3/4 qts	
SALT	7/8 oz	1 tbsp	
CHICKEN BROTH		2 gal 2 qts	
ONIONS,FRESH,QUARTERED	3 lbs	3 qts	3-3/8 lbs
FLOUR,WHEAT,GENERAL PURPOSE	2-1/4 lbs	2 qts	
WATER,COLD	4-1/8 lbs	2 qts	
WATER,WARM	6 lbs	2 qts 3-1/2 cup	
MILK,NONFAT,DRY	5-3/8 oz	2-1/4 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
BASIL,SWEET,WHOLE,CRUSHED	1/3 oz	2 tbsp	
CHICKEN,COOKED,DICED	18 lbs		
BREADCRUMBS	1 lbs	1 qts	
BUTTER,MELTED	6 oz	3/4 cup	
CHEESE,CHEDDAR,SHREDDED	8 oz	2 cup	

**Method**

- 1 Cook noodles in boiling salted water 8 to 10 minutes until tender. Drain. Use immediately in recipe preparation or rinse with cold water, drain thoroughly, place in shallow containers, cover, and refrigerate.
- 2 Add onions to broth and bring to a boil. Cover; reduce heat; simmer 8 to 10 minutes until tender.
- 3 Blend flour and cold water together to make a smooth slurry. Add slurry to broth and onion mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Reconstitute milk in warm water. Add salt, pepper, garlic powder and basil; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 5 Stir chicken and noodles gently into thickened sauce. Heat to a simmer.
- 6 Pour chicken and noodle mixture into ungreased steam table pans.
- 7 Combine crumbs, margarine or butter and cheese. Sprinkle crumb mixture evenly over chicken and noodles in each pan.
- 8 Using a convection oven, bake 25 minutes at 325 F. on high fan, open vent or until lightly browned. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**CHICKEN VEGA (8 PC)**

**Yield** 100

**Portion** 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
479 cal	45 g	45 g	12 g	121 mg	1249 mg	131 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 WATER, WARM  
 MILK, NONFAT, DRY  
 SOUP, DEHYDRATED, ONION  
 WATER, COLD  
 FLOUR, WHEAT, GENERAL PURPOSE  
 CHICKEN BROTH  
 RICE, LONG GRAIN

**Weight**

82 lbs  
 2-1/8 oz  
 20-7/8 lbs  
 1-1/4 lbs  
 12 oz  
 3-2/3 lbs  
 1-1/8 lbs  
 9-5/8 lbs

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken, meat side up, on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray.
- 2 Using a convection oven, bake chicken 40 minutes at 350 F. on high fan, closed vent. Hold at 140 F. or higher for use in Step 6.
- 3 Reconstitute milk in warm water. Heat milk to a simmer. Do not boil. Add dehydrated onion soup; mix well.
- 4 Blend flour and cold water together; stir to make a smooth slurry. Add slurry to hot seasoned milk mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened; stirring frequently to prevent sticking.
- 5 Place 2-1/3 uncooked rice evenly in each of 10 steam table pans. Pour hot chicken broth over rice in each pan; stir well.
- 6 Place 20 pieces of pre-baked chicken evenly over rice mixture in each pan.
- 7 Pour 1-1/4 quarts of sauce evenly over chicken in each pan.
- 8 Cover; using a convection oven, bake 35 minutes at 350 F. or until rice is tender, on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BARBECUED CHICKEN (8 PC)**

**Yield** 100

**Portion** 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
324 cal	16 g	40 g	11 g	120 mg	981 mg	35 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 CATSUP  
 SAUCE, CHILI  
 VINEGAR, DISTILLED  
 WORCESTERSHIRE SAUCE  
 MUSTARD, PREPARED  
 PEPPER, BLACK, GROUND  
 SALT  
 PEPPER, RED, GROUND

**Weight**

82 lbs  
 2-1/8 oz  
 10-5/8 lbs  
 2-1/8 lbs  
 1-1/3 lbs  
 14-7/8 oz  
 6-5/8 oz  
 2/3 oz  
 1-7/8 oz  
 1/4 oz

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Combine catsup, chili sauce, vinegar, Worcestershire sauce, mustard, salt, black pepper, and red pepper in a steam-jacketed kettle or stockpot. Bring to a boil. Cover, reduce heat; simmer 5 minutes.
- 3 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray. Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent.
- 4 Dip chicken in barbecue sauce to coat well; place chicken, meat side up, on sheet pans. Bake an additional 20 minutes, for a total of 40 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer chicken to steam table pans.
- 5 Bring remaining barbecue sauce to a boil.
- 6 Pour barbecue sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, 2 gallons of prepared BBQ sauce may be used per 100 portions.

**BARBECUED CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
237 cal	16 g	33 g	4 g	89 mg	942 mg	31 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 CATSUP  
 SAUCE,CHILI  
 VINEGAR,DISTILLED  
 WORCESTERSHIRE SAUCE  
 MUSTARD,PREPARED  
 PEPPER,BLACK,GROUND  
 SALT  
 PEPPER,RED,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

31-1/4 lbs  
 10-5/8 lbs  
 2-1/8 lbs  
 1-1/3 lbs  
 14-7/8 oz  
 6-5/8 oz  
 2/3 oz  
 1-7/8 oz  
 1/4 oz  
 3/4 oz

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine catsup, chili sauce, vinegar, Worcestershire sauce, mustard, salt, black pepper, and red pepper; mix well.
- 3 Pour 1 gallon barbecue sauce evenly over chicken in each pan; cover.
- 4 Place chicken breasts on lightly sprayed sheet pans.
- 5 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer chicken to steam table pans.
- 6 Bring remaining barbecue sauce to a boil.
- 7 Pour 3-1/2 cups of barbecue sauce over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, 2 gallons of prepared BBQ sauce may be used per 100 portions.

**CHICKEN A LA KING (COOKED DICED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
246 cal	17 g	27 g	7 g	74 mg	1235 mg	62 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN BROTH		2 gal 3 qts	
CELERY,FRESH,CHOPPED	4 lbs	3 qts 3-1/8 cup	5-1/2 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
SALT	1-7/8 oz	3 tbsp	
PEPPER,WHITE,GROUND	1/3 oz	1 tbsp	
WATER,WARM	7-7/8 lbs	3 qts 3 cup	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
CHICKEN BROTH		3 qts	
FLOUR,WHEAT,GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
CHICKEN,COOKED,DICED	18 lbs		
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	

**Method**

- 1 Place broth, celery, onions, salt and pepper in a steam jacketed kettle or stockpot; bring to a boil. Cover; reduce heat; simmer 8-10 minutes until tender.
- 2 Reconstitute milk in warm water. Stir milk into cooked vegetables and broth.
- 3 Blend flour and broth together to make a smooth slurry. Add slurry to vegetables, broth, and milk mixture, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Stir chicken, peppers, and pimientos gently into thickened sauce. Cover, reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 2-1/2 gallons of chicken a la king into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.

**CHICKEN A LA KING (CANNED CHICKEN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	17 g	20 g	7 g	47 mg	1325 mg	60 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN,BONED,CANNED,PIECES	18 lbs	1 gal 3-1/8 qts	
CHICKEN BROTH		2 gal 3 qts	
CELERY,FRESH,CHOPPED	4 lbs	3 qts 3-1/8 cup	5-1/2 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPER,WHITE,GROUND	1/3 oz	1 tbsp	
WATER,WARM	7-7/8 lbs	3 qts 3 cup	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
CHICKEN BROTH		3 qts	
FLOUR,WHEAT,GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	

**Method**

- 1 Cut chicken into 1 inch pieces.
- 2 Place broth, celery, onions, and pepper in a steam jacketed kettle or stockpot; bring to a boil. Cover; reduce heat; simmer 8-10 minutes until tender.
- 3 Reconstitute milk in warm water. Stir milk into cooked vegetables and broth.
- 4 Blend flour and second broth together; stir to make a smooth slurry. Add slurry to vegetables, broth, and milk mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 5 Stir chicken, peppers, and pimientos gently into thickened sauce. Cover; reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Pour 2-1/2 gallons of chicken a la king into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.

## TURKEY A LA KING

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
213 cal	19 g	18 g	7 g	46 mg	2278 mg	81 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,BNLS,WHITE AND DARK MEAT,DICED	18 lbs		
WATER	50-1/8 lbs	6 gal	
SALT	5-3/4 oz	1/2 cup 1 tbsp	
BAY LEAF,WHOLE,DRIED	1/3 oz	9 each	
CHICKEN BROTH		2 gal 3 qts	
CELERY,FRESH,CHOPPED	4 lbs	3 qts 3-1/8 cup	5-1/2 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	
WATER,WARM	7-7/8 lbs	3 qts 3 cup	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
CHICKEN BROTH		3 qts	
FLOUR,WHEAT,GENERAL PURPOSE	3-7/8 lbs	3 qts 2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	

**Method**

- 1 Place turkey in stock pot or steam jacketed kettle; add water, salt and bay leaves. Bring to a boil; reduce heat; simmer turkey in 6 gallons water 3 to 4 hours or until tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Drain. Cool. Dice cooked turkey. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 2 Place broth, celery, onions, salt, and pepper in a steam jacketed kettle or stockpot; bring to a boil. Cover; reduce heat; simmer 8-10 minutes until tender.
- 3 Reconstitute milk in warm water. Stir milk into cooked vegetables and broth.
- 4 Blend flour and broth together; stir to make a smooth slurry. Add slurry to vegetables, broth, and milk mixture, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 5 Stir turkey, peppers, and pimientos gently into thickened sauce. Cover, reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Pour 2-1/2 gallons of turkey a la king into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.

**CHICKEN CACCIATORE (8 PC)**

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
348 cal	21 g	42 g	11 g	119 mg	764 mg	87 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	26-1/2 lbs	3 gal	
TOMATO PASTE,CANNED	7-3/4 lbs	3 qts 1-1/2 cup	
ONIONS,FRESH,1/4"" STRIPS	3-1/3 lbs	3 qts 1-1/8 cup	3-2/3 lbs
WATER	3-1/8 lbs	1 qts 2 cup	
PEPPERS,GREEN,FRESH,JULIENNE	4-1/4 lbs	3 qts 7/8 cup	5-1/8 lbs
SUGAR,GRANULATED	7 oz	1 cup	
SALT	1-7/8 oz	3 tbsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
THYME,GROUND	1/2 oz	3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	3/8 oz	2-2/3 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	6 lf	
CHICKEN, 8 PC CUT, SKIN REMOVED	82 lbs		
COOKING SPRAY,NONSTICK	2-1/8 oz	1/4 cup 2/3 tbsp	

**Method**

- 1 Combine tomatoes, tomato paste, onions, water, sweet peppers, sugar, salt, garlic, pepper, oregano, thyme, basil and bay leaves in steam-jacketed kettle or stock pot. Bring to boil; cover; reduce heat; simmer 1 hour. Remove bay leaves.
- 2 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 3 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 4 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent.
- 5 Transfer chicken to steam table pans. Pour 3-1/4 quart sauce evenly over chicken in each pan.
- 6 Cover; using a convection oven, bake 30 to 35 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 CCP: Hold for service at 140 F. or higher. Serve with 1/2 cup sauce.

**CHICKEN CACCIATORE (COOKED DICED)**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
245 cal	21 g	27 g	7 g	73 mg	721 mg	81 mg

**Ingredient**

TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 WATER  
 TOMATO PASTE,CANNED  
 ONIONS,FRESH,1/4"" STRIPS  
 PEPPERS,GREEN,FRESH,JULIENNE  
 SUGAR,GRANULATED  
 SALT  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 OREGANO,CRUSHED  
 THYME,GROUND  
 BASIL,SWEET,WHOLE,CRUSHED  
 BAY LEAF,WHOLE,DRIED  
 CHICKEN,COOKED,DICED

**Weight**

26-1/2 lbs  
 20-7/8 lbs  
 7-3/4 lbs  
 4 lbs  
 4-1/4 lbs  
 7 oz  
 1-7/8 oz  
 1-1/8 oz  
 1/2 oz  
 1/2 oz  
 1/2 oz  
 3/8 oz  
 1/4 oz  
 18 lbs

**Measure**

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

**Issue**

4-1/2 lbs  
 5-1/4 lbs

**Method**

- 1 Combine tomatoes, water, tomato paste, onions, sweet peppers, sugar, salt, garlic, pepper, oregano, thyme, basil and bay leaves in steam-jacketed kettle or stock pot. Bring to boil; cover; reduce heat; simmer 1 hour. Remove bay leaves.
- 2 Stir chicken gently into cacciatore sauce. Cover; reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Pour 2-1/2 gal chicken cacciatore mixture into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.



**BAKED CHICKEN AND GRAVY (8 PC)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
300 cal	7 g	40 g	11 g	120 mg	1025 mg	44 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 SALT  
 PEPPER, BLACK, GROUND  
 FLOUR, WHEAT, GENERAL PURPOSE  
 CHICKEN BROTH  
 WATER  
 MILK, NONFAT, DRY  
 CHICKEN BROTH  
 PAPRIKA, GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken, meat side up, on lightly sprayed sheet pans. Sprinkle pieces of chicken with mixture of salt and pepper. Lightly spray chicken with cooking spray.
- 3 Using a convection oven, bake 20 minutes on high fan, closed vent at 325 F. Transfer chicken to roasting pans. CCP: Hold at 140 F. or higher for use in Step 8.
- 4 Lightly brown flour in a roasting pan on top of a gas range for 10 to 12 minutes; in a 350 F. tilting fry pan for 16 to 18 minutes; or in a roasting pan using a convection oven, at 350 F on low fan, open vent for 25 to 27 minutes. Use a wire whip to stir and distribute flour for even browning.
- 5 Heat chicken broth in a steam-jacketed kettle or stockpot.
- 6 Reconstitute milk in warm water; stir milk into hot broth.
- 7 Blend flour and second broth together; stir to make a smooth slurry. Add slurry to broth and milk mixture. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 8 Pour 3-1/2 qt gravy evenly over chicken in each pan. Sprinkle one teaspoon of paprika over each pan.
- 9 Cover. Using a convection oven, bake at 325 F. 30 to 35 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED CHICKEN WITH MUSHROOM GRAVY (8 PC)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
308 cal	9 g	41 g	11 g	120 mg	1065 mg	45 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 SALT  
 PEPPER, BLACK, GROUND  
 MUSHROOMS, CANNED, STEMS & PIECES, CHOPPED, DRAINED  
 WATER, WARM  
 MILK, NONFAT, DRY  
 FLOUR, WHEAT, GENERAL PURPOSE  
 CHICKEN BROTH  
 CHICKEN BROTH  
 PAPRIKA, GROUND

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken, meat side up, on lightly sprayed sheet pans. Sprinkle chicken with mixture of salt and pepper. Lightly spray chicken with cooking spray.
- 3 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent. Transfer chicken to roasting pans. CCP: Hold at 140 F. or higher for use in Step 9.
- 4 Drain mushrooms and reserve liquid for use in Step 5. Chop mushrooms.
- 5 Combine mushroom liquid and enough warm water to equal 7-1/2 cups. Reconstitute milk with mushroom liquid and warm water mixture.
- 6 Lightly brown flour in a roasting pan on top of a gas range for 10 to 12 minutes; a 350 F. convection oven on low fan, open vent for 25 to 27 minutes or in a 350 F. tilting fry pan for 16 to 18 minutes. Use a wire whip to stir and distribute flour for even browning. Cool; set aside for use in Step 8.
- 7 Heat chicken broth to a simmer in a steam-jacketed kettle or stockpot; stir milk into hot broth.
- 8 Blend flour and second chicken broth together to make a smooth slurry. Add slurry to broth and milk mixture. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking. Stir chopped mushrooms gently into gravy, heat to a simmer.
- 9 Pour 3-1/2 qt gravy evenly over chicken in each pan. Sprinkle one teaspoon of paprika over each pan.
- 10 Cover. Using a convection oven, bake at 325 F. 30 to 35 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED CHICKEN WITH MUSHROOM GRAVY (8 PC CND SOUP)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
332 cal	5 g	40 g	16 g	120 mg	603 mg	40 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 PEPPER, BLACK, GROUND  
 SOUP, CONDENSED, CREAM OF MUSHROOM  
 WATER  
 PAPRIKA, GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken, meat side up, on lightly sprayed sheet pans. Sprinkle chicken with pepper. Lightly spray chicken with cooking spray.
- 3 Using a convection oven, bake at 325 F. for 20 minutes on high fan, closed vent. Transfer chicken to roasting pans.
- 4 Combine mushroom soup and water. Bring to a boil.
- 5 Pour 3-1/2 qt gravy evenly over chicken in each pan. Sprinkle one teaspoon of paprika over each pan.
- 6 Cover. Using a convection oven, bake 30 to 35 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## TURKEY POT PIE

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
368 cal	40 g	28 g	10 g	65 mg	964 mg	128 mg

**Ingredient****Weight****Measure****Issue**

TURKEY,BNLS,WHITE AND DARK MEAT	26 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
SALT	5/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/3 oz	9 lf	
WATER,WARM	4-7/8 lbs	2 qts 1-3/8 cup	
POTATOES,FRESH,PEELED,CUBED	8 lbs	1 gal 1-7/8 qts	9-7/8 lbs
CARROTS,FRESH,CHOPPED	8 lbs	1 gal 3-1/8 qts	9-3/4 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
WATER,COLD	4-1/8 lbs	2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	2-1/3 lbs	2 qts 1/2 cup	
PEAS,GREEN,FROZEN	5-3/4 lbs	1 gal 1/2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	3-1/3 lbs	3 qts	
SUGAR,GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
BAKING POWDER	2-3/8 oz	1/4 cup 1-1/3 tbsp	
SALT	5/8 oz	1 tbsp	
WATER,WARM	4-7/8 lbs	2 qts 1-3/8 cup	
MILK,NONFAT,DRY	4-3/4 oz	2 cup	
EGG WHITES	2-1/8 lbs	1 qts	
MARGARINE,MELTED	4 oz	1/2 cup	

**Method**

- 1 Cut turkey into 3/4 to 1-inch cubes.
- 2 Place turkey, onions, salt, pepper, thyme, and bay leaves in a steam-jacketed kettle or stockpot. Cook 15 minutes, stirring occasionally, until onions are lightly browned and turkey is partially cooked and slightly tender.
- 3 Add water, potatoes, carrots and celery. Bring to a boil. Cover; reduce heat; simmer 15 minutes or until potatoes are almost tender. Remove bay leaves.
- 4 Blend cold water and flour together; stir to make a smooth slurry. Add slurry to turkey mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 8-10 minutes or until thickened, stirring frequently to prevent sticking.
- 5 Add peas; stir; bring to a simmer.
- 6 Pour 1-1/3 gallons of turkey mixture into each ungreased steam table pan.
- 7 For batter topping, sift together flour, sugar, baking powder and salt into mixer bowl.
- 8 Reconstitute milk in warm water. Combine milk, egg whites and margarine or butter. Add to dry ingredients; mix at low speed until dry ingredients are moistened, about 30 seconds. Do not overmix.
- 9 Pour 3-1/4 cups of batter evenly over top of turkey mixture in each pan.
- 10 Using a convection oven, bake 20 to 25 minutes at 400 F. or until lightly browned on low fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 11 Cut 3 x 6. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 1, 18 lb (3 1/2 gal) cooked, diced turkey may be substituted. In Step 3, use 16 lb (2 gal) chicken broth in place of water.
- 2 In Step 3, 8 lbs 8 ounces drained canned sliced carrots (13 lb 2 oz, 2-No.10 cn A.P.) or 8 lbs frozen carrots may be used per 100 portions. Add carrots to sauce in Step 5.
- 3 In Step 9, batter will be very thin. DO NOT add additional flour. CCP: If prepared in advance, refrigerate at 41 F. or lower until use.
- 4 Baking Powder Biscuits may be used for topping. Omit Steps 7 through 10. Prepare Recipe No. D 001 00 or D 001 01; place baked biscuits over top of hot turkey mixture in each pan. Bake 10 to 15 minutes or until biscuits are lightly browned.

**CHICKEN POT PIE (CANNED CHICKEN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
317 cal	38 g	23 g	8 g	46 mg	1101 mg	107 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN,BONED,CANNED,PIECES	18 lbs	1 gal 3-1/8 qts	
COOKING SPRAY, NONSTICK	1/8 oz	1/8 tsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/3 oz	9 lf	
CHICKEN BROTH		2 gal	
POTATOES,FRESH,PEELED,CUBED	8 lbs	1 gal 1-7/8 qts	9-7/8 lbs
CARROTS,FRESH,CHOPPED	8 lbs	1 gal 3-1/8 qts	9-3/4 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
WATER,COLD	4-1/8 lbs	2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	2-1/3 lbs	2 qts 1/2 cup	
PEAS,GREEN,FROZEN	5-3/4 lbs	1 gal 1/2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	3-1/3 lbs	3 qts	
SUGAR,GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
BAKING POWDER	2-3/8 oz	1/4 cup 1-1/3 tbsp	
SALT	5/8 oz	1 tbsp	
WATER,WARM	4-7/8 lbs	2 qts 1-3/8 cup	
MILK,NONFAT,DRY	4-3/4 oz	2 cup	
EGG WHITES	2-1/8 lbs	1 qts	
MARGARINE,MELTED	4 oz	1/2 cup	

**Method**

- 1 Cut chicken into 1 inch pieces; cover.
- 2 Lightly spray steam-jacketed kettle or stockpot with non-stick spray. Add onions, pepper, thyme, and bay leaves. Stir-cook 5 minutes until onions are tender.
- 3 Add broth, potatoes, carrots and celery. Bring to a boil. Cover; reduce heat; simmer 15 minutes or until potatoes are almost tender. Remove bay leaves.
- 4 Blend flour and cold water together; stir to make a slurry. Add slurry vegetable mixture stirring constantly. Bring to boil. Cover; reduce heat; simmer 8 to 10 minutes or until thickened, stirring frequently to prevent sticking.
- 5 Fold in chicken and peas. Bring to a boil. Cover; reduce heat; simmer 5 to 10 minutes.
- 6 Pour 1-1/3 gallons of mixture into each ungreased pan.
- 7 For batter topping, sift together flour, sugar, baking powder, and salt into mixer bowl.
- 8 Reconstitute milk in warm water. Combine milk, egg whites and margarine or butter. Add to dry ingredients; mix at low speed until dry ingredients are moistened, about 30 seconds. Do not overmix.
- 9 Pour 3-1/4 cups of batter evenly over top of chicken mixture in each pan.
- 10 Using a convection oven, bake 20 to 25 minutes at 400 F. or until lightly browned on low fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 11 Cut 3 x 6. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 3, 8 lbs 8 oz drained sliced carrots (13 lb 2 oz, 2-No. 10 cn A.P.) or 8 lbs frozen carrots may be used per 100 portions. Add carrots to sauce in Step 5.
- 2 In Step 9, batter will be very thin. Do not add additional flour. If prepared in advance, refrigerate at 41 F. or lower until ready to use.
- 3 Baking powder biscuits may be used for topping. Omit Steps 7 through 9. Prepare Recipe No. D 001 00 or D 001 01; place 18 biscuits over top of hot mixture in each pan. Bake 10 to 15 minutes or until biscuits are lightly browned.

**CHICKEN POT PIE (COOKED DICED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
351 cal	38 g	31 g	8 g	73 mg	802 mg	109 mg

**Ingredient****Weight****Measure****Issue**

COOKING SPRAY, NONSTICK	1/8 oz	1/8 tsp	
ONIONS, FRESH, CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
THYME, GROUND	1/8 oz	1 tbsp	
BAY LEAF, WHOLE, DRIED	1/3 oz	9 lf	
CHICKEN BROTH		2 gal	
POTATOES, FRESH, PEELED, CUBED	8 lbs	1 gal 1-7/8 qts	9-7/8 lbs
CARROTS, FRESH, CHOPPED	8 lbs	1 gal 3-1/8 qts	9-3/4 lbs
CELERY, FRESH, CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
WATER, COLD	4-1/8 lbs	2 qts	
FLOUR, WHEAT, GENERAL PURPOSE	2-1/3 lbs	2 qts 1/2 cup	
CHICKEN, COOKED, DICED	18 lbs		
PEAS, GREEN, FROZEN	5-3/4 lbs	1 gal 1/2 qts	
FLOUR, WHEAT, GENERAL PURPOSE	3-1/3 lbs	3 qts	
SUGAR, GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
BAKING POWDER	2-3/8 oz	1/4 cup 1-1/3 tbsp	
SALT	5/8 oz	1 tbsp	
WATER, WARM	4-7/8 lbs	2 qts 1-3/8 cup	
MILK, NONFAT, DRY	4-3/4 oz	2 cup	
EGG WHITES	2-1/8 lbs	1 qts	
MARGARINE, MELTED	4 oz	1/2 cup	

**Method**

- 1 Lightly spray steam-jacketed kettle or stockpot with non-stick spray. Add onions, pepper, thyme, and bay leaves. Stir-cook 5 minutes until onions are tender.
- 2 Add broth, potatoes, carrots and celery. Bring to a boil. Cover; reduce heat; simmer 15 minutes or until potatoes are almost tender. Remove bay leaves.
- 3 Blend flour and cold water together; stir to make a slurry. Add slurry vegetable mixture stirring constantly. Bring to boil. Cover; reduce heat; simmer 8 to 10 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Fold in chicken and peas. Bring to a boil. Cover; reduce heat; simmer 5 to 10 minutes.
- 5 Pour 1-1/3 gallons of mixture into each ungreased pan.
- 6 For batter topping, sift together flour, sugar, baking powder, and salt into mixer bowl.
- 7 Reconstitute milk in warm water. Combine milk, egg whites and margarine or butter. Add to dry ingredients; mix at low speed until dry ingredients are moistened, about 30 seconds. Do not overmix.
- 8 Pour 3-1/4 cups of batter evenly over top of chicken mixture in each pan.
- 9 Using a convection oven, bake 20 to 25 minutes at 400 F. or until lightly browned on low fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 10 Cut 3 x 6. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 3, 8 lbs 8 oz drained sliced carrots (13 lb 2 oz, 2-No. 10 cn A.P.) or 8 lbs frozen carrots may be used per 100 portions. Add carrots to sauce in Step 5.
- 2 In Step 9, batter will be very thin. Do not add additional flour. If prepared in advance, refrigerate at 41 F. or lower until ready to use.
- 3 Baking powder biscuits may be used for topping. Omit Steps 7 through 9. Prepare Recipe No. D 001 00 or D 001 01; place 18 biscuits over top of hot mixture in each pan. Bake 10 to 15 minutes or until biscuits are lightly browned.

**CHICKEN SALAD (COOKED DICED)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
229 cal	4 g	24 g	12 g	77 mg	371 mg	43 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN,COOKED,DICED	18 lbs		
CELERY,FRESH,CHOPPED	9-1/2 lbs	2 gal 1 qts	13 lbs
SALAD DRESSING,MAYONNAISE TYPE	2-3/4 lbs	1 qts 1-1/2 cup	
ONIONS,FRESH,CHOPPED	15 oz	2-5/8 cup	1 lbs
JUICE,LEMON	8-5/8 oz	1 cup	
SALT	1-2/3 oz	2-2/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
LETTUCE,LEAF,FRESH,CHOPPED	4 lbs	2 gal 1/8 qts	6-1/4 lbs

**Method**

- 1 Combine chicken, celery, salad dressing, onions, lemon juice, salt, and pepper. Mix lightly but thoroughly.
- 2 Place 1 lettuce leaf on serving dish. Top with 3/4 cup salad. CCP: Refrigerate product at 41 F. or lower until served.

**CHICKEN SALAD (CANNED CHICKEN)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
249 cal	5 g	21 g	16 g	64 mg	621 mg	48 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN,BONED,CANNED,PIECES	23-1/4 lbs	2 gal 1-1/8 qts	
CELERY,FRESH,CHOPPED	11-5/8 lbs	2 gal 3 qts	15-7/8 lbs
SALAD DRESSING,MAYONNAISE TYPE	3-1/2 lbs	1 qts 3 cup	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
JUICE,LEMON	8-5/8 oz	1 cup	
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Drain. Cut chicken into 1/2 inch pieces.
- 2 Combine chicken, celery, salad dressing, onions, lemon juice, and pepper. Mix lightly but thoroughly.
- 3 Place lettuce leaf on serving dish. Top with 3/4 cup salad. CCP: Refrigerate product at 41 F. or lower until served.



**TURKEY SALAD (BONELESS, FROZEN)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
193 cal	6 g	15 g	12 g	49 mg	770 mg	52 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT,DICED  
 CELERY,FRESH,CHOPPED  
 SALAD DRESSING,MAYONNAISE TYPE  
 ONIONS,FRESH,CHOPPED  
 JUICE,LEMON  
 SALT  
 PEPPER,BLACK,GROUND  
 LETTUCE,LEAF,FRESH,CHOPPED

**Weight**

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

**Measure**

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

**Issue**

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

**Method**

- 1 Combine turkey, celery, salad dressing, onions, lemon juice, salt and pepper. Mix lightly but thoroughly.
- 2 Place lettuce leaf on serving dish. Top with 3/4 cup salad. CCP: Refrigerate product at 41 F. or lower until served.

**CHICKEN TETRAZZINI (CANNED CHICKEN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
271 cal	28 g	21 g	7 g	43 mg	1090 mg	108 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	25-1/8 lbs	3 gal	
SALT	1 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
SPAGHETTI NOODLES,DRY	5 lbs	1 gal 1-3/8 qts	
ONIONS,FRESH,CHOPPED	8-1/2 oz	1-1/2 cup	9-1/2 oz
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 oz	1-1/2 cup	9-5/8 oz
COOKING SPRAY,NONSTICK	1/8 oz	1/8 tsp	
CHICKEN BROTH		1 gal 3 qts	
FLOUR,WHEAT,BREAD	2-3/8 lbs	2 qts	
WATER,COLD	4-1/8 lbs	2 qts	
WATER,WARM	7-7/8 lbs	3 qts 3 cup	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
NUTMEG,GROUND	1/2 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
CHICKEN,BONED,CANNED,PIECES	15-1/2 lbs	1 gal 2-1/8 qts	
MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS	5-1/8 lbs	3 qts 3 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	11-7/8 oz	1-3/4 cup	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add spaghetti slowly while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.
- 4 Stir-cook onions and peppers in a lightly sprayed steam-jacketed kettle or stockpot 3 minutes or until tender, stirring constantly.
- 5 Add chicken broth to cooked vegetables; stir to blend. Bring to a boil; reduce heat to a simmer.
- 6 Blend flour and water together to make a smooth slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 7 Reconstitute milk in warm water. Add nutmeg and pepper; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 8 Cut chicken into 1 inch pieces. Stir chicken, spaghetti, mushrooms and pimientos gently into thickened sauce. Heat to a simmer.
- 9 Pour chicken and spaghetti mixture into ungreased steam-table pans. Sprinkle parmesan cheese evenly over chicken and spaghetti mixture in each pan.
- 10 Using a convection oven, bake at 325 F. for 15 minutes or until lightly browned on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## TUNA TETRAZZINI (CANNED TUNA)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
223 cal	28 g	21 g	3 g	20 mg	950 mg	105 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	25-1/8 lbs	3 gal	
SALT	1 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
SPAGHETTI NOODLES,DRY	5 lbs	1 gal 1-3/8 qts	
ONIONS,FRESH,CHOPPED	8 oz	1-3/8 cup	8-7/8 oz
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
COOKING SPRAY,NONSTICK	1/8 oz	1/8 tsp	
CHICKEN BROTH		1 gal 3 qts	
WATER,COLD	4-1/8 lbs	2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	2-1/4 lbs	2 qts	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
WATER,WARM	7-7/8 lbs	3 qts 3 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
FISH,TUNA,CANNED,WATER PACK,DRAINED	11-5/8 lbs	2 gal 5/8 qts	
MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS	5-1/8 lbs	3 qts 3 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	11-7/8 oz	1-3/4 cup	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add spaghetti slowly while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly. Use immediately in recipe preparation or place in shallow containers and cover.
- 4 Stir-cook onions and peppers in a lightly sprayed steam-jacketed kettle or stockpot 3 minutes or until tender, stirring constantly.
- 5 Add chicken broth to cooked vegetables; stir to blend. Bring to a boil; reduce heat to a simmer.
- 6 Blend flour and water together to make a smooth slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover, reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 7 Reconstitute milk in warm water. Add pepper; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 8 Stir tuna, spaghetti, mushrooms, and pimientos gently into thickened sauce. Heat to a simmer.
- 9 Pour 1-1/2 gal tuna and spaghetti mixture into each ungreased pan. Sprinkle 1 cup parmesan cheese over tuna and spaghetti mixture in each pan.
- 10 Using a convection oven, bake at 325 F. for 15 minutes or until lightly browned on high fan, open vent. CCP: Internal temperature must register 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHICKEN TETRAZZINI (COOKED DICED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
270 cal	28 g	23 g	6 g	52 mg	1028 mg	108 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	25-1/8 lbs	3 gal	
SALT	1 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
SPAGHETTI NOODLES,DRY	5 lbs	1 gal 1-3/8 qts	
ONIONS,FRESH,CHOPPED	8-1/2 oz	1-1/2 cup	9-3/8 oz
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 oz	1-1/2 cup	9-5/8 oz
COOKING SPRAY,NONSTICK	1/8 oz	1/8 tsp	
CHICKEN BROTH		1 gal 3 qts	
WATER,COLD	4-1/8 lbs	2 qts	
FLOUR,WHEAT,BREAD	2-3/8 lbs	2 qts	
WATER,WARM	7-7/8 lbs	3 qts 3 cup	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
SALT	1-7/8 oz	3 tbsp	
NUTMEG,GROUND	1/2 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
CHICKEN,COOKED,DICED	12 lbs		
MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS	5-1/8 lbs	3 qts 3 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	11-7/8 oz	1-3/4 cup	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add spaghetti slowly while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly. Reserve for use in Step 8.
- 4 Stir-cook onions and peppers in a lightly sprayed steam-jacketed kettle or stockpot 3 minutes or until tender, stirring constantly.
- 5 Add chicken broth to cooked vegetables; stir to blend. Bring to a boil; reduce heat to a simmer.
- 6 Blend flour and water together to make a smooth slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 7 Reconstitute milk in warm water. Add salt, nutmeg and pepper; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 8 Stir chicken, spaghetti, mushrooms and pimientos gently into thickened sauce. Heat to a simmer.
- 9 Pour 1-1/2 gallons of chicken and spaghetti mixture into ungreased steam table pans. Sprinkle 1 cup parmesan cheese evenly over chicken and spaghetti mixture in each pan.
- 10 Using a convection oven, bake at 325 F. for 15 minutes or until lightly browned on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHINESE FIVE-SPICE CHICKEN (8 PC)**

**Yield** 100

**Portion** 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
273 cal	2 g	40 g	10 g	119 mg	760 mg	31 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 SOY SAUCE  
 ONIONS,FRESH,CHOPPED  
 GINGER,GROUND  
 CINNAMON,GROUND  
 GARLIC POWDER  
 FENNEL,GROUND  
 CLOVES,GROUND  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

82 lbs  
 2-1/2 lbs  
 1-7/8 lbs  
 2 oz  
 1 oz  
 5/8 oz  
 1/2 oz  
 1/4 oz  
 1/4 oz  
 2-1/8 oz

**Measure**

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

**Issue**

2-1/8 lbs

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well; remove excess fat. Place chicken in roasting pans.
- 2 Combine soy sauce, onions, ginger; cinnamon, garlic powder, fennel, cloves, and pepper; mix well. Pour 3-1/2 cups marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes, turning once.
- 3 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 5.
- 4 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent. Baste chicken with reserved marinade. Discard remaining marinade. Bake an additional 20 minutes, for a total of 40 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREOLE CHICKEN (8 PC)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
308 cal	11 g	41 g	11 g	119 mg	420 mg	62 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 SUGAR,GRANULATED  
 WORCESTERSHIRE SAUCE  
 SALT  
 PEPPER,BLACK,GROUND  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER,COLD  
 CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY,NONSTICK

**Weight**

2-1/4 lbs  
 2-1/4 lbs  
 2-1/4 lbs  
 1/4 oz  
 22 lbs  
 3-1/2 oz  
 1-5/8 oz  
 1-1/2 oz  
 3/8 oz  
 3-1/3 oz  
 12-1/2 oz  
 82 lbs  
 2-1/8 oz

**Measure**

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

**Issue**

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

**Method**

- 1 Stir-cook onions, peppers, and celery in a lightly sprayed steam-jacketed kettle or stockpot 10 minutes or until tender, stirring constantly.
- 2 Add tomatoes, sugar, Worcestershire sauce, salt and pepper to vegetables. Bring to a boil. Cover; reduce heat; simmer 10 minutes.
- 3 Blend flour and cold water to make a smooth slurry. Add slurry to vegetable and tomato mixture. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent.
- 6 Transfer chicken to steam table pans. Pour 2 quarts sauce evenly over chicken in each pan.
- 7 Cover; using a convection oven, bake 30 to 35 minutes at 350 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 CCP: Hold for service at 140 F. or higher.
- 9 Serve over cooked rice Recipe No. E 005 00.

**CREOLE CHICKEN (COOKED DICED)**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
204 cal	11 g	26 g	6 g	73 mg	375 mg	54 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 SUGAR,GRANULATED  
 WORCESTERSHIRE SAUCE  
 SALT  
 PEPPER,BLACK,GROUND  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER,COLD  
 CHICKEN,COOKED,DICED

**Weight**

2-1/4 lbs  
 2-1/4 lbs  
 2-1/4 lbs  
 1/4 oz  
 22 lbs  
 3-1/2 oz  
 1-5/8 oz  
 1-1/2 oz  
 3/8 oz  
 3-1/3 oz  
 12-1/2 oz  
 18 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Stir-cook onions, peppers, and celery in a lightly sprayed steam-jacketed kettle or stockpot 10 minutes or until tender, stirring constantly.
- 2 Add tomatoes, sugar, Worcestershire sauce, salt and pepper to vegetables. Bring to a boil. Cover; reduce heat; simmer 10 minutes.
- 3 Blend flour and cold water to make a smooth slurry. Add slurry to vegetable and tomato mixture. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Stir chicken gently into thickened creole sauce. Cover, reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 2-1/2 gallon creole chicken into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.
- 6 Serve over cooked rice Recipe No. E 005 00.

**FRIED CHICKEN (8 PC)**

**Yield** 100

**Portion** 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
496 cal	14 g	46 g	27 g	144 mg	553 mg	29 mg

**Ingredient**

CHICKEN, 8 PIECE CUT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well
- 2 Dredge chicken pieces in mixture of flour, salt, pepper and paprika; shake off excess.
- 3 Fry until golden brown or until done in 325 F. deep fat. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Approximate frying time for cut-up 8 piece chicken is: Wings, 5 to 7 minutes; Legs, 10 to 13 minutes; Thighs, 10 to 15 minutes; Breasts, 10 to 15 minutes.



**SOUTHERN FRIED CHICKEN (8 PC)**

**Yield** 100

**Portion** 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
496 cal	14 g	46 g	27 g	144 mg	553 mg	29 mg

**Ingredient**

CHICKEN, 8 PIECE CUT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well.
- 2 Dredge chicken pieces in mixture of flour, salt, pepper and paprika; shake off excess.
- 3 Brown chicken in batches in 325 F. deep fat. For each type of piece, fry according to minimum times in Note 1.
- 4 Place chicken on sheet pans. Using a convection oven, bake uncovered at 350 F. for 15 minutes or until done on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Drain well on absorbent paper. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Approximate frying time for cut-up 8 piece chicken is: Wings, 5 to 7 minutes; Legs, 10 to 13 minutes; Thighs, 10 to 15 minutes; Breasts, 10 to 15 minutes.

**FRIED CHICKEN (PRECKD BRDED, FZN FOR DEEP FAT FRY)**

**Yield** 100

**Portion** 2 Pieces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
664 cal	18 g	46 g	44 g	207 mg	569 mg	42 mg

**Ingredient**

CHICKEN,BREADED,PRECOOKED,FRYER

**Weight**

65 lbs

**Measure**

**Issue**

**Method**

- 1 Fry chicken in 350 F. deep fat 5 to 6 minutes or until browned and heated thoroughly. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 2 Drain well on absorbent paper. CCP: Hold for service at 140 F. or higher.

**OVEN BAKED CHICKEN (8 PC)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
341 cal	15 g	41 g	12 g	119 mg	487 mg	54 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED

BREADCRUMBS

SALT

PEPPER,BLACK,GROUND

PAPRIKA,GROUND

COOKING SPRAY, NONSTICK

**Weight**

82 lbs

6-2/3 lbs

1-7/8 oz

7/8 oz

1/2 oz

2-1/8 oz

**Measure**

1 gal 3 qts

3 tbsp

1/4 cup 1/3 tbsp

2 tbsp

1/4 cup 2/3 tbsp

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Combine breadcrumbs, salt, pepper and paprika; mix well.
- 3 Dredge chicken pieces in breadcrumb mixture; shake off excess.
- 4 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake at 325 F. for 40 minutes on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, 7 lb corn flake crumbs may be substituted for breadcrumbs.

**FRIED CHICKEN (PRECKED, BREAD CHIX, FRZ FOR OVEN)**

**Yield** 100

**Portion** 2 Pieces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
583 cal	18 g	46 g	35 g	207 mg	569 mg	42 mg

**Ingredient**

CHICKEN,BREADED,PRECOOKED,FRYER

**Weight**

65 lbs

**Measure**

**Issue**

**Method**

- 1 Using a convection oven, bake at 350 F. for 25 to 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.

**PINEAPPLE CHICKEN (8 PC)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
338 cal	20 g	40 g	10 g	119 mg	317 mg	38 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY, NONSTICK  
 PINEAPPLE, CANNED, CRUSHED  
 JUICE, PINEAPPLE, CANNED, UNSWEETENED  
 SOY SAUCE  
 SUGAR, GRANULATED

**Weight**

82 lbs  
 2-1/8 oz  
 19-3/4 lbs  
 6-1/3 lbs  
 12-2/3 oz  
 6-1/8 oz

**Measure**

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

**Issue****Method**

- 1 Wash chicken pieces thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 3 Using a convection oven, bake 40 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for use in Step 5.
- 4 Combine pineapple, pineapple juice, soy sauce, and sugar. Bring to a boil. Cover, reduce heat; simmer for 5 minutes.
- 5 Transfer chicken to steam table pans. Pour 2 quart sauce evenly over chicken in each pan.
- 6 CCP: Hold for service at 140 F. or higher. Serve with 1/4 cup sauce.

## SAVORY BAKED CHICKEN (8 PC)

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	2 g	40 g	10 g	119 mg	658 mg	25 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 SOY SAUCE  
 WORCESTERSHIRE SAUCE  
 CHICKEN BROTH  
 GARLIC POWDER  
 PEPPER, BLACK, GROUND  
 COOKING SPRAY, NONSTICK  
 PARSLEY, FRESH, BUNCH, CHOPPED

**Weight**

82 lbs  
 1-7/8 lbs  
 1-5/8 lbs  
 1 oz  
 2/3 oz  
 2-1/8 oz  
 1 oz

**Measure**

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

**Issue**

1 oz

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine soy sauce, Worcestershire sauce, chicken broth, garlic powder and pepper; mix well. Pour marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes, turning once.
- 3 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 5.
- 4 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent. Baste chicken with reserved marinade. Discard remaining marinade. Bake an additional 20 minutes, for a total of 40 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Sprinkle with parsley. CCP: Hold for service at 140 F. or higher.

**SAVORY BAKED CHICKEN (THIGHS)**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
310 cal	2 g	38 g	16 g	135 mg	667 mg	22 mg

**Ingredient**

CHICKEN,THIGHS,BNLS/SKNLS,RAW  
 SOY SAUCE  
 WORCESTERSHIRE SAUCE  
 CHICKEN BROTH  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK  
 PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

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

**Measure**

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

**Issue**

1-1/8 oz

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine soy sauce, Worcestershire sauce, chicken broth, garlic powder and pepper; mix well.
- 3 Pour marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place chicken thighs on lightly sprayed sheet pans. Lightly spray chicken with cooking spray. Discard remaining marinade.
- 5 Using a convection oven, bake 12-14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. Sprinkle with parsley. CCP: Hold for service at 140 F. or higher.

## SZECHWAN CHICKEN (8 PC)

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
311 cal	12 g	40 g	10 g	119 mg	751 mg	26 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 WATER  
 CHICKEN BROTH  
 VINEGAR,DISTILLED  
 SOY SAUCE  
 CATSUP  
 SUGAR,GRANULATED  
 PEPPER,RED,CRUSHED  
 COOKING SPRAY,NONSTICK  
 WATER,COLD  
 CORNSTARCH

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine water, chicken broth, vinegar, soy sauce, catsup, sugar and red pepper in a steam-jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 5 minutes.
- 3 Pour 8-1/2 cups marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes, turning once.
- 4 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 7.
- 5 Place chicken, meat side up, on lightly sprayed sheet pans.
- 6 Using a convection oven, bake 40 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer chicken to steam table pans.
- 7 Bring remaining marinade to a boil.
- 8 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to marinade; bring to a boil. Cover; reduce heat; simmer 3 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 9 Pour 5-3/4 cups sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.



**SZECHWAN CHICKEN (BREAST BONELESS)**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
226 cal	12 g	33 g	4 g	88 mg	712 mg	21 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 WATER  
 CHICKEN BROTH  
 VINEGAR,DISTILLED  
 SOY SAUCE  
 CATSUP  
 SUGAR,GRANULATED  
 PEPPER,RED,CRUSHED  
 COOKING SPRAY,NONSTICK  
 WATER,COLD  
 CORNSTARCH

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine water, chicken broth, vinegar, soy sauce, catsup, sugar, and red pepper in a steam-jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 5 minutes.
- 3 Pour marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 7.
- 5 Place chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray.
- 6 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer chicken to steam table pans.
- 7 Bring remaining marinade to a boil.
- 8 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to marinade; bring to a boil. Cover; reduce heat; simmer 3 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 9 Pour 6 cups sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**CHICKEN CHOW MEIN (COOKED DICED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
230 cal	14 g	28 g	7 g	73 mg	1762 mg	68 mg

**Ingredient****Weight****Measure****Issue**

CHICKEN BROTH		2 gal 2 qts	
ONIONS,FRESH,SLICED	12-1/8 lbs	2 gal 4 qts	13-1/2 lbs
CELERY,FRESH,SLICED	9-1/2 lbs	2 gal 1 qts	13 lbs
CABBAGE,GREEN,FRESH,CHOPPED	4-1/8 lbs	1 gal 2-2/3 qts	5-1/8 lbs
SOY SAUCE	3-3/4 lbs	1 qts 2 cup	
MOLASSES	5-3/4 oz	1/2 cup	
GINGER,GROUND	3/8 oz	2 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
CORNSTARCH	14-2/3 oz	3-1/4 cup	
WATER,COLD	4-1/8 lbs	2 qts	
CHICKEN,COOKED,DICED	18 lbs		
BEAN SPROUTS,CANNED,DRAINED	3-1/3 lbs	1 gal 2 qts	

**Method**

- 1 Combine chicken broth, onions, celery, cabbage, soy sauce, molasses, ginger, garlic powder and pepper in a steam jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 8 to 10 minutes until vegetables are tender.
- 2 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot broth and vegetable mixture, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 3 Stir chicken and bean sprouts gently into thickened sauce. Cover; reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Pour 2-1/2 gal chicken chow mein into ungreased steam table pans. CCP: Hold for service at 140 F. or higher. Serve over steamed rice. Optional: Top each serving with 1/3 cup chow mein noodles.

**CHICKEN CHOW MEIN (CANNED CHICKEN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
235 cal	15 g	24 g	8 g	59 mg	2169 mg	69 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN BROTH		2 gal 2 qts	
ONIONS,FRESH,SLICED	12-1/8 lbs	2 gal 4 qts	13-1/2 lbs
CELERY,FRESH,SLICED	9-1/2 lbs	2 gal 1 qts	13 lbs
CABBAGE,GREEN,FRESH,CHOPPED	4-1/8 lbs	1 gal 2-2/3 qts	5-1/8 lbs
SOY SAUCE	3-3/4 lbs	1 qts 2 cup	
MOLASSES	5-3/4 oz	1/2 cup	
GINGER,GROUND	3/8 oz	2 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
CORNSTARCH	1-1/8 lbs	1 qts	
WATER,COLD	4-1/8 lbs	2 qts	
CHICKEN,BONED,CANNED,PIECES	23-1/4 lbs	2 gal 1-1/8 qts	
BEAN SPROUTS,CANNED,DRAINED	3-1/3 lbs	1 gal 2 qts	

**Method**

- 1 Combine chicken broth, onions, celery, soy sauce, molasses, ginger, garlic powder and pepper in a steam jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 8 to 10 minutes until vegetables are tender.
- 2 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot broth and vegetable mixture, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 3 Cut chicken into 1-inch pieces.
- 4 Stir chicken and bean sprouts gently into thickened sauce. Cover; reduce heat; simmer 2 minutes. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 2-1/2 gal chicken chow mein into ungreased steam table pans. CCP: Hold for service at 140 F. or higher. Serve over steamed rice. Optional: Top each serving with 1/3 cup chow mein noodles.

**ROAST TURKEY**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
172 cal	0 g	27 g	7 g	69 mg	901 mg	23 mg

**Ingredient**

TURKEY,WHOLE,READY-TO-COOK,RAW  
 SALT  
 SHORTENING,VEGETABLE,MELTED

**Weight**

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

**Measure**

3/4 cup  
 1 cup

**Issue**

**Method**

- 1 Remove bands from legs; open turkey cavity. Cut off wing tips.
- 2 Wash turkey thoroughly inside and out, under cold running water. Drain well.
- 3 Rub cavity with salt.
- 4 Tuck legs and tail into cavity. Place in roasting pans, breast side up. Turkeys should not touch each other.
- 5 Rub skin with salad oil or melted shortening. DO NOT ADD WATER.
- 6 Insert meat thermometer in center of inside thigh muscle of smallest bird.
- 7 Roast uncovered. CCP: Internal temperature OF ALL TURKEYS must reach 165 F. or higher for 15 seconds.
- 8 Baste frequently with drippings. CCP: Hold for service at 140 F. or higher.

**ROAST TURKEY (BONELESS TURKEY)**

**Yield** 100

**Portion** 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
257 cal	4 g	31 g	12 g	95 mg	1010 mg	55 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT

**Weight**

38 lbs

**Measure**

**Issue**

**Method**

- 1 Place turkeys in roasting pans.
- 2 Using a convection oven, roast 2-1/2 to 3-1/2 hours in 325 F. oven, on high fan, closed vent. Baste occasionally with drippings, uncovered. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 When roasted, remove from oven; let stand at least 15 to 20 minutes to absorb juices and for ease in slicing.

**ROAST TURKEY WITH BARBECUE SAUCE**

**Yield** 100

**Portion** 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
309 cal	13 g	32 g	13 g	95 mg	1581 mg	68 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
SAUCE,BARBECUE

**Weight**

38 lbs  
15-3/8 lbs

**Measure**

1 gal 3 qts

**Issue**

**Method**

- 1 Place turkey in pans.
- 2 Using a convection oven, roast 2-1/2 to 3-1/2 hours in 325 F. oven, on high fan, closed vent. Baste occasionally with drippings. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 3 Use prepared Barbecue Sauce or Barbecue Sauce, Recipe No. O 002 00. Bring sauce to a boil; reduce heat; cover; simmer about 5 minutes or until heated thoroughly.
- 4 Slice turkey about 1/4-inch thick. CCP: Hold for service at 140 F. or higher. Serve 1/4 cup sauce over turkey slices.

**Notes**

- 1 When roasted, remove from oven; let stand at least 15 to 20 minutes to absorb juices and for ease in slicing.

## TURKEY NUGGETS

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
284 cal	23 g	25 g	9 g	65 mg	1631 mg	68 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 GARLIC POWDER  
 SEASONING,POULTRY  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND  
 MILK,NONFAT,DRY  
 WATER,WARM  
 EGG WHITES  
 SALT  
 PARSLEY,DEHYDRATED,FLAKED  
 BREADCRUMBS  
 COOKING SPRAY,NONSTICK

**Weight**

26 lbs  
 3-1/3 lbs  
 5-1/8 oz  
 1-5/8 oz  
 1/3 oz  
 1/3 oz  
 1/3 oz  
 1-3/4 oz  
 2 lbs  
 1-5/8 lbs  
 2-1/2 oz  
 1/8 oz  
 3-5/8 lbs  
 1 oz

**Measure**

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

**Issue****Method**

- 1 Cut turkey into 1-1/2 to 2-inch strips.
- 2 Dredge turkey in mixture of flour, salt, garlic powder, poultry seasoning, pepper and paprika.
- 3 Reconstitute milk; add egg whites; mix well.
- 4 Dip floured turkey in milk and egg white mixture. Drain well.
- 5 Blend second salt, parsley and breadcrumbs to create breadcrumb mixture. Roll turkey in bread crumb mixture until well coated; shake off excess.
- 6 Lightly spray sheet pans with non-stick cooking spray. Place turkey nuggets onto sprayed sheet pans.
- 7 Spray turkey nuggets with cooking spray to ensure even browning.
- 8 Using a convection oven, bake 10 to 12 minutes at 375 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for service. Serve with sweet and sour sauce, barbecue sauce or mustard sauce.

**ROAST DUCK**

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
657 cal	0 g	37 g	55 g	164 mg	115 mg	22 mg

**Ingredient**

DUCK,WHOLE,READY TO COOK  
PEPPER,BLACK,GROUND

**Weight**

100 lbs  
1/8 oz

**Measure**

1/3 tsp

**Issue****Method**

- 1 Wash duck thoroughly, inside and out, under cold running water. Drain well.
- 2 Rub cavity of duck with pepper.
- 3 Place duck, breast side up on sheet pans without crowding. Prick skin of duck.
- 4 Roast 2 hours or until duck is done in 325 F. oven. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour off fat frequently during roasting period. CCP: Hold for service at 140 F. or higher.



HAWAIIAN BAKED DUCK

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
677 cal	5 g	37 g	55 g	164 mg	116 mg	27 mg

**Ingredient**

DUCK,WHOLE,READY TO COOK

PEPPER,BLACK,GROUND

GINGER,GROUND

JUICE,ORANGE

JUICE,PINEAPPLE,CANNED,UNSWEETENED

**Weight**

100 lbs

1/8 oz

1/4 oz

4-3/8 lbs

4-3/8 lbs

**Measure**

1/3 tsp

1 tbsp

2 qts

2 qts

**Issue**

**Method**

- 1 Wash duck thoroughly, inside and out, under cold running water. Drain well.
- 2 Rub cavity of duck with a mixture of pepper and ginger.
- 3 Place duck, breast side up, in pans without crowding. Prick skin of duck.
- 4 Combine orange juice with canned pineapple juice.
- 5 Roast 2 hours, basting frequently with juice mixture, until duck is done in 325 F. oven. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Pour off fat frequently during roasting period. CCP: Hold for service at 140 F. or higher.

**ROAST DUCK WITH APPLE JELLY GLAZE**

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
690 cal	8 g	37 g	56 g	165 mg	145 mg	23 mg

**Ingredient**

DUCK,WHOLE,READY TO COOK  
 PEPPER,BLACK,GROUND  
 BUTTER  
 JELLY,APPLE  
 JUICE,APPLE,CANNED  
 JUICE,LEMON  
 JUICE,ORANGE  
 CATSUP  
 VINEGAR,DISTILLED

**Weight**

100 lbs  
 1/8 oz  
 2 oz  
 2 lbs  
 13-1/8 oz  
 2-1/8 oz  
 4-3/8 oz  
 6-1/3 oz  
 1 oz

**Measure**

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

**Issue****Method**

- 1 Wash duck thoroughly, inside and out, under cold running water. Drain well.
- 2 Rub cavity of duck with pepper.
- 3 Place duck, breast side up, in pans without crowding. Prick skin of duck.
- 4 Roast 1-1/2 hours at 325 F. Pour off fat frequently during roasting period.
- 5 Melt butter or margarine. Add apple jelly and canned apple juice. Stir to break up jelly; continue stirring until jelly is melted. Remove from heat.
- 6 Add lemon juice, orange juice, tomato catsup and vinegar. Stir until well blended. Increase oven temperature to 375 F.
- 7 Brush skin evenly with 1/2 of the glaze; roast 15 minutes. Repeat with remaining glaze; roast an additional 15 minutes or until tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**HONEY GLAZED DUCK**

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
701 cal	11 g	37 g	55 g	164 mg	370 mg	23 mg

**Ingredient**

DUCK,WHOLE,READY TO COOK  
 PEPPER,BLACK,GROUND  
 HONEY  
 SOY SAUCE  
 GINGER,GROUND  
 SALT  
 PEPPER,BLACK,GROUND

**Weight**

100 lbs  
 1/8 oz  
 3 lbs  
 10-1/8 oz  
 1/4 oz  
 7/8 oz  
 1/8 oz

**Measure**

1/3 tsp  
 1 qts  
 1 cup  
 1 tbsp  
 1 tbsp  
 1/3 tsp

**Issue****Method**

- 1 Wash duck thoroughly, inside and out, under cold running water. Drain well.
- 2 Rub cavity of duck with pepper.
- 3 Place duck, breast side up, in pans without crowding. Prick skin of duck.
- 4 Roast 1-1/2 hours at 325 F.
- 5 Combine honey, soy sauce, ground ginger, salt and black pepper. Stir until well blended.
- 6 Increase oven temperature to 375 F. Brush skin of ducks evenly with 1/2 of glaze. Roast 15 minutes. Repeat with remaining glaze. Roast an additional 15 minutes or until tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**PIZZA**

**Yield** 100

**Portion** 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
226 cal	28 g	9 g	9 g	16 mg	449 mg	146 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

PIZZA SAUCE		1 gal	
YEAST,ACTIVE,DRY	2-3/8 oz	1/4 cup 2 tbsp	
WATER,WARM	9-3/8 oz	1-1/8 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR,WHEAT,BREAD	6-5/8 lbs	1 gal 1-1/2 qts	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
OIL,SALAD	7-2/3 oz	1 cup	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
CHEESE,MOZZARELLA,SHREDDED	4 lbs	1 gal	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	

**Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce..
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Place water, flour, salt, sugar and salad oil or melted shortening in mixer bowl in order listed. Add yeast solution.
- 4 Using a dough hook, mix at low speed about 8 minutes until dough is smooth and elastic. Dough temperature should be 86 F. to 88 F.
- 5 Divide dough; shape into four 2 pound 7 ounce balls. Cover; let rise in warm place 1-1/2 to 2 hours or until double in bulk.
- 6 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 7 Place dough balls on lightly floured working surface. Roll out each ball to 1/8-inch thickness. Transfer dough to 18x26 sheet pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 8 Using a convection oven, bake at 450 F. 7 minutes on high fan, closed vent or until slightly brown.
- 9 Spread 1 quart sauce evenly over dough in each pan.
- 10 Sprinkle 1 quart shredded cheese over each pan.
- 11 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 12 Using a convection oven, bake 8 minutes at 450 F. on high fan, closed vent or until crust is browned and cheese starts to turn golden.
- 13 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.

## PIZZA (THICK CRUST)

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
362 cal	50 g	14 g	12 g	19 mg	607 mg	175 mg

**Ingredient**

PIZZA SAUCE  
 YEAST, ACTIVE, DRY  
 WATER, WARM  
 WATER, COLD  
 FLOUR, WHEAT, BREAD  
 SALT  
 SUGAR, GRANULATED  
 OIL, SALAD  
 CHEESE, MOZZARELLA, SHREDDED  
 CHEESE, PARMESAN, GRATED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Place water, flour, salt, sugar and salad oil in mixer bowl in order listed. Add yeast solution.
- 4 Using a dough hook, mix at low speed about 10 minutes until dough is smooth and elastic. Dough temperature should be 86 F. to 88 F.
- 5 Divide dough; shape into four 4 pound 10 ounce balls. Cover; let rise in warm place 1-1/2 to 2 hours or until double in bulk.
- 6 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 7 Place dough balls on lightly floured working surface. Roll out each ball to 1/4-inch thickness. Transfer dough to sheet pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 8 Using a convection oven, bake at 450 F. 7 minutes on high fan, closed vent or until slightly brown.
- 9 Spread 1 quart sauce evenly over dough in each pan.
- 10 Sprinkle 1-1/4 quart shredded cheese over each pan.
- 11 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 12 Using a convection oven, bake at 450 F. about 8 minutes or until crust is browned and cheese starts to turn golden.
- 13 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.

**MUSHROOM, GREEN PEPPER AND ONION PIZZA**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
235 cal	31 g	10 g	9 g	16 mg	476 mg	150 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIZZA SAUCE		1 gal	
YEAST, ACTIVE, DRY	2-3/8 oz	1/4 cup 2 tbsp	
WATER, WARM	9-3/8 oz	1-1/8 cup	
WATER, COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR, WHEAT, BREAD	6-5/8 lbs	1 gal 1-1/2 qts	
SALT	1 oz	1 tbsp	
SUGAR, GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
OIL, SALAD	7-2/3 oz	1 cup	
OIL, SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
OIL, SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
CHEESE, MOZZARELLA, SHREDDED	4 lbs	1 gal	
MUSHROOMS, CANNED, SLICED, DRAINED	1-3/8 lbs	1 qts	
PEPPERS, GREEN, FRESH, MEDIUM, SLICED, THIN	4 lbs	3 qts 1/8 cup	4-7/8 lbs
ONIONS, FRESH, SLICED	1-3/4 lbs	1 qts 2-7/8 cup	2 lbs
CHEESE, PARMESAN, GRATED	7 oz	2 cup	

**Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Place water, flour, salt, sugar and salad oil in mixer bowl in order listed. Add yeast solution.
- 4 Using a dough hook, mix at low speed about 8 minutes until dough is smooth and elastic. Dough temperature should be 86 F. to 88 F.
- 5 Divide dough; shape into 2 pound 7 ounce balls. Cover; let rise in warm place 1-1/2 to 2 hours or until double in bulk.
- 6 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 7 Place dough balls on lightly floured working surface. Roll out each ball to 1/8-inch thickness. Transfer dough to sheet pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 8 Using a convection oven, bake at 450 F. 7 minutes or until slightly brown on high fan, closed vent.
- 9 Spread 1 quart sauce evenly over dough in each pan.
- 10 Sprinkle 1 quart shredded cheese over each pan.
- 11 Drain mushrooms; slice peppers and onions. Evenly distribute 1 cup mushrooms, 3 cups green peppers, and 1-3/4 cups onion over cheese in each pan.
- 12 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 13 Using a convection oven, bake at 450 F. about 8 minutes or until crust is browned and cheese starts to turn golden on high fan, closed vent.
- 14 Cut 5 by 5. CCP: Hold for service at 140 F. or higher.

**HAMBURGER PIZZA**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
300 cal	29 g	17 g	13 g	44 mg	466 mg	150 mg

**Ingredient****Weight****Measure****Issue**

PIZZA SAUCE		1 gal	
YEAST,ACTIVE,DRY	2-3/8 oz	1/4 cup 2 tbsp	
WATER,WARM	9-3/8 oz	1-1/8 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR,WHEAT,BREAD	6-5/8 lbs	1 gal 1-1/2 qts	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
OIL,SALAD	7-2/3 oz	1 cup	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
CHEESE,MOZZARELLA,SHREDDED	4 lbs	1 gal	
BEEF,GROUND,BULK,RAW,90% LEAN	8 lbs		
ONIONS,FRESH,CHOPPED	12-2/3 oz	2-1/4 cup	14-1/8 oz
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
OREGANO,CRUSHED	1/8 oz	1 tbsp	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	

**Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Place water, flour, salt, sugar and salad oil in mixer bowl in order listed. Add yeast solution.
- 4 Using a dough hook, mix at low speed about 8 minutes until dough is smooth and elastic. Dough temperature should be 86 F. to 88 F.
- 5 Divide dough; shape into four 2 pound 7 ounce balls. Cover; let rise in warm place 1-1/2 to 2 hours or until double in bulk.
- 6 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 7 Place dough balls on lightly floured working surface. Roll out each ball to 1/8-inch thickness. Transfer dough to sheet pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 8 Using a convection oven, bake at 450 F. 7 minutes or until slightly brown on high fan, closed vent.
- 9 Spread 1 quart sauce evenly over dough in each pan.
- 10 Sprinkle 1 quart shredded cheese over each pan.
- 11 Saute thawed ground beef with onions. Drain or skim off excess fat; add black pepper, crushed oregano. Blend well. CCF: Internal temperature must reach 155 F. or higher for 15 seconds. Sprinkle 1 quart of meat mixture in each pan.
- 12 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 13 Using a convection oven, bake at 450 F. about 8 minutes or until crust is browned and cheese starts to turn golden on high fan, closed vent. CCP: Hold for service at 140 F. or higher.
- 14 Cut 5 by 5.

**PEPPERONI, GREEN PEPPER, AND MUSHROOM PIZZA**

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
255 cal	30 g	10 g	11 g	19 mg	568 mg	149 mg

**Ingredient****Weight****Measure****Issue**

PIZZA SAUCE		1 gal	
YEAST, ACTIVE, DRY	2-3/8 oz	1/4 cup 2 tbsp	
WATER, WARM	9-3/8 oz	1-1/8 cup	
WATER, COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR, WHEAT, BREAD	6-5/8 lbs	1 gal 1-1/2 qts	
SALT	1 oz	1 tbsp	
SUGAR, GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
OIL, SALAD	7-2/3 oz	1 cup	
OIL, SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
OIL, SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
CHEESE, MOZZARELLA, SHREDDED	4 lbs	1 gal	
MUSHROOMS, CANNED, SLICED, DRAINED	1-3/8 lbs	1 qts	
PEPPERS, GREEN, FRESH, MEDIUM, SLICED, THIN	4 lbs	3 qts 1/8 cup	4-7/8 lbs
PEPPERONI	1 lbs		
CHEESE, PARMESAN, GRATED	7 oz	2 cup	

**Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Place water, flour, salt, sugar and salad oil in mixer bowl in order listed. Add yeast solution.
- 4 Using a dough hook, mix at low speed about 8 minutes until dough is smooth and elastic. Dough temperature should be 86 F. to 88 F.
- 5 Divide dough; shape into four 2 pound 7 ounce balls. Cover; let rise in warm place 1-1/2 to 2 hours or until double in bulk.
- 6 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 7 Place dough balls on lightly floured working surface. Roll out each ball to 1/8-inch thickness. Transfer dough to sheet pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 8 Using a convection oven bake at 450 F. 7 minutes or until slightly brown on high fan, closed vent.
- 9 Spread 1 quart sauce evenly over dough in each pan.
- 10 Sprinkle 1 quart shredded cheese over each pan.
- 11 Drain mushrooms, slice peppers, slice pepperoni. Evenly distribute 1 cup mushrooms, 3 cups green peppers and 4 ounces pepperoni over cheese in each pan.
- 12 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 13 Using a convection oven, bake at 450 F. about 8 minutes or until crust is browned and cheese starts to turn golden on high fan, closed vent. CCP: Hold for service at 140 F. or higher.
- 14 Cut 5 by 5.



## PEPPERONI PIZZA

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
248 cal	29 g	10 g	11 g	19 mg	541 mg	147 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PIZZA SAUCE		1 gal	
YEAST,ACTIVE,DRY	2-3/8 oz	1/4 cup 2 tbsp	
WATER,WARM	9-3/8 oz	1-1/8 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR,WHEAT,BREAD	6-5/8 lbs	1 gal 1-1/2 qts	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
OIL,SALAD	7-2/3 oz	1 cup	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
CHEESE,MOZZARELLA,SHREDDED	4 lbs	1 gal	
PEPPERONI	1 lbs		
CHEESE,PARMESAN,GRATED	7 oz	2 cup	

**Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Place water, flour, salt, sugar and salad oil in mixer bowl in order listed. Add yeast solution.
- 4 Using a dough hook, mix at low speed about 8 minutes until dough is smooth and elastic. Dough temperature should be 86 F. to 88 F.
- 5 Divide dough; shape into four 2 pound 7 ounce balls. Cover; let rise in warm place 1-1/2 to 2 hours or until double in bulk.
- 6 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 7 Place dough balls on lightly floured working surface. Roll out each ball to 1/8-inch thickness. Transfer dough to pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 8 Using a convection oven, bake at 450 F. 7 minutes or until slightly brown on high fan, closed vent.
- 9 Spread 1 quart sauce evenly over dough in each pan.
- 10 Sprinkle 1 quart shredded cheese over each pan.
- 11 Thinly slice pepperoni; evenly distribute 4 ounces over cheese in each pan.
- 12 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 13 Using a convection oven, bake at 450 F. 8 minutes or until crust is browned and cheese starts to turn golden on high fan, closed vent. CCP: Hold for service at 140 F. or higher.
- 14 Cut 5 by 5.

**PIZZA (ROLL MIX)**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
211 cal	27 g	9 g	8 g	16 mg	519 mg	161 mg

**Ingredient**

PIZZA SAUCE  
 ROLL,MIX  
 YEAST,ACTIVE,DRY  
 WATER  
 OIL,SALAD  
 OIL,SALAD  
 CHEESE,MOZZARELLA,SHREDDED  
 CHEESE,PARMESAN,GRATED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Combine roll mix, yeast, and water. Follow directions on containers.
- 3 Shape into four 2 pound 10 ounce balls.
- 4 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 5 Place dough balls on lightly floured working surface. Roll out each ball to 1/8-inch thickness. Transfer dough to pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 6 Using a convection oven, bake at 450 F. 7 minutes or until slightly brown on high fan, closed vent.
- 7 Spread 1 quart sauce evenly over dough in each pan.
- 8 Sprinkle 1 quart shredded cheese over each pan.
- 9 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 10 Using a convection oven, bake at 450 F. 10 minutes or until crust is browned and cheese starts to turn golden on high fan, closed vent. CCP: Hold for service at 140 F. or higher.
- 11 Cut 5 by 5.

**PORK OR ITALIAN SAUSAGE PIZZA**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
265 cal	29 g	11 g	12 g	25 mg	545 mg	160 mg

**Ingredient**

PIZZA SAUCE  
 YEAST, ACTIVE, DRY  
 WATER, WARM  
 WATER, COLD  
 FLOUR, WHEAT, BREAD  
 SALT  
 SUGAR, GRANULATED  
 OIL, SALAD  
 OIL, SALAD  
 OIL, SALAD  
 CHEESE, MOZZARELLA  
 SAUSAGE, POLISH, PORK, RAW  
 CHEESE, PARMESAN, GRATED

**Weight**

2-3/8 oz  
 9-3/8 oz  
 3-1/8 lbs  
 6-5/8 lbs  
 1 oz  
 2-1/3 oz  
 7-2/3 oz  
 1-7/8 oz  
 1-7/8 oz  
 4-1/2 lbs  
 3 lbs  
 7 oz

**Measure**

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

**Issue****Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Place water, flour, salt, sugar and salad oil in mixer bowl in order listed. Add yeast solution.
- 4 Using a dough hook, mix at low speed about 8 minutes until dough is smooth and elastic. Dough temperature should be 86 F. to 88 F.
- 5 Divide dough; shape into four 2 pound 7 ounce balls. Cover; let rise in warm place 1-1/2 to 2 hours or until double in bulk.
- 6 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 7 Place dough balls on lightly floured working surface. Roll out each ball to 1/8-inch thickness. Transfer dough to pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 8 Using a convection oven, bake at 450 F. 7 minutes or until slightly brown on high fan, closed vent.
- 9 Spread 1 quart sauce evenly over dough in each pan.
- 10 Sprinkle 1 quart shredded cheese over each pan.
- 11 Saute pork or sausage until light brown; drain or skim off excess fat. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Evenly distribute 1-1/2 cups sausage over cheese in each pan.
- 12 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 13 Using a convection oven, bake at 450 F. about 8 minutes or until crust is browned and cheese starts to turn golden on high fan, closed vent. CCP: Hold for service at 140 F. or higher.
- 14 Cut 5 by 5.

**FRENCH BREAD PIZZA**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
323 cal	46 g	14 g	9 g	24 mg	827 mg	245 mg

**Ingredient**

PIZZA SAUCE

BREAD,FRENCH

CHEESE,MOZZARELLA,SHREDDED

CHEESE,PARMESAN,GRATED

**Weight**

17 lbs

6-1/2 lbs

4 oz

**Measure**

1 gal

1 gal 2-1/2 qts

1-1/8 cup

**Issue**

**Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Cut each loaf of bread lengthwise and divide each half into 3 pieces. Place 12 pieces on each pan.
- 3 Spread 2-1/3 tablespoons sauce over each piece.
- 4 Evenly distribute 1 ounce or 1/4 cup shredded cheese over each piece.
- 5 Sprinkle 1/2 teaspoon grated cheese over mixture on each piece.
- 6 Using a convection oven, bake at 400 F. for 6 minutes or until cheese starts to turn golden on high fan, closed vent. CCP: Hold for service at 140 F. or higher.

## SAUSAGE, GREEN PEPPER, AND ONION PIZZA

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
266 cal	30 g	11 g	11 g	23 mg	541 mg	152 mg

**Ingredient****Weight****Measure****Issue**

PIZZA SAUCE		1 gal	
YEAST,ACTIVE,DRY	2-3/8 oz	1/4 cup 2 tbsp	
WATER,WARM	9-3/8 oz	1-1/8 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	
FLOUR,WHEAT,BREAD	6-5/8 lbs	1 gal 1-1/2 qts	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
OIL,SALAD	7-2/3 oz	1 cup	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
CHEESE,MOZZARELLA,SHREDDED	4 lbs	1 gal	
SAUSAGE,ITALIAN,HOT	3 lbs		
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	4 lbs	3 qts 1/8 cup	4-7/8 lbs
ONIONS,FRESH,SLICED	1-3/4 lbs	1 qts 2-7/8 cup	2 lbs
CHEESE,PARMESAN,GRATED	7 oz	2 cup	

**Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Place water, flour, salt, sugar and salad oil in mixer bowl in order listed. Add yeast solution.
- 4 Using a dough hook, mix at low speed about 8 minutes until dough is smooth and elastic. Dough temperature should be 86 F. to 88 F.
- 5 Divide dough; shape into four 2 pound 7 ounce balls. Cover; let rise in warm place 1-1/2 to 2 hours or until double in bulk.
- 6 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 7 Place dough balls on lightly floured working surface. Roll out each ball to 1/8-inch thickness. Transfer dough to pans pushing dough slightly up edges of pan. Using 1 tablespoon oil per pan, lightly brush dough. Gently prick dough to prevent bubbling.
- 8 Using a convection oven, bake at 450 F. 7 minutes or until slightly brown on high fan, closed vent.
- 9 Spread 1 quart sauce evenly over dough in each pan.
- 10 Sprinkle 1 quart shredded cheese over each pan.
- 11 Saute pork or Italian sausage until light brown. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Drain or skim off excess fat. Evenly distribute 1-1/2 cups sausage, 3 cups green peppers, and 1-3/4 cups onions over cheese in each pan.
- 12 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 13 Using a convection oven, bake at 450 F. 8 minutes or until crust is browned and cheese starts to turn golden on high fan, closed vent. CCP: Hold for service at 140 F. or higher.
- 14 Cut 5 by 5.

**PIZZA (POURABLE PIZZA CRUST)**

Yield 100

Portion 1 Slice

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
260 cal	39 g	11 g	7 g	16 mg	419 mg	185 mg

**Ingredient**

PIZZA SAUCE  
 YEAST,ACTIVE,DRY  
 WATER,WARM  
 FLOUR,WHEAT,BREAD  
 MILK,NONFAT,DRY  
 SUGAR,GRANULATED  
 SALT  
 OIL,SALAD  
 OIL,SALAD  
 CORN MEAL  
 CHEESE,MOZZARELLA,SHREDDED  
 CHEESE,PARMESAN,GRATED

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Prepare 1 recipe Pizza Sauce, Recipe No. O 012 00 or use prepared pizza sauce.
- 2 Sprinkle yeast over water. DO NOT USE TEMPERATURES ABOVE 110 F. Mix well. Let stand 5 minutes, stir.
- 3 Sift together flour, nonfat dry milk, sugar, and salt. Add yeast solution and salad oil or melted shortening.
- 4 Using wire whip, blend at medium speed 10 minutes. Batter will be lumpy.
- 5 Coat bottom and sides of each pan with 1 tablespoon salad oil or melted shortening.
- 6 Sprinkle 1/4 cup cornmeal evenly into each pan. Pour 1-3/4 quart pizza dough batter into each pan. Spread evenly. Let stand 20 minutes.
- 7 Using a convection oven, bake at 450 F. 12 minutes or until slightly brown on high fan, open vent.
- 8 Spread 1 quart sauce evenly over dough in each pan.
- 9 Sprinkle 1 quart shredded cheese over each pan.
- 10 Sprinkle 1/2 cup grated cheese over mixture in each pan.
- 11 Using a convection oven, bake at 450 F. 8 minutes or until crust is browned and cheese starts to turn golden on high fan, closed vent. CCP: Hold for service at 140 F. or higher.
- 12 Cut 5 by 5.

**PIZZA (12 INCH FROZEN CRUST)**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
259 cal	35 g	11 g	8 g	20 mg	456 mg	203 mg

**Ingredient**

PIZZA CRUST,12"" ,FROZEN  
 COOKING SPRAY, NONSTICK  
 SAUCE,PIZZA,CANNED  
 CHEESE,MOZZARELLA  
 CHEESE,PARMESAN,GRATED

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place 2 crusts on each greased sheet pan.
- 2 Pour 3/4 cup sauce over each crust.
- 3 Sprinkle about 2/3 cup cheese over each pizza.
- 4 Sprinkle about 1-1/4 tablespoon grated cheese over mixture in each pan.
- 5 Bake at 450 F. about 20 minutes or until crust is browned and crisp.
- 6 Cut each pizza into 4 wedges. CCP: Hold for service at 140 F. or higher.

**CHUCK WAGON STEW (BEANS WITH BEEF)**

**Yield** 100

**Portion** 1-1/4 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
416 cal	54 g	28 g	12 g	70 mg	1138 mg	141 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CATSUP  
 BEANS,BAKED,W/PORK,CANNED

**Weight**

15 lbs  
 6 lbs  
 3 lbs  
 1-7/8 lbs  
 53-1/2 lbs

**Measure**

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

**Issue**

6-2/3 lbs  
 3-2/3 lbs

**Method**

- 1 Cook beef with onions and peppers until it loses its pink color, stirring to break apart, in steam-jacketed kettle or stock pot. Drain or skim off excess fat.
- 2 Add catsup and beans to beef, onion and pepper mixture. Stir well.
- 3 Simmer for 20 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**BAKED SCALLOPS**

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
124 cal	6 g	14 g	5 g	37 mg	257 mg	32 mg

**Ingredient**

SCALLOPS,SEA,RAW  
 JUICE,LEMON  
 BREADCRUMBS  
 SALT  
 PEPPER,BLACK,GROUND  
 PAPRIKA,GROUND  
 BASIL,SWEET,WHOLE,CRUSHED  
 GARLIC POWDER  
 BUTTER,MELTED  
 PARSLEY,DEHYDRATED,FLAKED

**Weight**

30 lbs  
 11-1/2 oz  
 1-3/8 lbs  
 1/2 oz  
 1/8 oz  
 1/8 oz  
 1/4 oz  
 3/4 oz  
 1 lbs  
 3/8 oz

**Measure**

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

**Issue****Method**

- 1 Wash scallops thoroughly; cut large ones in half. Drain well.
- 2 Marinate scallops in lemon juice 5 to 10 minutes.
- 3 Mix bread crumbs, salt, pepper, paprika, basil and garlic.
- 4 Drain scallops. Dredge scallops in seasoned bread crumbs. Place an equal quantity of scallops in each steam table pan.
- 5 Drizzle 1/2 cup melted butter or margarine over top of scallops in each pan. Using a convection oven, bake at 350 F. 20 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Remove from oven; sprinkle each pan with 2 tablespoons parsley. CCP: Hold at 140 F. or higher for service.

**BAKED WHOLE TROUT**

**Yield** 100

**Portion** 10 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	6 g	23 g	17 g	87 mg	326 mg	94 mg

**Ingredient**

FISH,RAINBOW TROUT,WHOLE,RAW  
 COOKING SPRAY,NONSTICK  
 BUTTER,MELTED  
 DILL WEED,DRIED  
 PEPPER,BLACK,GROUND  
 JUICE,LEMON  
 BREADCRUMBS  
 SALT

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place single layer of fish on pans sprayed with non-stick cooking spray.
- 2 Combine butter or margarine, dill weed, and pepper; add lemon juice. Use 1 cup lemon-butter mixture for each pan of fish. Lightly brush inside and top of each fish.
- 3 Combine bread crumbs and salt. Use 1 cup bread crumbs per pan; evenly sprinkle on inside and outside of fish.
- 4 Bake 15 minutes in 375 F. convection oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Since trout does not hold well in serving line for long periods of time, prepare by progressive cooking methods in small batches.

**BAKED TROUT FILLETS**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
298 cal	4 g	32 g	16 g	105 mg	247 mg	122 mg

**Ingredient**

FISH,RAINBOW TROUT,FILLET,RAW,5 OZ  
 COOKING SPRAY,NONSTICK  
 BUTTER,MELTED  
 PEPPER,BLACK,GROUND  
 JUICE,LEMON  
 BREADCRUMBS  
 SALT

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Place single layer of fish on pans sprayed with non-stick cooking spray in rows, skin side down.
- 2 Combine butter or margarine and pepper; add lemon juice. Use 1 cup lemon butter mixture for each pan of fish. Evenly brush inside and top of each fish.
- 3 Combine breadcrumbs and salt. Use 1 cup bread crumbs per pan; evenly sprinkle over top of each fish.
- 4 Bake 9 minutes in 375 F. oven. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**Notes**

- 1 Since trout does not hold well in serving line for long periods of time, prepare by progressive cooking methods in small batches.

**CHILI (WITHOUT BEANS)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
346 cal	16 g	34 g	17 g	106 mg	677 mg	70 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 TOMATO PASTE,CANNED  
 ONIONS,FRESH,CHOPPED  
 CHILI POWDER,DARK,GROUND  
 CUMIN,GROUND  
 PAPRIKA,GROUND  
 SALT  
 PEPPER,RED,GROUND  
 GARLIC POWDER  
 WATER

**Weight**

30 lbs  
 19-7/8 lbs  
 7-1/8 lbs  
 3-1/8 lbs  
 9-7/8 oz  
 2-1/4 oz  
 2 oz  
 1-7/8 oz  
 2/3 oz  
 1/3 oz  
 14-5/8 lbs

**Measure**

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

**Issue**

3-1/2 lbs

**Method**

- 1 Cook beef until it loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Add tomatoes, tomato paste, onions, chili powder, cumin, paprika, salt, pepper, garlic and water; stir. Bring to a simmer; cook 1 hour, stirring occasionally. DO NOT BOIL. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHEESE PITA PIZZA**

Yield 100

Portion 2-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
234 cal	37 g	10 g	5 g	15 mg	450 mg	163 mg

**Ingredient**

BREAD,PITA,WHITE,5-INCH  
 SAUCE,PIZZA,CANNED  
 CHEESE,MOZZARELLA,SHREDDED

**Weight**

13-1/4 lbs  
 7-1/4 lbs  
 4 lbs

**Measure**

100 each  
 3 qts  
 1 gal

**Issue****Method**

- 1 Place 15 pitas on each sheet pan.
- 2 Spread 2 tablespoons pizza sauce evenly on each pita.
- 3 Sprinkle 1/4 cup cheese over sauce on each pizza.
- 4 Using a convection oven, bake at 450 F. 5 minutes on high fan, closed vent or until cheese starts to turn golden.

**MUSHROOM, ONION, AND GREEN PEPPER PITA PIZZA**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
242 cal	38 g	10 g	5 g	15 mg	490 mg	167 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BREAD,PITA,WHITE,5-INCH	13-1/4 lbs	100 each	
SAUCE,PIZZA,CANNED	7-1/4 lbs	3 qts	
CHEESE,MOZZARELLA,SHREDDED	4 lbs	1 gal	
MUSHROOMS,CANNED,SLICED,DRAINED	2 lbs	1 qts 2 cup	
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs

**Method**

- 1 Place 15 pitas on each sheet pan.
- 2 Spread 2 tablespoons pizza sauce evenly on each pita.
- 3 Sprinkle about 1 ounce or 1/4 cup cheese, 1 tablespoon mushrooms, 1 tablespoon onions and 1 tablespoon peppers over sauce on each pita.
- 4 Using a convection oven bake at 450 F. 5 minutes on high fan, closed vent or until cheese starts to turn golden.

**BEEF STEW (CANNED BEEF CHUNKS)**

**Yield** 100

**Portion** 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
387 cal	19 g	38 g	17 g	104 mg	152 mg	39 mg

**Ingredient**

BEEF,CANNED,CHUNKS,W/NATURAL JUICE,DRAINED  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 WATER  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 THYME,GROUND  
 BAY LEAF,WHOLE,DRIED  
 CARROTS,FRESH,SLICED  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,QUARTERED  
 POTATOES,FRESH,CHOPPED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER,COLD

**Weight**

29 lbs  
 1/2 oz  
 1/2 oz  
 16-3/4 lbs  
 6-5/8 lbs  
 1/8 oz  
 1/8 oz  
 3-3/8 lbs  
 4-1/4 lbs  
 2-1/2 lbs  
 10-1/3 lbs  
 1-1/4 lbs  
 3-1/8 lbs

**Measure**

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

**Issue**

4-1/8 lbs  
 5-7/8 lbs  
 2-3/4 lbs  
 12-3/4 lbs

**Method**

- 1 Place beef, pepper and garlic in steam-jacketed kettle or stock pot.
- 2 Add water, tomatoes, thyme and bay leaves. Bring to a boil; reduce heat.
- 3 Add carrots to beef mixture. Cover; simmer 15 minutes.
- 4 Add celery, onions and potatoes to beef mixture. Stir to mix. Cover; simmer 20 minutes or until vegetables are tender.
- 5 Thicken gravy, if desired. Combine flour and water. Add to stew while stirring; cook 5 minutes or until thickened. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHEESE TORTELLINI MARINARA**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
273 cal	46 g	13 g	5 g	26 mg	1004 mg	205 mg

**Ingredient**

MARINARA SAUCE

WATER,BOILING

SALT

TORTELLINI,FROZEN,CHEESE

**Weight**

58-1/2 lbs

1-1/4 oz

14 lbs

**Measure**

3 gal 2-1/4 qts

7 gal

2 tbsp

**Issue**

**Method**

- 1 Prepare 3/4 recipe Marinara Sauce, Recipe No. O 004 00 or use prepared marinara sauce.
- 2 Add tortellini slowly to boiling salted water, stirring constantly until water boils again. Cook according to package instructions; DO NOT OVERCOOK. Drain thoroughly.
- 3 Add tortellini to sauce. Stir gently but thoroughly.
- 4 Simmer 5 minutes or until thoroughly heated. CCP: Hold for service at 140 F. or higher.



**SPINACH TORTELLINI MARINARA (FROZEN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
341 cal	33 g	19 g	15 g	111 mg	640 mg	371 mg

**Ingredient**

MARINARA SAUCE  
 WATER,BOILING  
 SALT  
 TORTELLINI,FROZEN,SPINACH

**Weight**

58-1/2 lbs  
 1-1/4 oz  
 14 lbs

**Measure**

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

**Issue**

**Method**

- 1 Prepare 3/4 recipe Marinara Sauce, Recipe No. O 004 00 or use prepared marinara sauce.
- 2 Add spinach filled tortellini slowly to boiling salted water, stirring constantly until water boils again. Cook according to package instructions. DO NOT OVERCOOK. Drain thoroughly.
- 3 Add tortellini to sauce. Stir gently but thoroughly.
- 4 Simmer 5 minutes or until thoroughly heated. CCP: Hold for service at 140 F. or higher.

**CHEESE TORTELLINI MARINARA (DEHYDRATED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
272 cal	46 g	13 g	5 g	26 mg	997 mg	205 mg

**Ingredient**

MARINARA SAUCE  
 WATER,BOILING  
 SALT  
 TORTELLINI,CHEESE,DRY

**Weight**

58-1/2 lbs  
 1-1/4 oz  
 9-1/4 lbs

**Measure**

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

**Issue**

**Method**

- 1 Prepare 3/4 recipe Marinara Sauce, Recipe No. O 004 00 or use prepared marinara sauce.
- 2 Add tortellini slowly to boiling salted water, stirring constantly until water boils again. Cook according to package instructions. DO NOT OVERCOOK. Drain thoroughly.
- 3 Add tortellini to sauce. Stir gently but thoroughly.
- 4 Simmer 5 minutes or until thoroughly heated. CCP: Hold for service at 140 F. or higher.

RICE FRITTATA

Yield 100

Portion 11 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
391 cal	25 g	24 g	22 g	220 mg	805 mg	430 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	3-3/4 lbs	2 qts 1-3/8 cup	
WATER, BOILING	10-1/2 lbs	1 gal 1 qts	
SALT	3/4 oz	1 tbsp	
OIL, SALAD	3/4 oz	1 tbsp	
TOMATOES, FRESH, CHOPPED	15-7/8 lbs	2 gal 2 qts	16-1/4 lbs
CHEESE, CHEDDAR, SHREDDED	11 lbs	2 gal 3 qts	
MUSHROOMS, CANNED, DRAINED	7 lbs	1 gal 1-1/8 qts	
PEPPERS, GREEN, FRESH, CHOPPED	4-7/8 lbs	3 qts 2-7/8 cup	6 lbs
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	5-1/4 lbs	3 qts 2-7/8 cup	5-7/8 lbs
MILK, NONFAT, DRY	5-5/8 oz	2-3/8 cup	
WATER, WARM	5-3/4 lbs	2 qts 3 cup	
EGG WHITES	8-1/2 lbs	1 gal	
EGGS, WHOLE, FROZEN	8-5/8 lbs	1 gal	
PEPPER, BLACK, GROUND	7/8 oz	1/4 cup 1/3 tbsp	
SALT	1-1/4 oz	2 tbsp	

**Method**

- 1 Combine rice, water, salt and salad oil. Bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes.
- 2 Combine tomatoes, cheese, mushrooms, peppers, onions and rice. Mix well. Place 5-1/2 quarts mixture in each lightly sprayed steam table pan.
- 3 Reconstitute milk.
- 4 Thaw egg products. Combine milk, eggs, pepper, and salt. Mix well.
- 5 Pour 1-1/2 quart egg mixture over rice mixture in each pan. Stir to distribute evenly.
- 6 Using a convection oven, bake at 325 F. for 45 minutes or until eggs are completely set on low fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Cut 3 by 5.

## POTATO FRITTATA

Yield 100

Portion 12 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
243 cal	28 g	18 g	7 g	213 mg	568 mg	175 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
POTATOES,FRESH,PEELED,CUBED	16-1/2 lbs	3 gal	20-3/8 lbs
WATER,BOILING	16-3/4 lbs	2 gal	
SALT	1 oz	1 tbsp	
BROCCOLI,FRESH,CHOPPED	16-1/2 lbs	5 gal 1-1/4 qts	27 lbs
WATER,BOILING	20-7/8 lbs	2 gal 2 qts	
SALT	1/2 oz	3/8 tsp	
TOMATOES,FRESH,SLICED	19 lbs	2 gal 4 qts	19-3/8 lbs
ONIONS,FRESH,CHOPPED	6-1/3 lbs	1 gal 1/2 qts	7 lbs
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
WATER,WARM	7-1/3 lbs	3 qts 2 cup	
EGG WHITES	10-2/3 lbs	1 gal 1 qts	
EGGS,WHOLE,FROZEN	10-3/4 lbs	1 gal 1 qts	
PARSLEY,FRESH,BUNCH,CHOPPED	5-1/4 oz	2-1/2 cup	5-1/2 oz
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	
PAPRIKA,GROUND	5/8 oz	2-1/3 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Add potatoes to boiling salted water, bring to a boil; reduce heat. Cover; simmer 8 minutes or until tender. Drain well.
- 2 Add broccoli to boiling salted water. Return to a boil; reduce heat. Simmer 5 minutes until tender; cool.
- 3 Combine potatoes, broccoli, tomatoes, onions, and parmesan cheese. Toss lightly. Place 1-1/2 gallon mixture in each lightly sprayed steam table pan.
- 4 Reconstitute milk.
- 5 Thaw eggs. Combine milk, eggs, parsley, salt, pepper, garlic, paprika, and basil. Mix well.
- 6 Pour 2 quarts egg mixture over potato mixture in each pan. Stir to distribute evenly.
- 7 Using a convection oven, bake at 325 F. for 40-45 minutes or until eggs are set on low fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Cut 3 by 5.

## VEGETABLE STUFFED PEPPERS

Yield 100

Portion 2 Halves

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
368 cal	50 g	13 g	15 g	21 mg	1163 mg	218 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TOMATO SAUCE		3 gal 2 qts	
PEPPERS, GREEN, FRESH	32 lbs	6 gal 3/8 qts	39 lbs
WATER, BOILING	83-5/8 lbs	10 gal	
CORN, CANNED, WHOLE KERNEL, DRAINED	8-3/4 lbs	1 gal 2 qts	
BEANS, KIDNEY, DARK RED, CANNED, DRAINED	8-1/4 lbs	1 gal 1-1/4 qts	
STEAMED RICE		1 gal 2 qts	
TOMATOES, FRESH, SLICED	2 lbs	1 qts 1 cup	2 lbs
ONIONS, FRESH, CHOPPED	2-7/8 lbs	2 qts 1/8 cup	3-1/4 lbs
GARLIC POWDER	1/3 oz	1 tbsp	
PARSLEY, FRESH, BUNCH, CHOPPED	4-1/4 oz	2 cup	4-1/2 oz
SALT	1-1/4 oz	2 tbsp	
PEPPER, BLACK, GROUND	5/8 oz	2-2/3 tbsp	
PEPPER, RED, GROUND	1/8 oz	1/3 tsp	
CUMIN, GROUND	7/8 oz	1/4 cup 1/3 tbsp	
CHILI POWDER, DARK, GROUND	3-1/8 oz	3/4 cup	
CHEESE, CHEDDAR, SHREDDED	4-1/2 lbs	1 gal 1/2 qts	
OIL, SALAD	7-2/3 oz	1 cup	
WATER	3-2/3 lbs	1 qts 3 cup	

**Method**

- 1 Prepare 2 recipes Tomato Sauce, Recipe No. O 015 00 or use prepared tomato sauce. CCP: Hold at 140 F. or higher.
- 2 Cut each pepper in half lengthwise; remove core.
- 3 Place peppers in boiling water. Return to a boil; cook 1 minute. Drain well.
- 4 Drain corn and beans. Rinse beans. Drain well.
- 5 Combine corn, beans, cooked rice, tomatoes, onions, garlic, parsley, salt, peppers, cumin, chili powder, oil, and cheese. Mix lightly.
- 6 Fill each pepper with 1/2 cup vegetable-rice mixture. Place peppers in pans.
- 7 Pour 1/2 cup water around peppers in each steam table pan.
- 8 Pour 3-1/3 cups tomato sauce over peppers each pan. Cover.
- 9 Using a convection oven bake at 325 F. for 40 minutes or until thoroughly heated 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.

**Notes**

- 1 In Step 4, 12 pounds canned pinto or black beans may be used per 100 portions. Drain beans.
- 2 In Step 4, 9-1/8 pounds frozen corn may be used, per 100 servings.
- 3 In Step 6, 9 pounds cooked brown rice may be used, per 100 servings. Cook according to Recipe No. E 005 05.

**BOMBAY CHICKEN (8 PC)**

Yield 100

Portion 1 Piece

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
368 cal	31 g	39 g	10 g	119 mg	119 mg	27 mg

**Ingredient**

HONEY  
 JUICE,LIME  
 CURRY POWDER  
 CHICKEN, 8 PC CUT, SKIN REMOVED

**Weight**

7-7/8 lbs  
 3-3/8 lbs  
 2 oz  
 82 lbs

**Measure**

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

**Issue****Method**

- 1 Combine honey, lime juice and curry; mix well. Bring to a boil. Cover; reduce heat; simmer 10 minutes.
- 2 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken breasts on lightly sprayed sheet pans.
- 3 Using a convection oven, bake at 350 F. for 40 minutes or until done on high fan, closed vent. Transfer chicken to steam table pans. Hold at 140 F. or higher for use in Step 4.
- 4 Pour 1-1/4 qt sauce evenly over chicken in each pan. Bake at 350 F. 10 to 15 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BOMBAY CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
287 cal	31 g	32 g	4 g	88 mg	81 mg	22 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 HONEY  
 JUICE,LIME  
 CURRY POWDER

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken breasts on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 3 Using a convection oven, bake at 325 F. 10 to 12 minutes on high fan, closed vent. Transfer chicken to steam table pans. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for use in Step 5.
- 4 Combine honey, lime juice and curry; mix well. Bring to a boil. Cover; reduce heat; simmer 10 minutes.
- 5 Pour 1-1/4 qt sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**TROPICAL CHICKEN SALAD (COOKED DICED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
419 cal	24 g	26 g	25 g	82 mg	254 mg	43 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 SALAD DRESSING,MAYONNAISE TYPE  
 RESERVED LIQUID  
 CURRY POWDER  
 CHICKEN,COOKED,DICED  
 APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED  
 COCONUT,PREPARED,SWEETENED FLAKES  
 ALMONDS,SLIVERED  
 LETTUCE,ICEBERG,FRESH

**Weight**

9-7/8 lbs  
 5-7/8 lbs  
 8-1/3 oz  
 1-3/4 oz  
 18 lbs  
 12-3/8 lbs  
 1-1/2 lbs  
 1-1/4 lbs  
 4 lbs

**Measure**

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

**Issue**

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

**Method**

- 1 Drain pineapple. Reserve juice for use in Step 2 and pineapple for use in Step 3.
- 2 Blend salad dressing, reserved pineapple juice, curry powder and salt together; cover.
- 3 Combine chicken, apples, pineapple, coconut, and almonds. Mix lightly.
- 4 Add salad dressing mixture to chicken mixture. Mix lightly but thoroughly; cover. CCP: Refrigerate at 41 F. or lower.
- 5 Place 1 lettuce leaf on each serving dish; place 1 cup chicken mixture on top of lettuce; cover. CCP: Refrigerate at 41 F. or lower until ready to serve.

**Notes**

- 1 In Step 2, 6-1/2 pound (3 quarts) low fat plain yogurt may be used for salad dressing per 100 servings.



**TROPICAL CHICKEN SALAD (CANNED CHICKEN)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
434 cal	26 g	23 g	27 g	69 mg	786 mg	45 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 SALAD DRESSING,MAYONNAISE TYPE  
 RESERVED LIQUID  
 CURRY POWDER  
 SALT  
 CHICKEN,BONED,CANNED,PIECES  
 APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED  
 COCONUT,PREPARED,SWEETENED FLAKES  
 ALMONDS,SLIVERED  
 LETTUCE,ICEBERG,FRESH

**Weight**

10-3/8 lbs  
 6-1/8 lbs  
 8-1/3 oz  
 1-7/8 oz  
 1 oz  
 23-1/4 lbs  
 13-1/4 lbs  
 1-5/8 lbs  
 1-1/4 lbs  
 4 lbs

**Measure**

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

**Issue**

17 lbs  
 4-1/3 lbs

**Method**

- 1 Drain pineapple. Reserve juice for use in Step 2 and pineapple for use in Step 4.
- 2 Blend salad dressing, reserved pineapple juice, curry powder and salt together; cover.
- 3 Combine chicken, apples, pineapple, coconut, and almonds. Mix lightly.
- 4 Add salad dressing mixture to chicken mixture. Mix lightly but thoroughly; cover. CCP: Refrigerate at 41 F. or lower.
- 5 Place 1 lettuce leaf on each serving dish; place 1 cup chicken salad mixture on top of lettuce; cover. CCP: Refrigerate at 41 F. or lower until ready to serve.

**Notes**

- 1 In Step 2, 6-1/2 pounds (3 quarts) low fat plain yogurt may be used for salad dressing per 100 servings.

**HONEY GINGER CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
217 cal	11 g	33 g	4 g	88 mg	481 mg	21 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 HONEY  
 SOY SAUCE  
 JUICE,LEMON  
 GARLIC POWDER  
 ONION POWDER  
 GINGER,GROUND  
 WATER,COLD  
 CORNSTARCH

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Arrange chicken breasts shingle-style in lightly sprayed steam table pans.
- 3 Combine honey, soy sauce, lemon juice, garlic powder, onion powder, and ground ginger; mix well. Pour sauce over chicken in each pan.
- 4 Using a convection oven, bake at 325 F. for 12 to 14 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Transfer chicken to steam table pans. Drain sauce. Reserve sauce.
- 6 Bring reserved sauce to a boil. Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 7 Pour 1 qt sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**TURKEY SAUSAGE PATTIES**

Yield 100

Portion 2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	3 g	13 g	5 g	42 mg	244 mg	30 mg

**Ingredient**

TURKEY,GROUND,90% LEAN,RAW  
 BREADCRUMBS  
 SALT  
 PEPPER,BLACK,GROUND  
 GARLIC POWDER  
 BASIL,SWEET,WHOLE,CRUSHED  
 SEASONING,POULTRY

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place turkey in mixer bowl.
- 2 Combine breadcrumbs, poultry seasoning, salt, pepper, garlic powder, and basil. Add to turkey.
- 3 Mix on low speed 3 to 4 minutes or until thoroughly blended.
- 4 Shape into 2-1/2 ounce balls. Place 20 balls on each sheet pan. Flatten each ball into a 4-inch patty.
- 5 Using a convection oven, bake at 325 F. for 9 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 Grill patties on 350 F. ungreased griddle for 3 minutes on each side. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHICKEN IN ORANGE SAUCE (BREAST BONELESS)**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
208 cal	8 g	33 g	4 g	88 mg	264 mg	22 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 ONIONS,FRESH,CHOPPED  
 JUICE,ORANGE  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SUGAR,GRANULATED  
 SALT  
 PAPRIKA,GROUND  
 PEPPER,BLACK,GROUND  
 ROSEMARY,GROUND  
 GARLIC POWDER

**Weight**

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

**Measure**

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

**Issue**

1-3/8 lbs

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken breasts in lightly sprayed steam table pans. DO NOT OVERLAP.
- 3 Stir-cook onions in a lightly sprayed steam-jacketed kettle or stockpot 3 minutes or until tender, stirring constantly.
- 4 Combine orange juice, flour, sugar, salt, paprika, pepper, rosemary, and garlic powder; mix well. Add onions; stir to blend.
- 5 Ladle 2-3/4 cups orange mixture over chicken in each pan.
- 6 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**FIESTA CHICKEN (FAJITA STRIPS)**

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
150 cal	14 g	18 g	2 g	44 mg	488 mg	38 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
COOKING SPRAY, NONSTICK	1 oz	2 tbsp	
ONIONS, FRESH, CHOPPED	5-5/8 lbs	0 gal 4 qts	6-1/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	2-5/8 lbs	2 qts	3-1/4 lbs
WATER	10-1/2 lbs	1 gal 1 qts	
TOMATOES, CANNED, DICED, INCL LIQUIDS	4-5/8 lbs	2 qts	
TOMATO PASTE, CANNED	3-7/8 lbs	1 qts 2-5/8 cup	
JUICE, ORANGE	8-3/4 lbs	1 gal	
PIMIENTO, CANNED, DRAINED, CHOPPED	1 lbs	2-1/4 cup	
SUGAR, GRANULATED	3-1/2 oz	1/2 cup	
SALT	2-1/3 oz	1/4 cup	
CHILI POWDER, DARK, GROUND	2-1/8 oz	1/2 cup	
GARLIC POWDER	3/4 oz	2-2/3 tbsp	
CUMIN, GROUND	3/8 oz	2 tbsp	
OREGANO, CRUSHED	1 oz	1/4 cup 2-1/3 tbsp	
PEPPER, RED, GROUND	1/4 oz	1 tbsp	
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
CHICKEN, FAJITA STRIPS	15-5/8 lbs		
WATER	8-1/3 oz	1 cup	
FLOUR, WHOLE WHEAT	4-1/4 oz	1 cup	

**Method**

- 1 Stir-cook onions and peppers in a lightly sprayed steam-jacketed kettle or stockpot 3 minutes, stirring constantly.
- 2 Add water, tomatoes, tomato paste, orange juice, pimentos, sugar, salt, chili power, garlic powder, cumin, oregano, red pepper, and black pepper. Bring to a boil. Cover; reduce heat; simmer 20 to 25 minutes.
- 3 Stir chicken gently into vegetable and tomato mixture. Cover; reduce heat; simmer 10 minutes.
- 4 Blend flour and cold water together to make a smooth slurry. Add slurry to chicken mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 2 gal chicken and tomato mixture into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.
- 6 Serve over 1 recipe Tossed Green Rice, Recipe No. E 005 02.

**BUFFALO CHICKEN (8 PC)**

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
421 cal	7 g	45 g	23 g	144 mg	363 mg	32 mg

**Ingredient**

CHICKEN, 8 PIECE CUT  
 COOKING SPRAY, NONSTICK  
 CATSUP  
 VINEGAR, DISTILLED  
 PEPPER, RED, GROUND

**Weight**

82 lbs  
 1 oz  
 4-1/4 lbs  
 4-1/8 lbs  
 6 oz

**Measure**

2 tbsp  
 2 qts  
 2 qts  
 2 cup

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water; drain well. Remove excess fat.
- 2 Place chicken, skin side up, on lightly sprayed sheet pans. Using a convection oven, bake at 350 F. for 20 minutes on high fan, closed vent.
- 3 Combine catsup, vinegar, and red pepper; mix well.
- 4 Dip chicken in buffalo sauce to coat well; place chicken, skin side up, on sheet pans. Discard remaining buffalo sauce. Bake an additional 20 minutes, for a total of 40 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 3, 2 gallons of prepared buffalo sauce can be used per 100 portions.

**GRILLED TURKEY PATTIES (GROUND TURKEY)**

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
204 cal	9 g	23 g	9 g	72 mg	313 mg	45 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,GROUND,90% LEAN,RAW	25-1/2 lbs		
BREADCRUMBS	3-1/8 lbs	3 qts 1 cup	
ONIONS,FRESH,CHOPPED	2-7/8 lbs	2 qts 1/8 cup	3-1/4 lbs
PARSLEY,FRESH,BUNCH,CHOPPED	3-1/2 oz	1-5/8 cup	3-2/3 oz
SALT	1-1/4 oz	2 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER,WHITE,GROUND	1/2 oz	2 tbsp	
MUSTARD,DRY	3/4 oz	2 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Combine turkey, breadcrumbs, onions, parsley, salt, garlic, pepper and mustard; mix thoroughly.
- 2 Shape mixture into oval patties 1/2-inch thick weighing approximately 5 ounces each.
- 3 Grill patties on lightly greased griddle 8 minutes on each side. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 3, turkey patties may be baked in a convection oven at 325 F. for 20 to 25 minutes on high fan, open vent.

## CARIBBEAN CATFISH

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
229 cal	9 g	21 g	12 g	68 mg	183 mg	34 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PEPPERS, GREEN, FRESH, CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
MARGARINE	6 oz	3/4 cup	
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
BREAD, WHITE, CUBED	2-5/8 lbs	2 gal 1/2 qts	
OREGANO, CRUSHED	1/3 oz	2 tbsp	
PEPPER, RED, GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
CILANTRO, DRY	1-1/3 oz	1-1/4 cup	
JUICE, LIME	12 oz	1-1/2 cup	
FISH, CATFISH, FILLET	30 lbs		
JUICE, LIME	12 oz	1-1/2 cup	
MARGARINE, MELTED	6 oz	3/4 cup	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER, RED, GROUND	1/4 oz	1 tbsp	
LIMES, FRESH	4-3/4 oz	2 each	

**Method**

- 1 Saute green peppers and onions in margarine or butter, 10 minutes or until onions are transparent.
- 2 Combine onion mixture with bread cubes, lime juice, cilantro, garlic powder, red pepper and oregano; mix well.
- 3 Place 1-1/4 ounces filling in center of each catfish fillet, skin side up. Roll up and place seam side down in staggered row, 4 by 5, in steam table pans.
- 4 Combine margarine or butter with lime juice. Add garlic powder and red pepper. Brush evenly over fish in each pan. If desired sprinkle 1 tablespoon grated lime rind over fish in each pan.
- 5 Using a convection oven, bake at 350 F. for 25 to 30 minutes or until done on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**CARIBBEAN FLOUNDER**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
192 cal	9 g	27 g	5 g	72 mg	210 mg	44 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PEPPERS, GREEN, FRESH, CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
MARGARINE	6 oz	3/4 cup	
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
BREAD, WHITE, CUBED	2-5/8 lbs	2 gal 1/2 qts	
OREGANO, CRUSHED	1/3 oz	2 tbsp	
PEPPER, RED, GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
CILANTRO, DRY	1-1/3 oz	1-1/4 cup	
JUICE, LIME	12 oz	1-1/2 cup	
FISH, FLOUNDER/SOLE FILLET, RAW	30 lbs		
JUICE, LIME	12 oz	1-1/2 cup	
MARGARINE, MELTED	6 oz	3/4 cup	
GARLIC POWDER	7/8 oz	3 tbsp	
PEPPER, RED, GROUND	1/4 oz	1 tbsp	
LIMES, FRESH	4-3/4 oz	2 each	

**Method**

- 1 Saute green peppers and onions in margarine or butter, 10 minutes or until onions are transparent.
- 2 Combine onion mixture with bread cubes, lime juice, cilantro, garlic powder, red pepper and oregano; mix well.
- 3 Place 1-1/4 ounces filling in center of each flounder fillet, skin side up. Roll up and place seam side down in staggered row, 4 by 5, in steam table pans.
- 4 Combine margarine or butter with lime juice. Add garlic powder and red pepper. Brush evenly over fish in each pan. If desired, sprinkle 1 tablespoon grated lime rind over fish in each pan.
- 5 Using a convection oven, bake at 350 F. for 25 to 30 minutes or until done on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BAKED YOGURT CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
257 cal	15 g	35 g	5 g	89 mg	230 mg	81 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 BREADCRUMBS  
 GARLIC POWDER  
 ONION POWDER  
 PAPRIKA,GROUND  
 PEPPER,RED,GROUND  
 GINGER,GROUND  
 YOGURT,PLAIN,LOWFAT  
 GARLIC POWDER  
 ONION POWDER  
 PEPPER,RED,GROUND  
 GINGER,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Combine bread crumbs, garlic powder, onion powder, paprika, red pepper and ginger; mix well. Set aside for use in Step 4.
- 3 Combine yogurt, garlic powder, onion powder, red pepper and ginger in shallow pan; mix well.
- 4 Dip chicken in yogurt mixture, then in crumb mixture; shake off excess.
- 5 Place chicken breasts 1 inch apart on each lightly sprayed sheet pan.
- 6 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Transfer and shingle chicken in steam table pans with bottom side up. CCP: Hold for service at 140 F. or higher.

**HOT AND SPICY CHICKEN (8 PC)**

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
430 cal	35 g	45 g	11 g	120 mg	627 mg	85 mg

**Ingredient**

CHICKEN, 8 PC CUT, SKIN REMOVED  
 WATER,WARM  
 MILK,NONFAT,DRY  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 GARLIC POWDER  
 ONION POWDER  
 PEPPER,BLACK,GROUND  
 THYME,FRESH  
 PAPRIKA  
 PEPPER,RED,GROUND  
 MARJORAM,SWEET,GROUND  
 PEPPER,WHITE,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Reconstitute milk in warm water.
- 3 Combine flour, salt, garlic powder, onion powder, black pepper, thyme, paprika, red pepper, marjoram, and white pepper; mix thoroughly.
- 4 Dip chicken in milk; drain; Dredge chicken in flour mixture. Shake off excess.
- 5 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 6 Using a convection oven, bake 20 minutes at 325 F. on high fan, open vent. Turn chicken pieces over. Bake an additional 20 minutes, for a total of 40 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.

**TURKEY FINGERS**

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
253 cal	18 g	24 g	9 g	65 mg	692 mg	43 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
 GARLIC POWDER  
 SEASONING,POULTRY  
 PAPRIKA,GROUND  
 PEPPER,BLACK,GROUND  
 FLOUR,WHEAT,GENERAL PURPOSE  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Cut turkey into 1/2-inch thick slices. Cut slices into 1/4-inch strips, 2 or 3 inches long.
- 2 Combine flour, garlic powder, poultry seasoning, paprika and pepper; mix thoroughly.
- 3 Dredge turkey strips in seasoned flour. Shake off excess. Spray grill with cooking spray.
- 4 Grill turkey strips about 12 to 15 minutes or until done on a well greased griddle, turning frequently. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 CCP: Hold for service at 140 F. or higher. Serve with a sauce such as Sweet and Sour Sauce, Recipe No. O 008 00, Barbecue Sauce, Recipe No. O 002 00, Mustard Sauce, Recipe No. O 006 00, Honey Mustard Sauce, Recipe No. O 029 00, Horseradish Dijon Sauce, Recipe No. O 028 00, or Tropical Fruit Salsa, Recipe No. O 030 00.

## ITALIAN BROCCOLI PASTA

Yield 100

Portion 11 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
464 cal	90 g	21 g	4 g	5 mg	1382 mg	278 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	8-1/2 lbs	1 gal 2 qts	9-1/2 lbs
TOMATOES, CANNED, DICED, DRAINED	46-1/4 lbs	5 gal 1 qts	
TOMATO PASTE, CANNED	2-7/8 lbs	1 qts 1 cup	
SUGAR, GRANULATED	10-5/8 oz	1-1/2 cup	
SALT	5-1/8 oz	1/2 cup	
GARLIC POWDER	2-3/8 oz	1/2 cup	
PEPPER, BLACK, GROUND	1-1/4 oz	1/4 cup 1-2/3 tbsp	
BASIL, DRIED, CRUSHED	1-1/4 oz	1/2 cup	
OREGANO, CRUSHED	1-1/4 oz	1/2 cup	
THYME, GROUND	1/3 oz	2 tbsp	
BROCCOLI, FROZEN, SPEARS, THAWED, 1/2"	31 lbs	5 gal 2-1/2 qts	
WATER	83-5/8 lbs	10 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
MACARONI NOODLES, ROTINI, DRY	16-2/3 lbs	4 gal 2 qts	
ONIONS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 2-3/4 cup	1-2/3 lbs
CHEESE, PARMESAN, GRATED	1-1/3 lbs	1 qts 2 cup	

**Method**

- 1 Spray steam jacketed kettle with non-stick spray. Add onions. Stir well. Cover; cook 10 minutes or until onions are tender, stirring constantly.
- 2 Add tomatoes, tomato paste, sugar, salt, garlic powder, pepper, basil, oregano, and thyme to onions. Bring to a boil; reduce heat; simmer 25 to 30 minutes; stirring occasionally.
- 3 Add broccoli; stir well; return to a simmer; simmer 3 to 5 minutes or until thoroughly heated. Do not overcook. CCP: Hold for service at 140 F. or higher.
- 4 Add salt to water; heat to a rolling boil. Slowly add rotini while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender; stir occasionally. Drain. Rinse with warm water; drain thoroughly.
- 5 Each portion: Ladle 1-1/4 cups of tomato-broccoli sauce over 1-1/4 cups rotini. Sprinkle 1 tablespoon green onion and 1 tablespoon parmesan cheese over top of each portion.

**CRANBERRY GLAZED CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
254 cal	21 g	32 g	4 g	88 mg	88 mg	20 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 CRANBERRY SAUCE,JELLIED  
 HONEY  
 JUICE,LIME  
 WATER,COLD  
 CINNAMON,GROUND  
 GINGER,GROUND  
 CLOVES,GROUND

**Weight**

31-1/4 lbs  
 1-1/2 oz  
 7-1/3 lbs  
 2 lbs  
 1-5/8 lbs  
 1-3/4 lbs  
 1/2 oz  
 1/8 oz  
 <1/16th oz

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken breasts on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 3 Using a convection oven, bake at 325 F. 10 to 12 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer chicken to steam table pans. Hold at 140 F. or higher for use in Step 5.
- 4 Break up cranberry sauce with wire whip. Add honey, lime juice, water, cinnamon, ginger and cloves; blend well. Bring to a boil. Cover; reduce heat; simmer 10 minutes.
- 5 Pour 1-1/4 qt sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**CHICKEN & ITALIAN VEGETABLE PASTA (FAJITA STRIPS)**

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	48 g	24 g	5 g	41 mg	665 mg	187 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 CHICKEN, FAJITA STRIPS  
 ONIONS, FRESH, CHOPPED  
 TOMATOES, CANNED, DICED, DRAINED  
 CATSUP  
 GARLIC POWDER  
 BASIL, DRIED, CRUSHED  
 OREGANO, CRUSHED  
 SALT  
 PEPPER, BLACK, GROUND  
 WATER, COLD  
 FLOUR, WHEAT, GENERAL PURPOSE  
 WATER  
 SALT  
 MACARONI NOODLES, ROTINI, DRY  
 VEGETABLES, MIXED, FROZEN, ITALIAN  
 CHEESE, PARMESAN, GRATED  
 CHEESE, MOZZARELLA, PART SKIM, SHREDDED

**Weight**

1 oz  
 12-1/2 lbs  
 2-1/8 lbs  
 26-1/2 lbs  
 2-3/8 lbs  
 1-1/2 oz  
 1-7/8 oz  
 2-1/2 oz  
 1 oz  
 2/3 oz  
 1-5/8 lbs  
 9-7/8 oz  
 41-3/4 lbs  
 1 oz  
 8-1/3 lbs  
 9 lbs  
 10-5/8 oz  
 1-1/2 lbs

**Measure**

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

**Issue**

2-1/3 lbs

**Method**

- 1 Stir-cook chicken and onions in a lightly sprayed steam-jacketed kettle or stockpot about 10 minutes, or until chicken is partially cooked and slightly tender.
- 2 Add tomatoes, catsup, garlic powder, basil, oregano, salt, and pepper. Bring to a boil. Reduce heat; simmer uncovered 5 minutes.
- 3 Blend flour and cold water together to make a smooth slurry. Add slurry to chicken mixture stirring constantly. Bring to a boil. Cover, reduce heat; simmer 8 to 10 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Add salt to water; heat to a rolling boil. Slowly add pasta while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. Drain. Rinse with cold water; drain thoroughly.
- 5 Place 1/2 gal cooked pasta into each steam table pan. Add 1-1/4 qt Italian mixed vegetables and 1/2 cup parmesan cheese evenly to each pan; stir to combine. Pour 3-1/4 chicken and tomato mixture evenly over pasta in each pan; stir to combine.
- 6 Sprinkle 1 cup shredded mozzarella evenly over pasta mixture in each pan. Using a convection oven, bake 15 to 20 minutes at 350 F. on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**HONEY LEMON CHICKEN BREAST (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
219 cal	13 g	32 g	4 g	88 mg	88 mg	19 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 HONEY  
 JUICE,LEMON  
 MUSTARD,DIJON  
 LEMON RIND,GRATED  
 CURRY POWDER  
 GINGER,GROUND  
 COOKING SPRAY,NONSTICK  
 WATER,COLD  
 CORNSTARCH

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine honey, lemon juice, dijon mustard, lemon rind, curry and ginger; mix well.
- 3 Pour marinade over chicken in each roasting pan; cover. CCP: Marinate under refrigeration 41 F. or lower for 45 minutes.
- 4 Place chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray. CCP: Refrigerate remaining marinade at 41 F. or lower for use in Step 7.
- 5 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold at 140 F. or higher for use in Step 8. Drain chicken drippings.
- 7 Bring chicken drippings and reserved marinade to a boil. Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 8 Pour 3-1/4 cups sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.



## CAJUN ROAST BEEF

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
280 cal	1 g	39 g	12 g	112 mg	226 mg	20 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SALT	1-1/4 oz	2 tbsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	
PEPPER,RED,GROUND	2/3 oz	1/4 cup	
PEPPER,WHITE,GROUND	2/3 oz	2-2/3 tbsp	
PEPPER,BLACK,GROUND	5/8 oz	2-2/3 tbsp	
ONION POWDER	5/8 oz	2-2/3 tbsp	
THYME,GROUND	3/8 oz	2-2/3 tbsp	
BASIL,DRIED,CRUSHED	3/8 oz	2-2/3 tbsp	
OREGANO,CRUSHED	3/8 oz	2-2/3 tbsp	
BEEF,OVEN ROAST,TEMPERED	40 lbs		

**Method**

- 1 Combine salt, garlic powder, red pepper, white pepper, black pepper, onion powder, thyme, basil, and oregano. Mix until well blended.
- 2 Trim excess fat from the roasts. Place in pan without crowding.
- 3 Sprinkle cajun spice mixture evenly over entire surface of the roast. Arrange in pan fat side up. Be sure entire surface of roast is covered with spice mixture.
- 4 Insert meat thermometer in the center of the thickest part of the main muscle.
- 5 Using a convection oven, roast 1 hour 45 minutes - 2-1/2 hours, depending on size of roast, at 300 F. on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Let stand 20 minutes before slicing.
- 6 Cut 8 slices per pound. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 Arrange roasts in pans according to size. Allow 18 minutes per pound for rare, 20 minutes per pound for medium.

## CAJUN ROAST TENDERLOIN OF BEEF

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
292 cal	1 g	34 g	16 g	104 mg	216 mg	18 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SALT	1-1/4 oz	2 tbsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	
PEPPER,RED,CRUSHED	1/3 oz	1/4 cup	
PEPPER,WHITE,GROUND	2/3 oz	2-2/3 tbsp	
PEPPER,BLACK,GROUND	5/8 oz	2-2/3 tbsp	
ONION POWDER	5/8 oz	2-2/3 tbsp	
THYME,GROUND	3/8 oz	2-2/3 tbsp	
BASIL,DRIED,CRUSHED	3/8 oz	2-2/3 tbsp	
OREGANO,CRUSHED	3/8 oz	2-2/3 tbsp	
BEEF,TENDERLOIN,RAW	36 lbs		

**Method**

- 1 Combine salt, garlic powder, red pepper, white pepper, black pepper, onion powder, thyme, basil and oregano. Mix until well blended.
- 2 Trim excess fat and silverskin membrane from the roasts. Place in pans without crowding.
- 3 Sprinkle cajun spice mixture evenly over entire roast. Fold thin end under to make roast an even thickness throughout. Be sure entire surface of tenderloin is covered with spice mixture.
- 4 Insert meat thermometer in the thickest end of roast.
- 5 Using a convection oven, roast at 375 F. for 45 minutes, depending on size of roast. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Let stand in a warm place 15 minutes before slicing.
- 6 Cut 8 slice per pound. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 Arrange tenderloins in pans according to size. Allow 9 to 10 minutes per pound.

## TROPICAL BAKED PORK CHOPS

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
374 cal	13 g	40 g	17 g	99 mg	172 mg	25 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS RESERVED LIQUID	4 lbs	1 qts 3-5/8 cup	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	2-1/2 lbs	1 qts 7/8 cup	
JUICE,LIME	3-7/8 lbs	1 qts 3-1/8 cup	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts	
SUGAR,BROWN,PACKED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
GARLIC POWDER	10-1/4 oz	2 cup	
SALT	1-5/8 oz	1/4 cup 1-2/3 tbsp	
GINGER,GROUND	7/8 oz	1 tbsp	
ALLSPICE,GROUND	7/8 oz	1/4 cup 2/3 tbsp	
CINNAMON,GROUND	1/4 oz	1 tbsp	
NUTMEG,GROUND	1/4 oz	3/8 tsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	
COOKING SPRAY,NONSTICK	1/8 oz	1/4 tsp	
PORK,LOIN CHOPS,5 OZ	2 oz	1/4 cup 1/3 tbsp	
CORNSTARCH	31-1/4 lbs		
JUICE,PINEAPPLE,CANNED,UNSWEETENED	7-7/8 oz	1-3/4 cup	
CILANTRO,DRY	11 oz	1-1/4 cup	
ONIONS,GREEN,FRESH,SLICED	1/8 oz	2-2/3 tbsp	
LIMES,FRESH	14-3/8 oz	1 qts 1/8 cup	1 lbs
	12-1/2 oz		

**Method**

- 1 Drain fruit; reserve juice for use in Step 2. Coarsely chop fruit.
- 2 Combine reserved juice with pineapple juice to make 3 quarts. Add lime juice, onions, brown sugar, garlic powder, salt, ginger, allspice, cinnamon, nutmeg, and red pepper. Stir well to blend.
- 3 Lightly spray griddle with non-stick cooking spray. Grill pork chops 5 minutes on each side or until browned.
- 4 Shingle 50 chops in each steam table pan.
- 5 Pour 3 qts juice mixture over chops in each pan; cover.
- 6 Using a convection oven, bake at 325 F. for 50 minutes on high fan, closed vent or until tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove chops to serving pans. CCP: Hold at 140 F. or higher for use in Step 9.
- 7 Dissolve cornstarch in pineapple juice.
- 8 Pour drippings from pork chops into steam-jacketed kettle or stock pot. Skim off fat. Bring to boil; slowly add cornstarch mixture, stirring constantly. Bring to a boil; cook 5 minutes or until slightly thickened and clear. Add tropical fruit and cilantro; simmer 1 minute.
- 9 Pour 8 cups sauce over chops in each pan.
- 10 Cut lime slices in half. Serve each chop with 1/3 cup sauce, 2 teaspoons sliced green onions and 1/2 slice of lime. CCP: Hold at 140 F. or higher for service.

**TERIYAKI BEEF STRIPS**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
213 cal	8 g	26 g	8 g	70 mg	699 mg	20 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	2-1/8 lbs	1 qts	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	3-1/8 lbs	1 qts 1-3/4 cup	
SOY SAUCE	2-1/2 lbs	1 qts	
GINGER,GROUND	1-1/2 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
BEEF,OVEN ROAST,TEMPERED	25 lbs		
WATER	8-1/3 oz	1 cup	
CORNSTARCH	2-1/4 oz	1/2 cup	
ONIONS,FRESH,SLICED	6-1/8 lbs	1 gal 2 qts	6-3/4 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	4-3/4 lbs	3 qts 2-1/2 cup	5-3/4 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Combine water, pineapple juice, soy sauce, ginger, pepper, and garlic; mix well. Divide teriyaki sauce in half.
- 2 Cut beef into 1/4-inch thin slices; cut slices into 1/2-inch strips, 3 to 4 inches long.
- 3 Pour 1-3/4 quarts teriyaki sauce over beef strips. CCP: Cover; marinate under refrigeration at 41 F. or lower. Drain well.
- 4 Bring reserved teriyaki sauce to a boil. Combine cornstarch and water; add to teriyaki sauce. Simmer 5 minutes or until thickened. CCP: Hold at 140 F. or higher for use in Step 7.
- 5 Saute onions and peppers about 2 minutes or until almost transparent.
- 6 Combine beef strips with sauteed onion and peppers. Brown 1 to 2 minutes on lightly sprayed 400 F. griddle to desired degree of doneness, turning frequently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Pour thickened teriyaki sauce over beef mixture. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 In Step 6, brown strips in batches. Use 6 cups onions and pepper mixture for 6 pounds 12 ounces of beef strips per 100 portions.

**TERIYAKI BEEF STRIPS (FAJITA STRIPS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
269 cal	8 g	34 g	11 g	96 mg	718 mg	22 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	2-1/8 lbs	1 qts	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	3-1/8 lbs	1 qts 1-3/4 cup	
SOY SAUCE	2-1/2 lbs	1 qts	
GINGER,GROUND	1-1/2 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
BEEF,FAJITA STRIPS	33-3/4 lbs		
WATER	8-1/3 oz	1 cup	
CORNSTARCH	2-1/4 oz	1/2 cup	
ONIONS,FRESH,SLICED	6-1/8 lbs	1 gal 2 qts	6-3/4 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	4-3/4 lbs	3 qts 2-1/2 cup	5-3/4 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Combine water, pineapple juice, soy sauce, ginger, pepper, and garlic; mix well. Divide teriyaki sauce in half.
- 2 Cut beef into 1/4-inch thin slices; cut slices into 1/2-inch strips, 3 to 4 inches long.
- 3 Pour 1-3/4 quarts teriyaki sauce over beef strips. CCP: Cover; marinate under refrigeration at 41 F. or lower. Drain well.
- 4 Bring reserved teriyaki sauce to a boil. Combine cornstarch and water; add to teriyaki sauce. Simmer 5 minutes or until thickened. CCP: Hold at 140 F. or higher for use in Step 7.
- 5 Saute onions and peppers about 2 minutes or until almost transparent.
- 6 Combine beef strips with sauteed onions and peppers. Brown 1 to 2 minutes on lightly sprayed 400 F. griddle to desired degree of doneness, turning frequently. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 7 Pour thickened teriyaki sauce over beef mixture. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 In Step 6, brown strips in batches. Use 6 cups onions and pepper mixture for 6 pounds 12 ounces of beef strips per 100 portions.

## SOUTHWESTERN SWEET POTATOES, BLACK BEANS, AND CORN

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
356 cal	74 g	15 g	2 g	0 mg	197 mg	102 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 ONIONS, FRESH, CHOPPED  
 SWEET POTATOES, FROZEN, THAWED, CUBED  
 WATER  
 PEPPERS, JALAPENOS, CANNED, DRAINED, CHOPPED  
 CUMIN, GROUND  
 GARLIC POWDER  
 SALT  
 PEPPER, BLACK, GROUND  
 BEANS, BLACK, CANNED, DRAINED  
 CORN, FROZEN, WHOLE KERNEL  
 CILANTRO, DRY  
 LIMES, FRESH

**Weight**

2 oz  
 8-1/2 lbs  
 25 lbs  
 6-1/4 lbs  
 8-3/8 oz  
 4-1/4 oz  
 3-1/2 oz  
 1-1/4 oz  
 2/3 oz  
 26 lbs  
 13-3/4 lbs  
 1 oz  
 2-1/3 lbs

**Measure**

1/4 cup 1/3 tbsp  
 1 gal 2 qts  
 4 gal 1/8 qts  
 3 qts  
 1-3/4 cup  
 1-1/4 cup  
 3/4 cup  
 2 tbsp  
 3 tbsp  
 2 gal 3-1/2 qts  
 2 gal 1-1/2 qts  
 3/4 cup 2 tbsp  
 15-1/2 each

**Issue**

9-1/2 lbs

**Method**

- 1 Lightly spray steam jacketed kettle or tilting fry pan with non-stick spray.
- 2 Add onions; stir; cover; cook 5 minutes or until tender, stirring occasionally.
- 3 Add potatoes, water, jalapenos, cumin, garlic powder, salt and pepper. Stir; cover; cook 7 to 10 minutes or until potatoes are almost tender.
- 4 Add beans and corn; stir; cook 15 minutes or until thoroughly heated, stirring occasionally. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Add cilantro; stir. Transfer to serving pans.
- 6 Serve each portion with lime wedge. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 4, 10 pounds dry black beans and 4 gallons water may be used per 100 portions. Follow Steps 1 through 5 of Recipe No. Q 003 00, Boston Baked Beans.
- 2 In Step 3, 25 pounds fresh sweet potatoes may be used per 100 portions. Cook 10 to 15 minutes or until tender.

**SOUTHWESTERN SWEET POTATOES, BLACK BEAN, CORN(CND)**

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
351 cal	74 g	15 g	2 g	0 mg	243 mg	82 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SWEET POTATOES,CANNED,W/SYRUP	28-1/8 lbs	3 gal 2 qts	
BEANS,BLACK,CANNED,DRAINED	26 lbs	2 gal 3-1/2 qts	
CORN,FROZEN,WHOLE KERNEL	13-3/4 lbs	2 gal 1-1/2 qts	
ONIONS,FRESH,CHOPPED	8-1/2 lbs	1 gal 2 qts	9-3/8 lbs
WATER	4-1/8 lbs	2 qts	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	8-3/8 oz	1-3/4 cup	
CUMIN,GROUND	4-1/4 oz	1-1/4 cup	
GARLIC POWDER	3-1/2 oz	3/4 cup	
SALT	1-1/4 oz	2 tbsp	
CILANTRO,DRY	1 oz	3/4 cup 2 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
LIMES,FRESH	2-1/3 lbs	15-1/2 each	

**Method**

- 1 Cut potatoes into 3/4-inch pieces. Set aside for use in Step 4.
- 2 Combine beans, corn, onions, water, jalapeno peppers, cumin, garlic powder, salt, dry cilantro, and black pepper.
- 3 Place 4-1/4 quarts mixture in each pan.
- 4 Add 9-3/4 cups sweet potatoes to each pan. Gently fold potatoes into bean and corn mixture to evenly distribute ingredients.
- 5 Cover; using a convection oven bake at 350 F. for 1 hour or until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 CCP: Hold for service at 140 F. or higher.
- 7 Serve each portion with lime wedges.

**Notes**

- 1 In Step 2, 10 pounds dry black beans and 4 gallons water may be used per 100 portions. Follow Steps 1 through 5 of Recipe No. Q 003 00, Boston Baked Beans.
- 2 In Step 1, 25 pounds fresh sweet potatoes may be used per 100 portions. Cook 10 to 15 minutes or until tender.

**DIJON BAKED PORK CHOPS**

Yield 100

Portion 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
315 cal	11 g	33 g	15 g	78 mg	422 mg	43 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MUSTARD,DIJON	4-3/4 lbs	2 qts 1 cup	
JUICE,APPLE,CANNED	1 lbs	1-7/8 cup	
SALAD DRESSING,MAYONNAISE TYPE,FAT FREE	1-1/8 lbs	2 cup	
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
BREADCRUMBS	3-1/3 lbs	3 qts 2 cup	
PARSLEY,DEHYDRATED,FLAKED	3/4 oz	1 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tsp	
PORK,LOIN CHOPS,5 OZ	31-1/4 lbs		

**Method**

- 1 Combine mustard, apple juice, salad dressing, and onions in mixer bowl. Beat at low speed 30 seconds. Beat at medium speed 1 minute or until well blended.
- 2 Combine crumbs and parsley.
- 3 Lightly spray each sheet pan with nonstick cooking spray.
- 4 Dip chops in mustard mixture. Dredge in bread crumb mixture.
- 5 Place 20 chops on each sheet pan. Using a convection oven bake at 350 F. for 30 minutes or until chops are tender and well done. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



## GREEK LEMON TURKEY PASTA

Yield 100

Portion 1-1/3 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
354 cal	50 g	23 g	7 g	40 mg	1585 mg	127 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SOY SAUCE	10-1/8 oz	1 cup	
JUICE,LEMON	8-5/8 oz	1 cup	
GARLIC CLOVES,FRESH,MINCED	1-3/4 oz	1/4 cup 2-1/3 tbsp	2 oz
PEPPER,BLACK,GROUND	1-5/8 oz	1/4 cup 3-1/3 tbsp	
LEMON RIND,GRATED	1 oz	1/4 cup 1 tbsp	
TURKEY,BNLS,WHITE AND DARK MEAT	16 lbs		
WATER	66-7/8 lbs	8 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
MACARONI NOODLES,ROTINI,DRY	12 lbs	3 gal 1 qts	
WATER	1-1/3 lbs	2-1/2 cup	
CORNSTARCH	9 oz	2 cup	
CHICKEN BROTH		2 gal 2 qts	
COOKING SPRAY,NONSTICK	1/2 oz	1 tbsp	
SPINACH,FROZEN	10-7/8 lbs	1 gal 2-1/2 qts	
ONIONS,FRESH,SLICED	2-5/8 lbs	2 qts 2-3/8 cup	2-7/8 lbs
JUICE,LEMON	1-1/3 lbs	2-1/2 cup	

**Method**

- 1 Combine soy sauce, lemon juice, garlic, pepper, and lemon rind. Mix well.
- 2 Slice tempered turkey into 1/2-inch slices; cut slices into 1/2-inch strips; 2 to 3-inches in length. Add marinade. Toss to coat turkey evenly. CCP: Cover; marinate under refrigeration at 41 F. or lower for use in Step 6.
- 3 Bring water to a boil; add salt. Slowly add rotini while stirring until water boils again. Cook 10 to 12 minutes or until almost tender, stir occasionally. Drain. Rinse in cold water. Drain thoroughly.
- 4 Dissolve cornstarch in water.
- 5 Prepare chicken stock according to package directions.
- 6 Spray steam jacketed kettle or tilt fry pan with nonstick spray. Add turkey and marinade. Stir-cook until turkey is no longer pink. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Add spinach and stock; bring to a boil stirring. Reduce heat; slowly add cornstarch mixture, constantly about 5 minutes or until slightly thickened.
- 8 Add green onions, lemon juice, and rotini, stirring until ingredients are well distributed. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer to serving pans. CCP: Hold for service at 140 F. or higher.

**GRILLED TURKEY SAUSAGE LINKS**

Yield 100

Portion 2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
82 cal	0 g	9 g	4 g	30 mg	176 mg	14 mg

**Ingredient**

SAUSAGE LINK,TURKEY,RAW

**Weight**

12-1/2 lbs

**Measure****Issue****Method**

- 1 Grill 12 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Turn frequently to ensure even browning.
- 3 CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 1, turkey sausages can be baked in a convection oven, at 350 F. for 10 minutes on high fan, closed vent.

## TAMALE PIE (TURKEY)

Yield 100

Portion 9-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
305 cal	36 g	21 g	9 g	48 mg	856 mg	122 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CORN MEAL	6-1/2 lbs	1 gal 1-1/3 qts	
CHILI POWDER,DARK,GROUND	4-1/4 oz	1 cup	
SALT	3 oz	1/4 cup 1 tbsp	
WATER,BOILING	25-1/8 lbs	3 gal	
TURKEY,GROUND,90% LEAN,RAW	16 lbs		
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
PEPPERS,GREEN,FRESH,CHOPPED	14-1/2 oz	2-3/4 cup	1-1/8 lbs
TOMATOES,CANNED,DICED,DRAINED	13-1/4 lbs	1 gal 2 qts	
CORN,CANNED,WHOLE KERNEL,DRAINED	5-3/4 lbs	1 gal	
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	3-1/4 lbs	2 qts 3 cup	
CHILI POWDER,DARK,GROUND	4-1/4 oz	1 cup	
CUMIN,GROUND	1-1/4 oz	1/4 cup 2-1/3 tbsp	
GARLIC POWDER	1 oz	3-1/3 tbsp	
SALT	7/8 oz	1 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
CHEESE,CHEDDAR,LOWFAT,SHREDDED	3 lbs	3 qts	

**Method**

- Mix cornmeal, chili powder and salt together; gradually stir into water. Bring to a boil.
- Reduce heat; simmer 25 minutes, stirring frequently until a stiff paste is formed. Set aside for use in Step 5.
- Cook turkey with onions and peppers until turkey loses its pink color, stirring to break apart. Drain or skim off excess fat.
- Add tomatoes, corn, olives, chili powder, cumin, salt, garlic powder, and red pepper to turkey mixture; simmer 15 minutes, stirring frequently. CCP: Hold at 140 F. or higher for use in Step 6.
- Spread 2-1/3 cups cornmeal paste over bottom and sides of each lightly sprayed steam table pan to form a thin crust.
- Pour 2 quarts meat mixture over crust in each pan.
- Spread 4-2/3 cups cornmeal paste evenly over meat mixture in each pan.
- Using a convection oven, bake at 325 F. 50 to 60 minutes, on low fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Remove from oven.
- Sprinkle 1-1/2 cups cheese evenly over each pan.
- Let stand 10 to 15 minutes to allow filling to firm and cheese to melt.
- Cut 3 by 4. CCP: Hold for service at 140 F. or higher.

**Notes**

- In Step 4, 7 pounds 5 ounces canned, ripe, whole pitted olives, drained and chopped may be used per 100 portions.

## ORIENTAL TUNA PATTIES

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	20 g	24 g	5 g	105 mg	674 mg	66 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	3-1/8 lbs	1 qts 2 cup	
SOY SAUCE	1 lbs	1-1/2 cup	
JUICE,LIME	12 oz	1-1/2 cup	
SUGAR,BROWN,PACKED	3-7/8 oz	3/4 cup	
GARLIC POWDER	5/8 oz	2 tbsp	
GINGER,GROUND	3/8 oz	2 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
WATER	1 lbs	2 cup	
CORNSTARCH	4-1/2 oz	1 cup	
ONIONS,GREEN,FRESH,SLICED	8 oz	2-1/4 cup	8-7/8 oz
PEANUTS,SHELLED	7-3/4 oz	1-1/2 cup	
FISH,TUNA,CANNED,WATER PACK,INCL LIQUIDS	15-3/8 lbs	2 gal 3-1/3 qts	
BREADCRUMBS	6-1/4 lbs	1 gal 2-1/2 qts	
EGGS,WHOLE,FROZEN	4-1/4 lbs	2 qts	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
CELERY,FRESH,CHOPPED	2-2/3 lbs	2 qts 2-1/8 cup	3-2/3 lbs
HORSERADISH,PREPARED	7-3/8 oz	3/4 cup 2 tbsp	
GARLIC CLOVES,FRESH,MINCED	3-1/4 oz	1/2 cup 3 tbsp	3-3/4 oz
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Combine water, soy sauce, lime juice, brown sugar, garlic powder, ginger and red pepper. Bring to a boil. Reduce heat.
- 2 Combine water and cornstarch. Blend until smooth. Add to sauce mixture while stirring. Simmer 3 minutes or until thickened.
- 3 Add green onions and peanuts. Stir well.
- 4 Drain tuna; place drained tuna in a mixer bowl. Flake tuna on low speed about 30 seconds or until tuna chunks begin to flake.
- 5 Add bread crumbs, eggs, onions, celery, horseradish and garlic. Mix 2 minutes at low speed or until ingredients are combined. Do not overmix.
- 6 Shape into 100 4-3/4 ounce balls; place 20 balls on each sheet pan. Cover with parchment paper; flatten into patties by pressing down with another sheet pan to a thickness of 1/2-inch. CCP: Refrigerate at 41 F. or lower until ready to grill.
- 7 Grill patties on lightly sprayed 350 F. griddle 4 to 5 minutes per side or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 8 Serve with 2 tablespoons Oriental Sauce. (Recipe O 026 00).

**Notes**

- 1 In Step 7, the patties may be baked in 350 F. convection oven for 20 minutes. CCP: Internal temperature must be heated to 145 F. or higher for 15 seconds on high fan, closed vent.

## VEGETABLE CURRY WITH RICE

Yield 100

Portion 2-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
458 cal	98 g	12 g	3 g	0 mg	688 mg	109 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
VEGETABLE BROTH		2 gal 1 qts	
TOMATOES,CANNED,DICED,DRAINED	4-1/8 lbs	1 qts 3-1/2 cup	
POTATOES,FRESH,CHOPPED	12 lbs	2 gal 3/4 qts	14-7/8 lbs
SQUASH,BUTTERNUT,FRESH,CUBED	6-1/8 lbs	1 gal 1 qts	7-1/3 lbs
BEANS,GARBANZO,CANNED,DRAINED	11-5/8 lbs	1 gal 1-1/2 qts	
APPLESAUCE,CANNED,SWEETENED	7 lbs	3 qts 1/2 cup	
CAULIFLOWER,FROZEN	5 lbs		
CARROTS,FROZEN,SLICED	5-1/8 lbs	1 gal 1/2 qts	
RAISINS	1-1/8 lbs	3-1/2 cup	
CURRY POWDER	10-1/4 oz	2-7/8 cup	
GARLIC POWDER	13-5/8 oz	2-7/8 cup	
SALT	7/8 oz	1 tbsp	
CUMIN,GROUND	1/3 oz	1 tbsp	
ONIONS,FRESH,SLICED	4 lbs	1 gal	4-1/2 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	10-1/2 lbs	2 gal	12-7/8 lbs
SQUASH,ZUCCHINI,FRESH,JULIENNE	4 lbs	1 gal	4-1/4 lbs
PEAS,GREEN,FROZEN	4-1/2 lbs	3 qts 2 cup	
RICE,BROWN,LONG GRAIN,DRY	12-1/2 lbs	1 gal 3-2/3 qts	
WATER	33-1/2 lbs	4 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Drain the diced tomatoes, save the juice, set tomatoes aside. Prepare the stock according to package directions using the reserved juice from the tomatoes and water.
- 2 In a steam-jacketed kettle or stock pot, add vegetable broth, potatoes and squash, bring to a boil. Cover, cook 8 minutes or until potatoes are tender.
- 3 Add chick peas, applesauce, cauliflower, carrots, tomatoes, raisins, curry powder, garlic powder, salt, cumin and onions. Stir well. Bring to a boil; reduce heat; simmer 7 minutes. Stir occasionally.
- 4 Add peppers and zucchini; return to a simmer. Simmer 9 to 11 minutes or until all vegetables are tender. Stir occasionally.
- 5 Add peas; stir; simmer 3 minutes or until peas are heated through. CCP: Hold for service at 140 F. or higher.
- 6 Combine rice, water, and salt. Bring to a boil; stir; cover tightly; simmer 25 minutes or until most of water is absorbed. Do not
- 7 Remove from heat; transfer to shallow pans. Cover. CCP: Hold for service at 140 F. or higher.
- 8 Serve 1-1/2 cups vegetable curry over 1 cup rice.

**Notes**

- 1 In Step 2, 7 pounds frozen butternut squash cubes may be used per 100 portions. Add with pepper-onion blend in Step 4.
- 2 In Step 3, 5 pounds fresh cauliflower florets may be used per 100 portions. Add in Step 2.
- 3 In Step 3, 5 pound fresh, peeled 1/4-inch sliced carrots may be used per 100 portions. Add in Step 2.
- 4 In Step 4, 5 pounds frozen sliced zucchini or summer squash may be used per 100 portions.

**TURKEY PEACH PASTA SALAD (ENTREE)**

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
313 cal	41 g	22 g	7 g	51 mg	749 mg	111 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
 SALT  
 OIL,SALAD  
 WATER,BOILING  
 MACARONI NOODLES,ROTINI,DRY  
 PEACHES,CANNED,HALVES,LIGHT SYRUP  
 YOGURT,PLAIN,LOWFAT  
 SALAD DRESSING,MAYONNAISE TYPE,FAT FREE  
 MUSTARD,DIJON  
 SALT  
 THYME LEAVES,DRIED,GROUND  
 CELERY,FRESH,CHOPPED  
 CARROTS,FRESH,SHREDDED  
 ONIONS,GREEN,FRESH,CHOPPED  
 CILANTRO,DRY  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

20 lbs  
 7/8 oz  
 5/8 oz  
 25-1/8 lbs  
 4 lbs  
 40-1/2 lbs  
 4-1/3 lbs  
 9 oz  
 2-1/8 oz  
 3/8 oz  
 1/3 oz  
 5 lbs  
 2 lbs  
 1 lbs  
 3/4 oz  
 4 lbs

**Measure**

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

**Issue**

6-7/8 lbs  
 2-1/2 lbs  
 1-1/8 lbs  
 6-1/4 lbs

**Method**

- 1 Cut turkey into 3/8 inch thick slices. Cut slices into 3/8 strips, 2 inches long. Cover. CCP: Refrigerate at 41 F. or lower for use in Step 7.
- 2 Add salt and salad oil to water; heat to a rolling boil. Add rotini slowly while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. Do not overcook.
- 3 Drain rotini. Rinse with cold water; drain thoroughly. Place in shallow containers; refrigerate and cover.
- 4 Drain peaches; reserve 1 cup peach juice for use in Step 5. Coarsely chop slices into 1-inch pieces. Set aside for use in Step 7.
- 5 Combine yogurt, peach juice, salad dressing, mustard, salt and thyme in mixer bowl. Blend at medium speed until smooth about 2 minutes.
- 6 Combine turkey, rotini, peaches, celery, carrots, onions and cilantro.
- 7 Add yogurt dressing to turkey peach mixture. Mix thoroughly but lightly to coat all ingredients with dressing.
- 8 Place lettuce leaf on each serving dish. Top with 1-1/2 cups of turkey peach pasta salad; cover. CCP: Refrigerate product at 41 F. or lower until ready to serve.

**Notes**

- 1 In Step 7, 3 oz (1-1/2 cup) trimmed, chopped, fresh cilantro (4 oz A.P.) may be used.

## ITALIAN RICE AND BEEF

Yield 100

Portion 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
342 cal	20 g	29 g	15 g	92 mg	368 mg	132 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 TOMATOES,CANNED,DICED,DRAINED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 RICE, LONG GRAIN  
 BEEF BROTH  
 SUGAR,GRANULATED  
 GARLIC POWDER  
 SALT  
 BASIL,SWEET, WHOLE,CRUSHED  
 OREGANO,CRUSHED  
 PEPPER,BLACK,GROUND  
 CHEESE,MOZZARELLA,PART SKIM,SHREDDED  
 CHEESE,PARMESAN,GRATED

**Weight**

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

**Measure**

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

**Issue**

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

**Method**

- 1 Cook beef in a steam jacketed kettle or stock pot until it loses its pink color, stirring to break apart. Drain fat.
- 2 Add tomatoes, onions, peppers, rice, beef stock, sugar, garlic powder, salt, basil, oregano and pepper. Stir to blend. Bring to a boil. Cover tightly; reduce heat; simmer 20 to 25 minutes or until rice is tender. Do not stir.
- 3 Place 1-2/3 gal cooked beef mixture into each ungreased steam table pan.
- 4 Sprinkle 1/2 cup parmesan cheese evenly over beef mixture in each pan.
- 5 Using a convection oven, bake at 325 F. 15 to 20 minutes on high fan, open vent. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 6 Distribute 2 cups shredded mozzarella cheese evenly over parmesan cheese in each pan. Bake an additional 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.

**BAYOU CHICKEN (BREAST BONELESS)**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
186 cal	3 g	32 g	4 g	88 mg	435 mg	27 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 JUICE,LEMON  
 SEASONING,CAJUN  
 HOT SAUCE  
 COOKING SPRAY,NONSTICK

**Weight**

31-1/4 lbs  
 2-2/3 lbs  
 10-2/3 oz  
 1-1/2 lbs  
 2 oz

**Measure**

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

**Issue**

**Method**

- 1 Wash chicken breasts thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Combine lemon juice, hot pepper sauce and cajun seasoning. Stir until well blended.
- 3 Pour 1 quart marinade over chicken breasts in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Lightly spray each pan with non-stick cooking spray. Place 25 chicken breasts on each sheet pan. Lightly spray breasts with non-stick cooking spray. Pour 1 quart marinade over chicken breasts in each pan; cover. Discard any remaining marinade.
- 5 Using a convection oven, bake 12 to 14 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.



## SOUTHWESTERN SHRIMP LINGUINE

Yield 100

Portion 10 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
290 cal	36 g	24 g	5 g	168 mg	656 mg	178 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	66-7/8 lbs	8 gal	
SALT	1-7/8 oz	3 tbsp	
OIL,SALAD	1 oz	2 tbsp	
PASTA,LINGUINE	12 lbs	8 gal 3-7/8 qts	
WATER	25-1/8 lbs	3 gal	
SHRIMP,RAW,PEELED,DEVEINED	20 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
PEPPERS,RED,FRESH	6 lbs	1 gal 5/8 qts	7-1/3 lbs
ONIONS,FRESH,CHOPPED	6 lbs	1 gal 1/4 qts	6-2/3 lbs
RESERVED LIQUID	4-1/8 lbs	2 qts	
JUICE,LIME	1-1/2 lbs	3 cup	
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	4-3/4 oz	1 cup	
GARLIC POWDER	4-3/4 oz	1 cup	
PARSLEY,DEHYDRATED,FLAKED	2-7/8 oz	1 qts	
CILANTRO,DRY	1-5/8 oz	1-1/2 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
CHEESE,PARMESAN,GRATED	1-1/3 lbs	1 qts 2 cup	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add pasta slowly while stirring constantly until water boils again. Cook 10 to 12 minutes or until tender; stirring occasionally. DO NOT OVERCOOK. Drain. Rinse with cold water. Drain thoroughly.
- 3 Place shrimp in boiling water; cover; return to a boil. Reduce heat; simmer 3 to 5 minutes. DO NOT OVERCOOK.
- 4 Immediately remove shrimp from cooking liquid and rinse with cold water or ice bath for 2 minutes. Drain shrimp. Reserve 2 quarts shrimp cooking liquid for use in Step 6. Refrigerate shrimp at 41 F. or lower for use in Step 7.
- 5 Stir-cook sweet red peppers and onions in a lightly sprayed steam jacketed kettle or stock pot for 8 to 10 minutes or until tender, stirring constantly.
- 6 Add reserved shrimp liquid, lime juice, jalapeno peppers, garlic powder, parsley, cilantro and black pepper to cooked sweet peppers and onions. Stir well to blend. Bring to a boil; reduce heat to a simmer.
- 7 Add linguine and shrimp to the hot broth and vegetable mixture. Heat to a simmer while gently tossing for 1 minute to coat the linguine and shrimp with the sauce. CCP: Temperature must reach 145 F. or higher for 15 seconds.
- 8 Pour 2-1/4 gal shrimp-linguine mixture into each ungreased steam table pan. Sprinkle 1-1/2 cups parmesan cheese over shrimp linguine mixture in each pan. CCP: Hold for service at 140 F. or higher.

## PASTA TOSCANO

Yield 100

Portion 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
447 cal	33 g	24 g	24 g	85 mg	1341 mg	188 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	54-1/3 lbs	6 gal 2 qts	
SALT	1-1/2 oz	2-1/3 tbsp	
OIL,SALAD	1 oz	2 tbsp	
PASTA,PENNE	10 lbs	7 gal 1-7/8 qts	
SAUSAGE,ITALIAN,HOT	22 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
PEPPERS,GREEN,FRESH,CHOPPED	6 lbs	1 gal 5/8 qts	7-1/3 lbs
ONIONS,FRESH,CHOPPED	6 lbs	1 gal 1/4 qts	6-2/3 lbs
PEPPERS,RED,FRESH,SLICED	6 lbs	1 gal 3-3/8 qts	7-1/3 lbs
CHICKEN BROTH		1 gal	
ONION POWDER	7/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
FENNEL,GROUND	1/4 oz	1 tbsp	
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	2 lbs	2 qts	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	
PARSLEY,DEHYDRATED,FLAKED	3/4 oz	1 cup	

**Method**

- 1 Add salt and salad oil to water. Heat to a rolling boil.
- 2 Add pasta slowly while stirring constantly until water boils again. Cook 10 to 12 minutes or according to package instructions. Drain well. Hold for use in Step 7.
- 3 Place sausage in single layer on 2 ungreased sheet pans. Using a convection oven, bake at 325 F. 10 to 12 minutes on high fan, closed vent. Remove from oven and let sausage stand for 3 minutes. Cut sausage diagonally into 1/2 inch slices.
- 4 Lightly spray griddle or tilt frying pan with non-stick cooking spray. Grill peppers, onions and sausage 6 to 8 minutes while tossing intermittently; lightly spray with cooking spray if needed.
- 5 Combine chicken broth, onion powder, pepper, and fennel. Stir well to blend. Heat to a simmer.
- 6 Combine pasta and cooked sausage/pepper-onion mixture. Pour seasoned broth over pasta/sausage mixture. Add mozzarella and parmesan cheeses and parsley. Toss lightly to evenly distribute all ingredients.
- 7 Place 2-1/3 gal cooked pasta/sausage mixture into each ungreased steam table pan; cover.
- 8 Using a convection oven, bake at 325 F. 20 to 25 minutes on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

SEAFOOD STEW

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
247 cal	30 g	27 g	2 g	101 mg	807 mg	67 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 PEPPERS, GREEN, FRESH, CHOPPED  
 PEPPERS, RED, FRESH, CHOPPED  
 ONIONS, FRESH, CHOPPED  
 CHILI POWDER, DARK, GROUND  
 SEASONING, OLD BAY  
 GARLIC POWDER  
 JUICE, ORANGE  
 STOCK, CHICKEN  
 TOMATOES, CANNED, DICED, INCL LIQUIDS  
 RICE, LONG GRAIN & WILD  
 FISH, COD FILLETS, FROZEN, SKINLESS  
 SHRIMP, FROZEN, RAW, PEELED, DEVEINED

**Weight**

1-1/2 oz  
 6-1/8 lbs  
 6-1/8 lbs  
 3-3/4 lbs  
 3-1/8 oz  
 3-1/4 oz  
 1-1/4 oz  
 8-3/4 lbs  
 16-7/8 lbs  
 20-3/4 lbs  
 4-1/4 lbs  
 16 lbs  
 10 lbs

**Measure**

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

**Issue**

7-1/2 lbs

**Method**

- 1 Stir-cook peppers and onions in a lightly sprayed steam jacketed kettle or stockpot 8 to 10 minutes or until tender, stirring constantly. Add the chili powder, Old Bay seasoning and garlic powder. Stir-cook for 1 minute. Add orange juice to mixture; stir; cover.
- 2 Add chicken broth, tomatoes, and rice to cooked vegetable mixture. Bring to a boil. Cover; reduce heat; simmer 25 minutes or until rice is tender. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 3 Add fish and simmer gently 4 minutes. Add shrimp and simmer gently 2 to 3 minutes. DO NOT OVERCOOK. CCP: Temperature must register 145 F. or higher for 15 seconds.
- 4 Pour 2-1/3 gal into each steam table pan. CCP: Hold for service at 140 F. or higher.

**SANTE FE GLAZED CHICKEN (BREAST BONELESS)**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
262 cal	21 g	33 g	5 g	88 mg	288 mg	27 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN,BREAST,BNLS/SKNLS,5 OZ	31-1/4 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	2-1/4 lbs	1 qts 2-3/8 cup	2-1/2 lbs
WATER	6-1/4 lbs	3 qts	
JUICE,ORANGE	8-3/4 lbs	1 gal	
HOT SAUCE	3 oz	1/4 cup 2-1/3 tbsp	
SALT	1-2/3 oz	2-2/3 tbsp	
GARLIC POWDER	7/8 oz	3 tbsp	
MARJORAM,SWEET,GROUND	1/8 oz	3 tbsp	
ROSEMARY,GROUND	1/3 oz	3 tbsp	
CILANTRO,DRY	1/4 oz	1/4 cup 2/3 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
HONEY	4 lbs	1 qts 1-3/8 cup	
CORNSTARCH	4-1/2 oz	1 cup	
WATER	2-1/8 lbs	1 qts	

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well.
- 2 Lightly spray steam jacketed kettle with non-stick cooking spray. Stir-cook onions in a steam jacketed kettle or stock pot 3 minutes stirring constantly.
- 3 Combine onions, water, orange juice, hot pepper sauce, salt, garlic powder, marjoram, rosemary, cilantro and thyme.
- 4 Pour 2-1/4 qt marinade over chicken in each roasting pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 5 Remove chicken from marinade. Reserve marinade for use in Step 8. CCP: Refrigerate marinade at 41 F. or lower.
- 6 Place 25 chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray.
- 7 Using a convection oven, bake 12 to 14 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Transfer chicken to steam table pans. Hold at 140 F. or higher for use in Step 9.
- 9 Bring reserved marinade and honey to a boil. Blend cornstarch and cold water together, stir to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 10 Pour 1-1/4 quart sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**WHITE BEAN CHICKEN CHILI (COOKED DICED)**

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
350 cal	35 g	35 g	8 g	73 mg	972 mg	91 mg

**Ingredient**

BEANS, CANNELLINI,CANNED,DRAINED  
 COOKING SPRAY, NONSTICK  
 ONIONS,FRESH,CHOPPED  
 PEPPERS, GREEN,FRESH,CHOPPED  
 PEPPERS, RED,FRESH,CHOPPED  
 SEASONING, SANTE FE  
 STOCK, CHICKEN  
 CHICKEN, COOKED, DICED  
 TOMATOES, CANNED, DICED, INCL LIQUIDS  
 OREGANO, CRUSHED  
 FLOUR, WHEAT, GENERAL PURPOSE  
 WATER, COLD

**Weight**

33-1/8 lbs  
 1-1/2 oz  
 6 lbs  
 4-7/8 lbs  
 4-7/8 lbs  
 4-5/8 oz  
 19 lbs  
 18 lbs  
 10-1/3 lbs  
 1-1/4 oz  
 1 lbs  
 2-1/8 lbs

**Measure**

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

**Issue**

6-2/3 lbs  
 6 lbs

**Method**

- 1 Rinse cannellini beans in cold water, drain well. Set aside for use in Step 3.
- 2 Stir-cook onions and peppers in a lightly sprayed steam jacketed kettle or stockpot for 8 to 10 minutes or until tender, stirring constantly. Add the Sante Fe Style seasoning. Stir-cook for 1 minute to release the volatile oils.
- 3 Add the cannellini beans, chicken broth, chicken, tomatoes and oregano to cooked onion and pepper mixture. Bring to a boil. Cover, reduce heat; simmer 15 minutes.
- 4 Blend flour and cold water together; stir to make a smooth slurry. Add slurry to white bean chicken chili stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 3 gallons white bean chicken chili into each ungreased pan. CCP: Hold for service at 140 F. or higher.

**CHICKEN BRIYANI (COOKED DICED)**

**Yield** 100

**Portion** 12 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
379 cal	42 g	29 g	10 g	77 mg	882 mg	112 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BUTTER,MELTED	6 oz	1/2 cup	
OIL,SALAD	5-3/4 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	7 lbs	1 gal 1 qts	7-3/4 lbs
RICE,LONG GRAIN	9 lbs	1 gal 1-1/2 qts	
CUMIN,GROUND	1-1/8 oz	1/4 cup 1-2/3 tbsp	
ALLSPICE,GROUND	3-1/2 oz	1 cup	
CHILI POWDER,DARK,GROUND	3/4 oz	3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
CHICKEN,COOKED,DICED	18 lbs		
SPINACH,CHOPPED,FROZEN	4 lbs	2 qts 3-5/8 cup	
TOMATOES,CANNED,DICED,DRAINED	16-7/8 lbs	2 gal	
CHICKEN BROTH		2 gal 2 qts	

**Method**

- 1 Melt butter or margarine. Add salad oil and onions. Stir well. Saute until onions for 5 minutes or until they are tender.
- 2 Add rice. Cook rice 10 minutes or until lightly browned, stirring constantly. Add cumin, all spice, chili powder, garlic powder and red pepper.
- 3 Place 2-1/2 quart seasoned onion and rice mixture into ungreased steam table pans. Add 9 cups tomatoes, 1 gallon chicken and 1 quart spinach to each steam table pan. Stir to combine.
- 4 Pour 2-1/2 quart hot broth over rice, tomato, chicken and spinach mixture in each pan; stir well.
- 5 Cover, using a convection oven, bake at 350 F. for 55 to 60 minutes on high fan, closed vent. CCP: Internal temperature must register 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHEDDAR CHICKEN AND BROCCOLI (COOKED DICED)**

Yield 100

Portion 10 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
302 cal	21 g	32 g	10 g	83 mg	1035 mg	134 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 CHICKEN BROTH  
 WATER  
 RICE,LONG GRAIN & WILD  
 SALT  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 CHICKEN,COOKED,DICED  
 BROCCOLI,FROZEN,CHOPPED  
 CHEESE,CHEDDAR,SHREDDED

**Weight**

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

**Measure**

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

**Issue**

5 lbs  
 7-1/2 lbs

**Method**

- 1 Stir-cook onions and celery in a lightly sprayed steam jacketed kettle or stock pot for 8 to 10 minutes or until tender stirring constantly.
- 2 Add broth, water, rice, salt, garlic powder and pepper to cooked onions and celery; bring to a boil. Cover tightly; reduce heat; simmer 20 minutes. There will be excess cooking liquid in cooked rice mixture.
- 3 Stir chicken and broccoli into cooked rice mixture. Cover; simmer an additional 15 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Pour 2 gallon rice, chicken and broccoli mixture into each ungreased steam table pan. Distribute 2 cups shredded cheddar cheese evenly over rice, chicken and broccoli mixture into each pan.
- 5 Bake for 3 minutes to melt cheese. CCP: Hold for service at 140 F. or higher.

## ASIAN BARBECUE TURKEY

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
184 cal	6 g	34 g	2 g	89 mg	823 mg	22 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,BREAST,FILLET	31-1/4 lbs		
SAUCE,BARBECUE	5-1/2 lbs	2 qts 2 cup	
SOY SAUCE	2-1/4 lbs	3-1/2 cup	
JUICE,ORANGE	2-1/4 lbs	1 qts	
GARLIC POWDER	3-1/2 oz	3/4 cup	
GINGER,GROUND	1 oz	1/4 cup 1-2/3 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,GREEN,FRESH,CHOPPED	7 oz	2 cup	7-7/8 oz

**Method**

- 1 Wash turkey thoroughly under cold running water. Drain well. Place approximately 16 pounds of turkey breast fillets in each roasting pan; cover.
- 2 Combine barbecue sauce, soy sauce, orange juice, garlic powder and ginger; mix well.
- 3 Pour 2 qt seasoned barbecue sauce over turkey in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place 25 turkey breast fillets on each lightly sprayed sheet pan.
- 5 Using a convection oven, bake 12 to 14 minutes on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer turkey to steam table pans.
- 6 Garnish each pan with 1/2 cup chopped green onions.



**LEMON N' HERB TURKEY FILLETS**

**Yield** 100

**Portion** 4 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
280 cal	12 g	36 g	9 g	134 mg	255 mg	58 mg

**Ingredient**

TURKEY,BREAST,FILLET  
 BREADCRUMBS  
 MARGARINE  
 SEASONING,LEMON N' HERB  
 PEPPER,BLACK,GROUND  
 BASIL,DRIED,CRUSHED  
 OREGANO,CRUSHED  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue**

**Method**

- 1 Wash turkey fillets thoroughly under cold running water. Drain well.
- 2 Combine breadcrumbs, lemon n' herb seasoning, pepper, basil, oregano and margarine. Mix well.
- 3 Dip turkey fillets in eggs, then in crumb mixture. Shake off excess.
- 4 Lightly spray each sheet pan with non-stick cooking spray. Place 17 fillets on each sheet pan.
- 5 Using a convection oven, bake 18 to 20 minutes at 325 F. on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer and shingle turkey fillets in steam table pans. CCP: Hold for service at 140 F. or higher.

**TURKEY DIVAN**

**Yield** 100

**Portion** 3 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
241 cal	10 g	38 g	5 g	61 mg	2357 mg	140 mg

**Ingredient**

TURKEY BREAST,BNLS,PRECKD  
 WATER  
 BROCCOLI,FROZEN,SPEARS  
 MILK,NONFAT,DRY  
 SOUP,CONDENSED,CREAM OF CHICKEN  
 PEPPER,BLACK,GROUND  
 CHEESE,CHEDDAR,LOWFAT,SHREDDED  
 PAPRIKA,GROUND

**Weight**

30 lbs  
 6-1/4 lbs  
 24 lbs  
 7-1/4 oz  
 8-7/8 lbs  
 2/3 oz  
 2 lbs  
 1/3 oz

**Measure**

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

**Issue**

**Method**

- 1 Place turkey in roasting pans.
- 2 Using a convection oven, bake at 300 F. with fan on, for 25 minutes. Baste occasionally with drippings. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Let roasts stand 15 to 20 minutes to absorb juices and for ease in slicing. Slice turkey breast into 3 ounce slices.
- 4 Cook broccoli spears 5 to 8 minutes in steamer at 5 lb P.S.I. until tender -crisp. DO NOT OVERCOOK! Remove from steamer. Arrange into 4 oz portions and cover.
- 5 Reconstitute the milk with warm water.
- 6 Add milk to condensed soup in a steam jacketed kettle or stock pot. Stir to blend. Bring to a boil; reduce heat; simmer 2 minutes.
- 7 Ladle 2 cups sauce into bottom of each steam table pan. Spread evenly.
- 8 Arrange 12 - 4 ounce portions of broccoli spears evenly over sauce in each pan. Sprinkle 1 tsp pepper evenly over broccoli spears in each pan.
- 9 Fold 3 ounces turkey slices over each portion of broccoli spears. Serving will be easier if edges of turkey are folded under broccoli portions.
- 10 Pour 4-1/2 cups soup mixture evenly over broccoli/turkey in each pan.
- 11 Top each portion with 1/3 tablespoon cheese. Sprinkle 1/2 teaspoon paprika evenly over cheese in each pan. Cover.
- 12 Using a convection oven, bake 20-25 minutes on high fan, closed vent or until sauce is bubbly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## SPICY ITALIAN PORK CHOPS

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
471 cal	9 g	30 g	35 g	81 mg	605 mg	20 mg

**Ingredient**

PORK CHOP,BONELESS,5 OZ  
 SAUCE,BARBECUE  
 SALAD DRESSING,ITALIAN  
 CHILI POWDER,DARK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

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

**Measure**

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

**Issue****Method**

- 1 Place pork chops in 2 roasting pans.
- 2 Combine barbecue sauce, Italian dressing and chili powder. Mix well.
- 3 Pour 3-1/2 quarts of barbecue sauce mixture over pork chops in each roasting pan; cover. CCP: Marinate under refrigeration at 41 F. lower for 45 minutes.
- 4 Drain pork chops. Bring reserved marinade to a boil for one minute.
- 5 Lightly spray griddle with non-stick cooking spray. Grill pork chops on griddle for 4 minutes on each side.
- 6 Transfer pork chops to steam table pans. Pour 6-1/2 cups hot barbecue sauce over pork chops in each pan; cover.
- 7 Using a convection oven, bake 20 to 25 minutes at 325 F. on high fan, open vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**LIME CHICKEN SOFT TACOS (FAJITA STRIPS)**

Yield 100

Portion 7 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
318 cal	36 g	31 g	6 g	66 mg	854 mg	154 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
JUICE,LIME	1-1/4 lbs	2-1/2 cup	
SUGAR,GRANULATED	3-1/2 oz	1/2 cup	
SALT	2-1/3 oz	1/4 cup	
GARLIC POWDER	2 oz	1/4 cup 3 tbsp	
ONION POWDER	7/8 oz	1/4 cup	
PEPPER,BLACK,GROUND	5/8 oz	2-2/3 tbsp	
OREGANO,CRUSHED	1-1/4 oz	1/2 cup	
CHICKEN,FAJITA STRIPS	23 lbs		
TOMATOES,FRESH	12-1/2 lbs		12-3/4 lbs
ONIONS,GREEN,FRESH,CHOPPED	1-3/8 lbs	1 qts 2-1/4 cup	1-1/2 lbs
TORTILLAS,WHEAT,10 INCH	12-3/8 lbs	100 each	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED	1-1/2 lbs	1 qts 2-1/4 cup	
SALSA		3 qts 1 cup	

**Method**

- 1 Combine lime juice, sugar, salt garlic powder, onion powder, pepper and oregano. Stir well to blend.
- 2 Pour mixture over chicken strips. Mix thoroughly to evenly distribute seasonings around all surfaces of chicken. Cover. Marinate under refrigeration at 41 F. or lower for 45 minutes for use in Step 5.
- 3 Dice tomatoes. Combine tomatoes and green onions.
- 4 Wrap tortillas in foil; place in warm oven (150 F.) or in a warmer for 15 minutes or until pliable.
- 5 Lightly spray griddle with cooking spray. Grill chicken strips 5-7 minutes or until lightly browned while tossing intermittently; lightly spray chicken with cooking spray as needed. CCP: Internal temperature must register 165 F. or higher for 15 seconds.
- 6 Place 6 to 7 cooked fajita strips (2 oz), 1 tablespoon Monterey Jack cheese and 4 tablespoons tomato/green onion mixture into each tortilla. If desired, top each tortilla with salsa.
- 7 Roll tortilla; wrap in foil. CCP: Serve immediately or hold for service at 140 F. or higher.

## SAUSAGE, BEANS AND GREENS

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
299 cal	27 g	30 g	8 g	72 mg	1341 mg	102 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS, CANNELLINI,CANNED,DRAINED	15 lbs	1 gal 2-5/8 qts	
SAUSAGE LINK,TURKEY,RAW	5-1/2 lbs		
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
THYME,GROUND	3/4 oz	1/4 cup 1-1/3 tbsp	
SAGE,GROUND	1/2 oz	1/4 cup 3-1/3 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	
GARLIC POWDER	1/3 oz	1 tbsp	
ONION POWDER	1/8 oz	1/8 tsp	
CHICKEN BROTH		3 gal	
WATER	18-3/4 lbs	2 gal 1 qts	
POTATOES,FROZEN,DICED	13 lbs		
CHICKEN,COOKED,PULLED,WHITE/DARK	14-1/2 lbs		
KALE,FRESH,CHOPPED	6 lbs	2 gal 2-1/8 qts	8-1/2 lbs
CARROTS,FROZEN,SLICED	3 lbs	2 qts 2-5/8 cup	
VINEGAR,CIDER	4-1/4 oz	1/2 cup	
SUGAR,GRANULATED		1/2 cup	
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	

**Method**

- 1 Rinse cannellini beans in cold water; drain well.
- 2 Cut turkey sausage links into 1/2 inch slices. Stir-cook in a steam jacketed kettle or stockpot until it loses its pink color.
- 3 Add onions to turkey sausage and continue to cook 4-5 minutes or until transparent; stirring constantly. Add the thyme, sage, red pepper, garlic powder and onion powder. Stir-cook for 1 minute.
- 4 Add the chicken broth, water, cannellini beans, potatoes, chicken, kale, carrots, vinegar, sugar, salt and black pepper to cooked sausage and onion mixture. Bring to a boil. Cover; reduce heat; simmer 20-25 minutes until potatoes are tender. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 2-1/3 gal into each pan. CCP: Hold for service at 140 F. or higher.

**ORANGE & ROSEMARY HONEY GLAZED PORK CHOPS**

Yield 100

Portion 1 Chop

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
458 cal	28 g	40 g	20 g	99 mg	171 mg	18 mg

**Ingredient**

PORK,LOIN CHOPS,5 OZ  
 OIL,OLIVE  
 JUICE,ORANGE  
 JUICE,LEMON  
 GARLIC POWDER  
 ROSEMARY,GROUND  
 SALT  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK  
 HONEY  
 CORNSTARCH  
 WATER,COLD

**Weight**

31-1/4 lbs  
 11-3/8 oz  
 6-5/8 lbs  
 2-1/8 lbs  
 1-1/4 oz  
 1-1/3 oz  
 7/8 oz  
 1/3 oz  
 2 oz  
 6 lbs  
 6-3/4 oz  
 3-1/8 lbs

**Measure**

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

**Issue****Method**

- 1 Place 15 lb 10 oz pork chops in each roasting pan; cover.
- 2 Combine olive oil, orange juice, lemon juice, garlic powder, rosemary, salt and pepper; mix well.
- 3 Pour 2 quarts marinade over pork chops in each roasting pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Drain pork chops. Reserve marinade. CCP: Refrigerate remaining marinade at 41 F. or lower for use in Step 7.
- 5 Spray griddle with cooking spray. Grill pork chops 2 minutes in each side.
- 6 Transfer pork chops to 4-12x20x2-1/2 inch steam table pans.
- 7 Bring reserved marinade to a boil. Add honey and stir to blend. Blend cornstarch and cold water together; stir to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 8 Pour 7-1/2 cups thickened sauce over pork chops in each pan; cover.
- 9 Using a convection oven, bake 20 to 25 minutes on high fan, open vent. CCP: Internal temperature must register 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## RUSSIAN TURKEY STEW

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
327 cal	39 g	24 g	8 g	79 mg	711 mg	185 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TURKEY,BNLS,WHITE AND DARK MEAT	18 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	5-1/4 lbs	3 qts 3 cup	5-7/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2 cup	2-3/8 lbs
GARLIC POWDER	1-1/2 oz	1/4 cup 1-1/3 tbsp	
MUSHROOMS,FRESH,WHOLE,SLICED	14-7/8 oz	1 qts 2 cup	1 lbs
FLOUR,WHEAT,GENERAL PURPOSE	4-3/8 oz	1 cup	
SALT	1-1/4 oz	2 tbsp	
TOMATOES,CANNED,DICED,DRAINED	4-3/8 lbs	2 qts	
PAPRIKA,GROUND	2-7/8 oz	3/4 cup	
SEASONING,POULTRY	1 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
MILK,EVAPORATED,SKIM,CANNED	8-7/8 lbs	1 gal	
NOODLES,EGG,DRY	8 lbs	5 gal 3-7/8 qts	
WATER	66-7/8 lbs	8 gal	
PARSLEY,DEHYDRATED,FLAKED	1-1/2 oz	2 cup	
ONIONS,GREEN,FRESH,SLICED	3-1/2 oz	1 cup	3-7/8 oz

**Method**

- 1 Cut thawed turkey into 1 inch cubes. Saute turkey in a lightly greased steam-jacketed kettle. Cook until slightly browned, remove from pan. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for use in Step 4.
- 2 Add onions, bell peppers, and garlic to kettle. Saute until onions are translucent. Add mushrooms and saute 5 more minutes. Sprinkle flour over vegetables, stir, saute for one minute.
- 3 Add tomatoes, paprika, poultry seasoning, salt, and pepper. Saute 5 minutes.
- 4 Return turkey back into the pan, add milk and stir well. CCP: Hold for service at 140 F. or higher.
- 5 Bring a kettle of water to boil. Add noodles and cook until soft. Drain pasta and toss in parsley and green onions. Serve turkey sauce over pasta.

## PASTA PRIMAVERA

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
288 cal	54 g	12 g	4 g	2 mg	691 mg	169 mg

**Ingredient****Weight****Measure****Issue**

SALT	1-1/2 oz	2-1/3 tbsp	
OIL,SALAD	1/3 oz	1/3 tsp	
WATER	54-1/3 lbs	6 gal 2 qts	
MACARONI NOODLES,ROTINI,DRY	10 lbs	2 gal 2-7/8 qts	
OIL,SALAD	5-3/4 oz	3/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	14-2/3 oz	3-3/8 cup	
TOMATOES,CANNED,DICED,DRAINED	19-7/8 lbs	2 gal 1 qts	
MILK,EVAPORATED,SKIM,CANNED	5 lbs	2 qts 1 cup	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	
SALT	1-2/3 oz	2-2/3 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
OREGANO,CRUSHED	1/8 oz	1 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 1-7/8 cup	3-7/8 lbs
MUSHROOMS,CANNED,DRAINED	6-7/8 lbs	1 gal 1 qts	
CARROTS,FRESH	2-3/4 lbs		3-1/3 lbs
SQUASH,ZUCCHINI,FRESH,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
SQUASH,FRESH,SUMMER,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
PEPPERS,RED,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	
CELERY,FRESH,SLICED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
BROCCOLI,FRESH,FLORETS	2 lbs	2 qts 2-3/8 cup	3-1/4 lbs
PARSLEY,DEHYDRATED,FLAKED	3/4 oz	1 cup	

**Method**

- 1 Add salt and salad oil to water; heat to rolling boil.
- 2 Add rotini to a steam-jacketed kettle and cook for 10 to 12 minutes, or until tender. Drain. Rinse with cold water; drain thoroughly. Use immediately in recipe preparation or place in shallow containers and cover.
- 3 Blend salad oil and flour together to form a roux; using a wire whip, stir until smooth. Cook roux for 3 minutes stirring constantly.
- 4 Drain tomatoes. Reserve 1 gal tomato liquid. Set aside for use in Step 7.
- 5 Reconstitute milk in water. Gradually add milk and tomato liquid roux while stirring constantly. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened, stirring frequently to prevent sticking.
- 6 Add parmesan cheese, salt, garlic powder, pepper, oregano and basil to thickened sauce. Stir to blend well.
- 7 Add tomatoes, onions, mushrooms, carrots, zucchini, yellow squash, green peppers, red peppers, celery, broccoli and parsley to thickened sauce. Stir, bring to a boil. Cover; reduce heat; simmer 7 to 10 minutes until tender.
- 8 Add rotini to thickened sauce and vegetable mixture. Heat to a simmer while stirring for 1 minute to coat the rotini with the vegetable sauce. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 9 Pour 3 gallons vegetable rontini mixture into each ungreased pan. CCP: Hold for service at 140 F. or higher.



## FISH FLORENTINE

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
194 cal	5 g	21 g	10 g	68 mg	448 mg	50 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
ONIONS,FRESH,SLICED	5 lbs	1 gal 1/2 qts	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SUGAR,GRANULATED	7/8 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
SOY SAUCE	10-1/8 oz	1 cup	
SPINACH,FROZEN	5 lbs	3 qts	
EGG WHITES	5-2/3 oz	1/2 cup 2-2/3 tbsp	
JUICE,LEMON	1-5/8 oz	3 tbsp	
NUTMEG,GROUND	1/4 oz	1 tbsp	
FISH,CATFISH,FILLET	30 lbs		
OIL,SALAD	1 oz	2 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/4 tsp	
PAPRIKA,GROUND	1/2 oz	2 tbsp	
SALT	3/8 oz	1/3 tsp	
CHICKEN BROTH		2 qts	
CORNSTARCH	4-1/2 oz	1 cup	
WATER	1 lbs	2 cup	

**Method**

- 1 Stir-cook onions with sugar and pepper in a lightly sprayed steam-jacketed kettle or stockpot 8 to 10 minutes, or until tender. Add soy sauce; stir and remove from heat.
- 2 Drain spinach. Press out excess liquid. Blend spinach, beaten egg whites, lemon juice, nutmeg.
- 3 Combine spinach with onion mixture. Divide evenly among 5 steam table pans. Roll fish filets and place on top of spinach mixture, placing 20 rolls per pan. Set aside for use in Step 6. CCP: Refrigerate at 40 F. or lower.
- 4 Heat oil with paprika and red pepper in steam-jacketed kettle or stockpot. Add chicken broth and salt; stir to blend well. Bring to a boil. Reduce heat to a simmer.
- 5 Blend cornstarch and cold water; stir to make smooth slurry. Add slurry to hot liquid, stirring constantly. Reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 6 Pour 1-3/4 cups red pepper sauce/glaze evenly over fish to coat top and sides. Cover. Using a convection oven, bake at 325 F. 25-30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. DO NOT OVERCOOK.
- 7 Remove from oven. Serve one fish roll with spinach/onion mixture. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 Any white flesh fish fillet can be substituted for catfish.

**JAMAICAN RUM CHICKEN (BREAST BONELESS)**

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	9 g	33 g	4 g	88 mg	344 mg	36 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN,BREAST,BNLS/SKNLS,5 OZ	31-1/4 lbs		
VINEGAR,RED WINE	2-1/8 lbs	1 qts	
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
TOMATOES,CANNED,DICED,DRAINED	4-1/8 lbs	1 qts 3-1/2 cup	
CHICKEN BROTH		1 qts 2 cup	
SUGAR,BROWN,LIGHT	1-1/4 lbs	3-3/4 cup	
ONIONS,FRESH,CHOPPED	4-1/4 oz	3/4 cup	4-2/3 oz
FLAVORING,RUM	2-1/2 oz	1/4 cup 1-2/3 tbsp	
PARSLEY,DEHYDRATED,FLAKED	1-1/8 oz	1-1/2 cup	
GARLIC POWDER	7/8 oz	3 tbsp	
NUTMEG,GROUND	1/3 oz	1 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
SAGE,GROUND	1/8 oz	1 tbsp	
CORNSTARCH	3-3/8 oz	3/4 cup	
WATER,COLD	12-1/2 oz	1-1/2 cup	

**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine vinegar, salt, and pepper; stir to blend.
- 3 Ladle marinade over chicken in each roasting pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray. Discard remaining marinade.
- 5 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. Hold at 140 F. or higher for use in Step 9.
- 7 Combine tomatoes, broth, sugar, onions, rum flavoring, parsley, garlic, nutmeg, cumin and sage. Bring to a boil. Cover; reduce heat; simmer 15 minutes.
- 8 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 9 Pour 1 quart sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.

**BAKED FISH SCANDIA**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	5 g	28 g	4 g	79 mg	192 mg	102 mg

**Ingredient**

BREADCRUMBS  
 JUICE,LEMON  
 ONION POWDER  
 PEPPER,WHITE,GROUND  
 HOT SAUCE  
 PARSLEY,DEHYDRATED,FLAKED  
 COOKING SPRAY,NONSTICK  
 FISH,FLOUNDER/SOLE FILLET,RAW  
 YOGURT,PLAIN,LOWFAT  
 CHEESE,CHEDDAR

**Weight**

1-1/4 lbs  
 11-1/2 oz  
 1/2 oz  
 1/8 oz  
 1/8 oz  
 1/2 oz  
 2 oz  
 30 lbs  
 4-1/3 lbs  
 1-1/8 lbs

**Measure**

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

**Issue****Method**

- 1 In a bowl, mix bread crumbs, lemon juice, onion powder, white pepper, hot pepper sauce and parsley.
- 2 Spray each steam table pan with non-stick cooking spray.
- 3 Place 25 fish portions into each steam table pan.
- 4 Cover each portion with 1 tablespoon of low fat yogurt.
- 5 Sprinkle 3 ounces cheese per pan, on top of yogurt.
- 6 Sprinkle 1 tablespoon of crumb mixture onto each portion.
- 7 Using a convection oven, bake 25 minutes at 350 F. or until fish flakes easily with a fork. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**THAI BEEF SALAD**

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
297 cal	25 g	29 g	9 g	74 mg	631 mg	51 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,FAJITA STRIPS	25 lbs		
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
SOY SAUCE	10-1/8 oz	1 cup	
GINGER,GROUND	3/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
CABBAGE,GREEN,FRESH,SHREDDED	8-5/8 lbs	3 gal 2 qts	10-3/4 lbs
LETTUCE,ICEBERG,FRESH	3-7/8 lbs		4-1/8 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	4 lbs	3 qts 1/8 cup	4-7/8 lbs
CARROTS,FRESH,SHREDDED	2 lbs	2 qts 1/4 cup	2-1/2 lbs
ONIONS,FRESH,SLICED	1-1/2 lbs	1 qts 1-7/8 cup	1-2/3 lbs
EGG ROLL WRAPPERS	7 lbs	100 each	
BEEF BROTH		1 qts	
SOY SAUCE	10-1/8 oz	1 cup	
GINGER,GROUND	3/4 oz	1/4 cup 1/3 tbsp	
PEPPER,RED,CRUSHED	1/8 oz	1 tbsp	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Combine beef strips with garlic, soy sauce, ginger, black pepper and red pepper. CCP: Marinate under refrigeration at or below 41 F. for at least 30 minutes.
- 2 Combine cabbage, lettuce, bell pepper, carrots, and onion. Lay in bottom of serving pans.
- 3 Slice egg roll wrappers into thin strips and bake in 325 F. convection oven until crisp and golden.
- 4 Combine beef broth, soy sauce, ginger, vegetable oil.
- 5 Heat grill until hot, sear beef until brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 CCP: Hold beef at 140 F. or higher for service. Lay warm beef strips over salad, and pour sauce over. Place toasted egg roll wrappers around the edges.

## VEGETARIAN BURRITO

Yield 100

Portion 2 Burritos

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
521 cal	61 g	25 g	20 g	40 mg	1060 mg	416 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	1-3/8 lbs	1 qts	1-5/8 lbs
GARLIC POWDER	5/8 oz	2 tbsp	
CHILI POWDER, DARK, GROUND	3/4 oz	3 tbsp	
CUMIN, GROUND	7/8 oz	1/4 cup 1/3 tbsp	
BEANS, PINTO, CANNED, DRAINED	8-1/2 lbs	1 gal	
BEANS, KIDNEY, DARK RED, CANNED, DRAINED	6-1/4 lbs	1 gal	
BEANS, BLACK, CANNED, DRAINED	9 lbs	1 gal	
TORTILLAS, WHEAT, 6 INCH	14-1/8 lbs	200 each	
LETTUCE, ICEBERG, FRESH, SHREDDED	4 lbs	2 gal 1/4 qts	4-1/3 lbs
TOMATOES, FRESH, CHOPPED	10 lbs	1 gal 2-1/4 qts	10-1/4 lbs
CHEESE, MONTEREY JACK	10 lbs	2 gal 5/8 qts	
SAUCE, SALSA	10-3/4 lbs	1 gal 1 qts	

**Method**

- 1 Spray a steam-jacketed kettle with vegetable spray. Saute onion until translucent. Add garlic, chili powder, and cumin. Cook until aroma is released.
- 2 Add drained beans and simmer for 20 minutes.
- 3 To assemble burritos, place a scoop of bean mixture down the center of the tortilla, add 2 tablespoons lettuce, 1 tablespoons tomato and 3 tablespoons grated Monterey jack cheese. To roll, turn the lower lip of the burrito up, and roll laterally.
- 4 Wrap each burrito in foil deli papers and place in a pan for service. CCP: Hold for service at 41 F. or lower.
- 5 Serve with 3 tablespoons salsa on the side.

## VEGETABLE LASAGNA

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
292 cal	38 g	22 g	7 g	16 mg	1036 mg	242 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
NOODLES,LASAGNA,UNCOOKED	5-3/4 lbs	1 gal 2-1/4 qts	
OIL, CANOLA	3-7/8 oz	1/2 cup	
SQUASH,FRESH,SUMMER,SLICED	1-1/4 lbs	1 qts 1 cup	1-1/3 lbs
MUSHROOMS,CANNED,SLICED,WHITE	11 oz	2 cup	
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs
FLOUR,WHEAT,GENERAL PURPOSE	4-3/8 oz	1 cup	
BROCCOLI,FROZEN,CUT	6-7/8 lbs	1 gal 1 qts	
SAUCE,TOMATO,CANNED	16-1/8 lbs	1 gal 3-1/2 qts	
TOMATO PASTE,CANNED	4 lbs	1 qts 3 cup	
OREGANO,CRUSHED	1-7/8 oz	3/4 cup	
GARLIC POWDER	1/2 oz	1 tbsp	
CHEESE,COTTAGE,LOWFAT	16 lbs	2 gal	
PARSLEY,DEHYDRATED,FLAKED	3/8 oz	1/2 cup	
GARLIC POWDER	1/3 oz	1 tbsp	
BREADCRUMBS	1 lbs	1 qts	
CHEESE,PARMESAN,GRATED	3-1/2 oz	1 cup	
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	3-3/4 lbs	3 qts 3 cup	

**Method**

- 1 Cook lasagna noodles in a steam-jacketed kettle for 10 to 12 minutes, until tender. Drain. Hold in cold water.
- 2 In a small kettle, heat vegetable oil. Add the zucchini, drained mushrooms, and onions. Saute for 3 minutes or until zucchini is slightly tender. Stir in flour, cook 3 minutes. Remove from heat and set aside.
- 3 Place broccoli in a steam table pan and steam for 6 minutes, or until tender. Drain well and set aside.
- 4 In a steam kettle, heat the tomato sauce and tomato paste. Add oregano and garlic powder. Simmer, uncovered for 30 minutes.
- 5 Add the sauteed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
- 6 In a large bowl, combine the cottage cheese, parsley, garlic powder, and bread crumbs. Mix well.
- 7 Combine parmesan cheese and mozzarella cheese.
- 8 Spread 1 cup vegetable sauce on the bottom of each steam table pan to prevent sticking.
- 9 Assembly: First layer: 7-1/2 lasagna noodles; 1 quart of cottage cheese mixture; 1 quart and 1 cup of vegetable sauce; 2-1/4 cups parmesan-mozzarella cheese mixture; Second layer: repeat first layer; Third layer: 7-1/2 lasagna noodles; 2-1/2 cups vegetable sauce.
- 10 Sprinkle 1/2 cup parmesan cheese over each pan of lasagna. Cover with wrap or foil. Using a convection oven, bake at 350 F. for 40 minutes until bubbling. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 11 Remove from oven and allow to set for 15 minutes before serving. Cut each pan 5 by 5 (25 portions per pan). CCP: Hold for service at 140 F. or higher.

## TUNA PLATE TRIO

Yield 100

Portion 1 Plate

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
367 cal	24 g	27 g	19 g	106 mg	767 mg	89 mg

**Ingredient**

FISH,TUNA,CANNED,WATER PACK,INCL LIQUIDS  
 EGG,HARD COOKED,CHOPPED  
 CELERY,FRESH,CHOPPED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 PICKLE RELISH,SWEET  
 SALAD DRESSING,MAYONNAISE TYPE  
 MILK,NONFAT,DRY  
 WATER,WARM  
 SALAD DRESSING,MAYONNAISE TYPE  
 PEPPER,BLACK,GROUND  
 MUSTARD,PREPARED  
 SALT  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 CABBAGE,GREEN,FRESH,SHREDDED  
 LETTUCE,ICEBERG,FRESH  
 CARROTS,FRESH  
 TOMATOES,FRESH

**Weight**

20 lbs  
 3-1/2 lbs  
 11-5/8 lbs  
 2-3/8 oz  
 2-2/3 lbs  
 5 lbs  
 1-3/4 oz  
 14-5/8 oz  
 2 lbs  
 1/8 oz  
 1-1/8 oz  
 5/8 oz  
 12-1/3 oz  
 8-1/3 oz  
 12 lbs  
 6-1/4 lbs  
 8 lbs  
 8 lbs

**Measure**

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

**Issue**

15-7/8 lbs  
 15 lbs  
 6-3/4 lbs  
 9-3/4 lbs  
 8-1/8 lbs

**Method**

- 1 Tuna salad: Drain tuna and flake. Discard liquid.
- 2 Add eggs, celery, chopped pimientos, and pickles to tuna. Toss lightly until well blended. CCP: Refrigerate at 41 F. or lower.
- 3 Add salad dressing to tuna mixture. Toss lightly.
- 4 Coleslaw: Reconstitute milk, add salad dressing, pepper, mustard, salt, and sugar; mix well. Add vinegar gradually; blend well. Pour dressing over cabbage; toss lightly until well mixed. CCP: Cover and refrigerate product at 41 F. or lower until ready for service.
- 5 To prepare salad plate: Line plate with lettuce, portion 1/2 cup coleslaw and 3/4 cup tuna salad on top of the lettuce. Arrange 2 to 3 carrot sticks and tomato wedges on top of the lettuce. CCP: Hold for service at 41 F. or lower.

**GRILLED TURKEY SAUSAGE PATTY (PRE-MADE)**

**Yield** 100

**Portion** 1 Patty

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
122 cal	0 g	14 g	6 g	45 mg	264 mg	22 mg

**Ingredient**

SAUSAGE PATTY,TURKEY,RAW,2 OZ

**Weight**

18-3/4 lbs

**Measure**

**Issue**

**Method**

- 1 Preheat grill to 350 F.
- 2 Grill 12 minutes or until patties are browned and well done. Turn frequently to ensure even browning. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



## OVEN FRIED TURKEY BACON

Yield 100

Portion 2 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
57 cal	0 g	4 g	4 g	21 mg	308 mg	9 mg

**Ingredient**

BACON,TURKEY,RAW

**Weight**

12 lbs

**Measure****Issue****Method**

- 1 Arrange slices in rows down the length of each sheet pan, with fat edges slightly overlapping lean edges.
- 2 Bake 25 minutes at 375 F. Drain excess fat. Bake additional 5 to 10 minutes or until bacon is slightly crisp. Do not overcook.
- 3 Drain thoroughly. Place on absorbent paper or in perforated steam table pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 2, if convection oven is used, bake at 325 F. for 25 minutes on high fan, open vent. Drain fat. Bake additional 5 to 10 minutes.

**MAMBO PORK ROAST**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
358 cal	26 g	29 g	15 g	81 mg	204 mg	43 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PEACHES,CANNED,QUARTERS,INCL LIQUIDS	6-1/2 lbs	3 qts	
PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS	5-1/2 lbs	2 qts 2 cup	
VINEGAR,RED WINE	1-1/4 lbs	2-1/4 cup	
CINNAMON,GROUND	1/4 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	3/8 oz	1/2 cup	
ALLSPICE,GROUND	1/8 oz	1/8 tsp	
PORK,LOIN,BONELESS,RAW	31-1/4 lbs		
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
WATER	2-1/8 lbs	1 qts	
RICE,LONG GRAIN	4-7/8 lbs	3 qts	
WATER,COOL	20-7/8 lbs	2 gal 2 qts	

**Method**

- 1 Combine peaches, pineapple, juice from fruits, vinegar, cinnamon, parsley, and allspice in a large bowl. Reserve for use in Step 2.
- 2 Rub the pork roasts with salt and pepper. Place roasts with at least 3 inches space dividing each roast. Divide the fruit sauce among roasting pans. Cover, roast in 350 F. oven for 2-1/2 hours, basting with fruit sauce every 45 minutes. If pan dries out, add 2 inches of water, recover, and continue cooking. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Rinse the rice in cool water. Place the rice and water in a steamer, cover and steam for 15 to 20 minutes or until tender.
- 4 Slice pork roasts in 1-ounce slices. Place 2 slices of pork with 1/4 cup of the fruit sauce over 1/2 cup rice.

**WHITE FISH WITH MUSHROOMS**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
142 cal	3 g	27 g	2 g	72 mg	409 mg	27 mg

**Ingredient**

FISH,FLOUNDER/SOLE FILLET,RAW

SALT

PEPPER,WHITE,GROUND

OIL, CANOLA

ONIONS,FRESH,CHOPPED

GARLIC POWDER

MUSHROOMS,CANNED,SLICED,INCL LIQUIDS

SOY SAUCE

JUICE,LEMON

ONIONS,GREEN,FRESH,SLICED

**Weight**

30 lbs

5/8 oz

1/2 oz

1-1/2 oz

1 lbs

7/8 oz

7-5/8 lbs

5-1/8 oz

1-1/8 lbs

10-5/8 oz

**Measure**

1 tbsp

2 tbsp

3 tbsp

3 cup

3 tbsp

1 gal 1-1/2 qts

1/2 cup

2 cup

3 cup

**Issue**

1-1/8 lbs

11-3/4 oz

**Method**

- 1 Season fish with salt and pepper. Drizzle with oil.
- 2 In a tilt griddle, saute onions, add garlic and mushrooms. Cook for 5 minutes.
- 3 Add soy sauce and 1 cup of lemon juice. Continue to cook into a dark mushroom broth for 3 minutes.
- 4 Broil or bake fish in 400 F. conventional oven on sheet pans for 20 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Place mushrooms on the bottom of the 2-inch steam table pans. Layer fish on top, garnish with raw scallions and remaining lemon juice. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Boneless, skinless chicken may be substituted for fish.

**GUIDELINES FOR RELISH TRAYS OR SALAD BARS**

Crisp colorful relishes may be served on relish trays or salad bars. Raw vegetable relishes (celery sticks, carrot sticks, or radishes) and pickles, pickled peppers, or olives may be used. Salad greens along with the other foods may be added for “make-your-own” salads from the Salad Bar. Place prepared relishes in covered containers. Refrigerate until served.

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Alfalfa sprouts, fresh	2 tbsp	1 lb 9 oz	1 lb 9 oz
Apple rings, spiced	1 ring	1-1/6-No. 10 cn (7 lb 14 oz)	3 lb 15 oz
Bacon bits, imitation	1 tbsp	1-1/8-22 oz cn (1 lb 9 oz)	
Beans, kidney	2 tbsp	1-1/6-No. 10 cn (8 lb)	5 lb
Bean sprouts, canned	1/4 cup	4-No. 10 cn (25 lb 8 oz)	12 lb 12 oz
Bean sprouts, fresh	2 tbsp	3 lb 2 oz	3 lb 2 oz
Beets, sliced	4 slices	3-No. 10 cn (19 lb 8 oz)	12 lb 3 oz
Broccoli, fresh	2 to 3 stalks	25 lb 10 oz	20 lb
Broccoli, fresh, flowerets (2 to 2-1/2 inch)	2 flowerets	9 lb 14 oz	4 lb 8 oz
Cabbage, fresh, shredded	2 tbsp	2 lb 7 oz	1 lb 15 oz
Carrots, fresh, slices (1/4 inch)	2 tbsp	5 lb 2 oz	4 lb 3 oz
Carrots, fresh, strips (4 by 1/2 inch)	6 strips	8 lb	6 lb 9 oz
Cauliflower, fresh	2 flowerets	12 lb	10 lb
Celery, fresh, diced (1/4 inch)	2 tbsp	4 lb 5 oz	3 lb 2 oz
Celery, fresh, sticks or strips (1/2 inch)	4 strips	9 lb	6 lb 9 oz

## M-G. SALADS, SALAD DRESSINGS, AND RELISHES No. 1(1)

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Cheese, Cheddar, American, Monterey Jack or Mozzarella, shredded	2 tbsp	2 lb 1 oz	
Cheese, cottage	2 tbsp	6 lb 4 oz	
Chow mein noodles	1/3 cup	3-No. 10 cn (4 lb 8 oz)	
Crabapples, spiced, whole	1 crabapple	2-No. 10 cn (13 lb 4 oz)	7 lb
Croutons	8 croutons		1 gal
Cucumbers, fresh, pared, sliced	4 slices	9 lb	7 lb 9 oz
Endive or escarole, fresh	variable	5 lb	4 lb 8 oz
Lettuce, fresh, trimmed, separated	variable	4 lb 5 oz	4 lb
Mushrooms, sliced, fresh, trimmed	2 tbsp	3 lb 7 oz	3 lb 2 oz
Mushrooms, sliced, canned	1 tbsp	2-1/4 jumbo cn (4 lb)	2 lb 4 oz
Olives, green, unpitted	3 olives	3-3/4 1 qt jr (6 lb 12 oz)	4 lb 14 oz
Olives, ripe, whole, unpitted or pitted	3 olives	6-1/4 No. 300 cn (5 lb 13 oz)	2 lb 9 oz
Onions, dry, chopped	2 tbsp	4 lb 10 oz	4 lb 3 oz
Onions, dry, sliced	3 to 4 slices	6 lb 11 oz	6 lb
Onions, green, whole	1 green onion	3 lb	2 lb 8 oz
Onions, green, chopped	2 tbsp	3 lb 5 oz	2 lb 12 oz
Peas, chick (garbanzo beans)	2 tbsp	7-15 to 16 oz cn (7 lb)	4 lb 11 oz
Peppers, pickled, cherry, whole	1 to 2 peppers	6-1 qt jr (9 lb 9 oz)	6 lb 12 oz

**GUIDELINES FOR RELISH TRAYS OR SALAD BARS**

ITEM	APPROXIMATE PORTION SIZE	100 PORTIONS	
		A.P. or Container	E.P.
Peppers, pickled, jalapeno	1 to 2 peppers	2-No. 10 cn (12 lb 12 oz) or 6-1/3-1 qt jr	8 lb
Peppers, sweet, fresh, diced, 1/2 inch	2 tbsp	3 lb 13 oz	3 lb 2 oz
Peppers, sweet, fresh, strips	variable	6 lb 8 oz	5 lb 5 oz
Pickles, cucumber, dill, whole (cut in sticks, 6 per pickle)	4 sticks	2-1 gal jr (17 lb 7 oz) or 2-1/2-No. 10 cn (17 lb 2 oz)	10 lb 7 oz 10 lb 7 oz
Pickles, cucumber, sweet, whole	1 to 2 pickles	2-No. 10 cn (15 lb 13 oz)	9 lb 8 oz
Pickles, mixed, sweet	3 to 4 pickles	1 gal jar (9 lb 14 oz) or 1-1/4-No. 10 cn (10 lb 2 oz)	5 lb 15 oz 6 lb 1 oz
Radishes, fresh	3 radishes	7 lb 12 oz	7 lb 2 oz
Radishes, fresh, slices, 1/8 inch	2 tbsp	3 lb 8 oz	3 lb 3 oz
Romaine, fresh	variable	4 lb 12 oz	4 lb 8 oz
Rutabagas, fresh, pared, 3-1/2 by 1/2 by 1/4 inch	3 strips	4 lb 14 oz	4 lb 2 oz
Spinach, fresh	variable	4 lb 8 oz	4 lb 2 oz
Tomatoes, fresh, cherry	2 to 3 tomatoes	7 lb	
Tomatoes, fresh, wedges (8 wedges)	2 wedges	8 lb 5 oz	8 lb 2 oz
Tomatoes, fresh, sliced (6 slices)	2 slices	11 lb 5 oz	11 lb 2 oz
Turnips, fresh, pared, 2-1/2 by 1/2 by 1/4	3 strips	3 lb 11 oz	3 lb

INDEX

Card No.....

M 001 00 Apple, Celery, and Pineapple Salad  
 M 001 01 Cabbage, Apple, and Celery Salad  
 M 001 02 Cabbage, Apple, and Raisin Salad  
 M 002 00 Spinach Salad  
 M 002 01 Spinach and Apple Salad  
 M 002 02 Spinach and Mushroom Salad  
 M 003 00 Red Wine Vinaigrette Dressing  
 M 004 00 Frijole Salad  
 M 005 00 Carrot Salad  
 M 005 01 Carrot and Pineapple Salad  
 M 005 02 Carrot, Celery, and Apple Salad  
 M 006 00 Pimiento Cheese Stuffed Celery  
 M 006 01 Cottage Cheese Stuffed Celery  
 M 006 02 Peanut Butter Stuffed Celery  
 M 006 03 Cream Cheese Stuffed Celery  
 M 007 00 Chef's Salad  
 M 007 01 Chef's Salad (Entree)  
 M 008 00 Cole Slaw  
 M 008 01 Mexican Cole Slaw  
 M 009 00 Cole Slaw with Creamy Dressing  
 M 009 01 Cole Slaw with Vinegar Dressing

Card No.

M 009 02 Cabbage and Carrot Slaw with Creamy Dressing  
 M 009 03 Pineapple Cole Slaw  
 M 009 04 Pineapple Marshmallow Cole Slaw  
 M 009 05 Vegetable Slaw with Creamy Dressing  
 M 010 00 Honey Mustard Dressing  
 M 011 00 Low Calorie Yogurt Dressing  
 M 012 00 Cottage Cheese Salad  
 M 013 00 Cottage Cheese and Peach Salad  
 M 013 01 Cottage Cheese and Apricot Salad  
 M 013 02 Cottage Cheese and Pear Salad  
 M 013 03 Cottage Cheese and Pineapple Salad  
 M 014 00 Cottage Cheese and Tomato Salad  
 M 015 00 Cucumber and Onion Salad  
 M 016 00 Low Calorie Thousand Island Dressing  
 M 017 00 Fruit Salad  
 M 018 00 Garden Cottage Cheese Salad  
 M 019 00 Garden Vegetable Salad  
 M 020 00 Marinated Carrots  
 M 021 00 Low Calorie Tangy Tarragon Dressing  
 M 021 01 Low Calorie Basil Dressing  
 M 022 00 Tangy Yogurt Salad Dressing

M. SALADS, SALAD DRESSINGS, AND RELISHES No. 0(1)

Card No.....

M 023 00 Jellied Cranberry and Orange Salad  
 M 023 01 Jellied Cranberry and Orange Salad (Canned)  
 M 024 00 Jellied Cranberry and Pineapple Salad  
 M 025 00 Jellied Fruit Salad  
 M 025 01 Jellied Orange Salad  
 M 025 02 Jellied Pear Salad  
 M 025 03 Jellied Pineapple, Pear, and Banana Salad  
 M 025 04 Jellied Strawberry Salad  
 M 025 05 Jellied Banana Salad  
 M 026 00 Jellied Fruit Cocktail Salad  
 M 027 00 German Cole Slaw  
 M 028 00 Taco Salad  
 M 029 00 Italian Style Pasta Salad  
 M 030 00 Cobb Salad  
 M 031 00 Kidney Bean Salad  
 M 032 00 Fruit Medley Salad  
 M 033 00 Lettuce and Tomato Salad  
 M 034 00 Macaroni Salad  
 M 035 00 Mixed Fruit Salad  
 M 036 00 Perfection Salad  
 M 036 01 Golden Glow Salad  
 M 036 02 Jellied Spring Salad  
 M 037 00 Pickled Beet and Onion Salad

Card No.

M 038 00 Pasta Salad  
 M 039 00 Corn Relish  
 M 040 00 Potato Salad  
 M 040 01 Deviled Potato Salad  
 M 040 02 Potato Salad with Vinegar Dressing  
 M 041 00 Potato Salad (Dehydrated Sliced Potatoes)  
 M 042 00 Hot Potato Salad  
 M 043 00 Hot Potato Salad (Dehydrated Sliced Potatoes)  
 M 044 00 Spring Salad  
 M 045 00 Three Bean Salad  
 M 045 01 Pickled Green Bean Salad  
 M 046 00 Tossed Lettuce, Cucumber and Tomato Salad  
 M 046 01 Tossed Garden Salad  
 M 046 02 Tossed Calico Garden Salad  
 M 046 03 Tossed Romaine, Cucumber and Tomato Salad  
 M 046 04 Tossed Red Leaf Lettuce, Cucumber and Tomato Salad  
 M 046 05 Green Leaf Lettuce, Cucumber and Tomato Salad  
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 M 049 00 Vegetable Salad



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 M 053 00 German Style Tomato Salad  
 M 053 01 Country Style Tomato Salad  
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 M 074 00 Marinated Black Bean Salad  
 M 504 00 Broccoli Salad  
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**SALADS, SALAD DRESSINGS, AND RELISHES No.M 001 00**  
**APPLE, CELERY, AND PINEAPPLE SALAD**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
86 cal	12 g	0 g	5 g	3 mg	68 mg	24 mg

**Ingredient**

SALAD DRESSING,MAYONNAISE TYPE  
 APPLES,FRESH,MEDIUM,UNPEELED,DICED  
 PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED  
 CELERY,FRESH,CHOPPED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

2 lbs  
 9 lbs  
 4-1/4 lbs  
 3 lbs  
 4 lbs

**Measure**

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

**Issue**

10-5/8 lbs  
 4-1/8 lbs  
 6-1/4 lbs

**Method**

- 1 Combine Salad Dressing or fat free Salad Dressing and apples.
- 2 Drain pineapple.
- 3 Add pineapple and celery to apple mixture; mix lightly.
- 4 Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. CCP: Cover and refrigerate until ready to serve. Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 001 01**  
**CABBAGE, APPLE, AND CELERY SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
73 cal	8 g	1 g	5 g	3 mg	77 mg	35 mg

**Ingredient**

SALAD DRESSING,MAYONNAISE TYPE  
 APPLES,FRESH,MEDIUM,UNPEELED,DICED  
 CELERY,FRESH,CHOPPED  
 CABBAGE,GREEN,FRESH,SHREDDED

**Weight**

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

**Measure**

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

**Issue**

5-1/8 lbs  
 4-1/4 lbs  
 16-1/4 lbs

**Method**

- 1 Combine Salad dressing or fat free Salad Dressing and apples.
- 2 Combine apple mixture, cabbage, and celery.
- 3 Cover; refrigerate at least 2 to 3 hours. Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 001 02**  
**CABBAGE, APPLE, AND RAISIN SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
105 cal	17 g	1 g	5 g	3 mg	66 mg	35 mg

**Ingredient**

SALAD DRESSING,MAYONNAISE TYPE  
 APPLES,FRESH,MEDIUM,UNPEELED,DICED  
 RAISINS  
 CABBAGE,GREEN,FRESH,SHREDDED

**Weight**

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

**Measure**

1 qts  
 0 gal 4 qts  
 2 qts  
 5 gal 1 qts

**Issue**

5-1/8 lbs  
 16-1/4 lbs

**Method**

- 1 Combine Salad Dressing or fat free Salad Dressing and apples.
- 2 Combine apple mixture, cabbage, and raisins.
- 3 Cover; refrigerate at least 2 to 3 hours. Refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 002 00**

**SPINACH SALAD**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
49 cal	3 g	4 g	3 g	32 mg	99 mg	43 mg

**Ingredient**

EGG,HARD COOKED,CHOPPED

ONIONS,FRESH,SLICED

MUSHROOMS,FRESH,WHOLE,SLICED

SPINACH,FRESH,BUNCH

BACON,SLICED,RAW

**Weight**

1-1/2 lbs

2-3/4 lbs

2-7/8 lbs

8 lbs

3 lbs

**Measure**

1 qts 1 cup

2 qts 3 cup

1 gal 3/4 qts

7 gal 2-1/4 qts

**Issue**

3-1/8 lbs

3-1/4 lbs

8-2/3 lbs

**Method**

- 1 Combine eggs, onions, mushrooms, and spinach. Toss lightly to mix ingredients.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Cook bacon until crisp; drain, chop.
- 4 Add bacon just before serving. Toss lightly.

**Notes**

- 1 In Step 3, 7 ounces or 1-3/4 cups imitation bacon bits may be used per 100 servings.
- 2 In Step 4, for 100 portions: Serve with 12-1/2 cups prepared fat free Red Wine Vinaigrette Dressing or 1 recipe Vinaigrette Dressing, Recipe No. M 055 00 or 1 recipe Red Wine Vinaigrette Dressing, Recipe No. M 003 00.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 002 01**  
**SPINACH AND APPLE SALAD**

**Yield** 100

**Portion** 1-1/3 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
60 cal	15 g	2 g	0 g	0 mg	30 mg	45 mg

**Ingredient**

SPINACH,FRESH,BUNCH  
 APPLES,FRESH,MEDIUM,UNPEELED,DICED  
 ONIONS,FRESH,CHOPPED  
 RAISINS

**Weight**

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

**Measure**

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

**Issue**

8-2/3 lbs  
 9-1/8 lbs  
 3-1/4 lbs

**Method**

- 1 Combine apples, onions, and raisins. Toss lightly with spinach to mix ingredients.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 002 02**  
**SPINACH AND MUSHROOM SALAD**

**Yield** 100

**Portion** 1-3/4 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
18 cal	3 g	2 g	0 g	0 mg	30 mg	39 mg

**Ingredient**

SPINACH,FRESH,BUNCH  
 ONIONS,FRESH,SLICED  
 MUSHROOMS,FRESH,WHOLE,SLICED

**Weight**

8 lbs  
 2-3/4 lbs  
 4-1/2 lbs

**Measure**

7 gal 2-1/4 qts  
 2 qts 3 cup  
 1 gal 3-1/4 qts

**Issue**

8-2/3 lbs  
 3-1/8 lbs  
 4-7/8 lbs

**Method**

- 1 Combine onions, mushrooms, and spinach. Toss lightly to mix ingredients.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 003 00**  
**RED WINE VINAIGRETTE DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
50 cal	1 g	0 g	5 g	0 mg	0 mg	3 mg

**Ingredient**

SUGAR,GRANULATED  
MUSTARD,DRY  
PAPRIKA,GROUND  
PEPPER,BLACK,GROUND  
VINEGAR,RED WINE  
WATER  
OIL,SALAD

**Weight**

2-1/4 oz  
1 oz  
1/2 oz  
1/2 oz  
1-1/3 lbs  
1-1/3 lbs  
1-1/8 lbs

**Measure**

1/4 cup 1-1/3 tbsp  
2-2/3 tbsp  
2 tbsp  
2 tbsp  
2-1/2 cup  
2-1/2 cup  
2-3/8 cup

**Issue**

**Method**

- 1 Combine sugar, mustard, paprika, pepper, vinegar, and water; blend well. Mix at medium speed 2 minutes using a wire whip.
- 2 Add oil gradually while mixing at low speed 3 minutes; scrape down bowl.
- 3 Mix at medium speed 2 minutes or until well blended.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Whip or stir well before using.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 004 00**

**FRIJOLE SALAD**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
63 cal	12 g	2 g	2 g	0 mg	247 mg	30 mg

**Ingredient**

BEANS,KIDNEY,DARK RED,CANNED,DRAINED  
 SALAD DRESSING,FRENCH,PREPARED,L/C  
 CABBAGE,GREEN,FRESH,SHREDDED  
 TOMATOES,FRESH,CHOPPED  
 CUCUMBERS,FRESH,PEELED,SLICED

**Weight**

4-2/3 lbs  
 4-5/8 lbs  
 8-5/8 lbs  
 6-1/3 lbs  
 3-2/3 lbs

**Measure**

3 qts  
 2 qts  
 3 gal 2 qts  
 0 gal 4 qts  
 3 qts 2 cup

**Issue**

10-3/4 lbs  
 6-1/2 lbs  
 7-1/4 each

**Method**

- 1 Drain beans; rinse well; drain.
- 2 Combine beans and French Dressing.
- 3 Cover; refrigerate at least 6 hours. CCP: Hold for service at 41 F. or lower.
- 4 Add cabbage, tomatoes, and cucumbers just before serving. Mix lightly.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 005 00**

**CARROT SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
109 cal	15 g	1 g	6 g	4 mg	214 mg	38 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
RAISINS	1-7/8 lbs	1 qts 2 cup	
CARROTS,FRESH,SHREDDED	9-2/3 lbs	2 gal 2 qts	11-3/4 lbs
MILK,NONFAT,DRY	1-1/3 oz	1/2 cup 1 tbsp	
WATER,WARM	10-1/2 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
JUICE,LEMON	2-1/8 oz	1/4 cup 1/3 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Combine carrots, celery, and raisins.
- 2 Reconstitute milk; combine with Regular Salad Dressing or Fat Free Salad Dressing, salt, sugar, and lemon juice. Blend well.
- 3 Add to vegetables; toss together lightly.
- 4 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate at least 2 to 3 hours. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 005 01**  
**CARROT AND PINEAPPLE SALAD**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	11 g	1 g	6 g	4 mg	204 mg	33 mg

**Ingredient**

CARROTS,FRESH,SHREDDED  
 PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED  
 MILK,NONFAT,DRY  
 WATER,WARM  
 SALAD DRESSING,MAYONNAISE TYPE  
 SALT  
 SUGAR,GRANULATED  
 JUICE,LEMON  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

9-2/3 lbs  
 5-1/2 lbs  
 1-1/3 oz  
 10-1/2 oz  
 2-1/2 lbs  
 1 oz  
 1-3/4 oz  
 2-1/8 oz  
 4 lbs

**Measure**

2 gal 2 qts  
 2 qts 2 cup  
 1/2 cup 1 tbsp  
 1-1/4 cup  
 1 qts 1 cup  
 1 tbsp  
 1/4 cup 1/3 tbsp  
 1/4 cup 1/3 tbsp

**Issue**

11-3/4 lbs  
  
  
  
  
  
  
  
  
  
  
  
 6-1/4 lbs

**Method**

- 1 Combine carrots and pineapple.
- 2 Reconstitute milk; combine with Regular or Fat Free Salad Dressing, salt, sugar, and lemon juice. Blend well.
- 3 Add to vegetables; toss together lightly.
- 4 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate at least 2 to 3 hours. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 005 02**  
**CARROT, CELERY, AND APPLE SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
95 cal	11 g	1 g	6 g	4 mg	210 mg	33 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CARROTS,FRESH,SHREDDED	8 lbs	2 gal 1/4 qts	9-3/4 lbs
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
APPLES,FRESH,MEDIUM,UNPEELED,DICED	5-1/2 lbs	1 gal 1 qts	6-1/2 lbs
MILK,NONFAT,DRY	1-1/3 oz	1/2 cup 1 tbsp	
WATER,WARM	10-1/2 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
JUICE,LEMON	2-1/8 oz	1/4 cup 1/3 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Combine carrots, diced celery, and diced unpared apples.
- 2 Reconstitute milk; combine with Regular or Fat Free Salad Dressing, salt, sugar, and lemon juice. Blend well.
- 3 Add to vegetables; toss together lightly.
- 4 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate at least 2 to 3 hours. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 006 00**  
**PIMIENTO CHEESE STUFFED CELERY**

**Yield** 100

**Portion** 2 Pieces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
57 cal	2 g	3 g	4 g	11 mg	101 mg	84 mg

**Ingredient**

CELERY,FRESH,BUNCH  
 CHEESE,CHEDDAR,SHREDDED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 SALAD DRESSING,MAYONNAISE TYPE  
 PEPPER,RED,GROUND  
 WORCESTERSHIRE SAUCE

**Weight**

6 lbs  
 2-1/4 lbs  
 10-1/8 oz  
 7-7/8 oz  
 <1/16th oz  
 1/2 oz

**Measure**

1 gal 1-2/3 qts  
 2 qts 1 cup  
 1-1/2 cup  
 1 cup  
 1/8 tsp  
 1 tbsp

**Issue**

8-1/4 lbs

**Method**

- 1 Cut celery into 2 to 3 inch pieces. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper. Refrigerate for use in Step 3.
- 2 Combine cheese, pimientos, Salad Dressing, red pepper, and Worcestershire sauce; blend well.
- 3 Fill hollow section of each celery piece with mixture.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 006 01**  
**COTTAGE CHEESE STUFFED CELERY**

**Yield** 100

**Portion** 2 Pieces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
14 cal	1 g	1 g	0 g	1 mg	68 mg	17 mg

**Ingredient**

CELERY,FRESH,BUNCH  
 CHEESE,COTTAGE  
 CATSUP  
 HORSERADISH,PREPARED  
 ONIONS,FRESH,GRATED

**Weight**

6 lbs  
 2 lbs  
 2-1/8 oz  
 1 oz  
 1/4 oz

**Measure**

1 gal 1-2/3 qts  
 1 qts  
 1/4 cup 1/3 tbsp  
 2 tbsp  
 1/3 tsp

**Issue**

8-1/4 lbs  
  
  
  
 1/4 oz

**Method**

- 1 Cut celery into 2 to 3 inch pieces. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper. Refrigerate for use in Step 3.
- 2 Combine cottage cheese, tomato catsup, prepared horseradish, and grated onions; blend thoroughly.
- 3 Fill hollow section of each celery piece with mixture.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 006 02**  
**PEANUT BUTTER STUFFED CELERY**

**Yield** 100

**Portion** 2 Pieces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
50 cal	6 g	2 g	3 g	0 mg	48 mg	13 mg

**Ingredient**

CELERY,FRESH,BUNCH  
 PEANUT BUTTER  
 HONEY

**Weight**

6 lbs  
 1-1/8 lbs  
 1-1/8 lbs

**Measure**

1 gal 1-2/3 qts  
 2 cup  
 1-1/2 cup

**Issue**

8-1/4 lbs

**Method**

- 1 Cut celery into 2 to 3 inch pieces. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper.
- 2 Combine peanut butter with honey; blend thoroughly.
- 3 Fill hollow section of each celery piece with mixture.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 006 03**  
**CREAM CHEESE STUFFED CELERY**

**Yield** 100

**Portion** 2 Pieces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
37 cal	1 g	1 g	3 g	10 mg	51 mg	18 mg

**Ingredient**

CELERY,FRESH,BUNCH  
 CHEESE,CREAM

**Weight**

6 lbs  
 2 lbs

**Measure**

1 gal 1-2/3 qts  
 1 qts

**Issue**

8-1/4 lbs

**Method**

- 1 Cut celery into 2 to 3 inch pieces. Place celery in ice water 1 hour or until crisp. Drain. Place on sheet pans lined with waxed paper. Refrigerate for use in Step 2.
- 2 Fill hollow section of each celery piece with softened cream cheese.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 007 00**

**CHEF'S SALAD**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
102 cal	5 g	9 g	5 g	71 mg	228 mg	130 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
LETTUCE,LEAF,FRESH,HEAD	7 lbs		11 lbs
CABBAGE,GREEN,FRESH,SHREDDED	1 lbs	1 qts 2-1/2 cup	1-1/4 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2-5/8 lbs	2 qts	3-1/4 lbs
CELERY,FRESH,CHOPPED	3-1/8 lbs	2 qts 3-3/4 cup	4-1/4 lbs
CUCUMBERS,FRESH,PEELED,SLICED	1-5/8 lbs	1 qts 2-1/4 cup	3-1/4 each
TURKEY,BNLS,WHITE AND DARK MEAT	2 lbs		
CHEESE,SWISS,CUBED	2 lbs	1 qts 2-7/8 cup	
HAM,COOKED,BONELESS,SLICED	2 lbs		
EGG,HARD COOKED,CHOPPED	2-3/4 lbs	25 Eggs	
TOMATOES,FRESH,THIN WEDGES	8-1/8 lbs	1 gal 1-1/8 qts	8-1/4 lbs

**Method**

- 1 Wash lettuce. Tear or cut into large pieces.
- 2 Wash vegetables. Combine lettuce with cabbage, peppers, celery, and cucumbers; toss lightly.
- 3 Cut turkey, ham and cheese into 1/2 inch strips and eggs and tomatoes into 8 wedges each.
- 4 Place 1 cup salad vegetables in salad bowls. Add 2 thin strips meat, 4 thin strips cheese, 2 egg wedges, and 2 tomato wedges.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower. If desired, 3/4 Garlic Croutons (Recipe D 016 01) may be prepared.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 007 01**  
**CHEF'S SALAD (ENTREE)**

**Yield** 100

**Portion** 1-1/2 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
193 cal	8 g	16 g	11 g	92 mg	363 mg	320 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 CABBAGE,GREEN,FRESH,SHREDDED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CUCUMBERS,FRESH,PEELED,SLICED  
 CELERY,FRESH,CHOPPED  
 HAM,COOKED,BONELESS,SLICED  
 TURKEY,BNLS,WHITE AND DARK MEAT  
 CHEESE,SWISS,CUBED  
 EGG,HARD COOKED,CHOPPED  
 TOMATOES,FRESH,THIN WEDGES

**Weight**

10-1/3 lbs  
 1-2/3 lbs  
 4 lbs  
 2-3/8 lbs  
 3-1/8 lbs  
 3 lbs  
 3 lbs  
 6 lbs  
 2-3/4 lbs  
 12-1/4 lbs

**Measure**

2 qts 2-3/4 cup  
 3 qts 1/8 cup  
 2 qts 1 cup  
 2 qts 3-3/4 cup  
  
 1 gal 1-1/8 qts  
 25 Eggs  
 1 gal 3-2/3 qts

**Issue**

16-1/8 lbs  
 2-1/8 lbs  
 4-7/8 lbs  
 4-2/3 each  
 4-1/4 lbs  
  
  
  
 12-1/2 lbs

**Method**

- 1 Wash lettuce. Tear or cut lettuce into large pieces.
- 2 Wash vegetables. Combine lettuce with cabbage, peppers, celery, and cucumbers; toss lightly.
- 3 Cut ham, turkey and cheese into thin strips and eggs and tomatoes into 8 wedges each.
- 4 Place about 1-1/2 cups of salad vegetables in salad bowls. Add 6 thin strips meat, 12 thin strips cheese, 3 egg wedges, and 2 tomato wedges.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower. If desired, 3/4 Garlic Croutons (Recipe D 016 01) may be prepared.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 008 00**

**COLE SLAW**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
115 cal	9 g	1 g	9 g	6 mg	258 mg	26 mg

**Ingredient**

CABBAGE, GREEN, FRESH, SHREDDED  
 SALAD DRESSING, MAYONNAISE TYPE  
 SALT  
 SUGAR, GRANULATED  
 VINEGAR, DISTILLED  
 PAPRIKA, GROUND

**Weight**

12 lbs  
 4 lbs  
 1-1/4 oz  
 10-5/8 oz  
 4-1/8 oz  
 1/2 oz

**Measure**

4 gal 3-1/2 qts  
 2 qts  
 2 tbsp  
 1-1/2 cup  
 1/2 cup  
 2 tbsp

**Issue**

15 lbs

**Method**

- 1 Chill cabbage in covered container until crisp.
- 2 Combine Salad Dressing, salt, sugar, and vinegar.
- 3 Add to cabbage; mix well.
- 4 Cover; refrigerate until ready to serve. Just before serving, sprinkle lightly with paprika to garnish. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 008 01**  
**MEXICAN COLE SLAW**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
121 cal	10 g	1 g	9 g	6 mg	268 mg	23 mg

**Ingredient**

CABBAGE, GREEN, FRESH, SHREDDED  
 SALAD DRESSING, MAYONNAISE TYPE  
 SALT  
 SUGAR, GRANULATED  
 CELERY, FRESH, CHOPPED  
 TOMATOES, FRESH, CHOPPED  
 ONIONS, FRESH, CHOPPED  
 PEPPERS, GREEN, FRESH, MEDIUM, SHREDDED  
 VINEGAR, DISTILLED

**Weight**

6-3/4 lbs  
 4 lbs  
 1-1/4 oz  
 10-5/8 oz  
 3-1/8 lbs  
 4-3/8 lbs  
 7-1/2 oz  
 4 lbs  
 4-1/8 oz

**Measure**

2 gal 2-7/8 qts  
 2 qts  
 2 tbsp  
 1-1/2 cup  
 2 qts 3-3/4 cup  
 2 qts 3 cup  
 1-3/8 cup  
 3 qts 1/8 cup  
 1/2 cup

**Issue**

8-1/2 lbs  
  
  
 4-1/4 lbs  
 4-1/2 lbs  
 8-1/3 oz  
 4-7/8 lbs

**Method**

- 1 Chill cabbage in covered container until crisp.
- 2 Combine Salad Dressing, salt, sugar, celery, tomatoes, onions, peppers, and vinegar.
- 3 Add to cabbage; mix well.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 00**  
**COLE SLAW WITH CREAMY DRESSING**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
75 cal	8 g	1 g	5 g	3 mg	188 mg	35 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SALAD DRESSING,MAYONNAISE TYPE  
 PEPPER,BLACK,GROUND  
 MUSTARD,PREPARED  
 SALT  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 CABBAGE,GREEN,FRESH,SHREDDED

**Weight**

1-3/4 oz  
 14-5/8 oz  
 2 lbs  
 1/8 oz  
 1-1/8 oz  
 1 oz  
 12-1/3 oz  
 8-1/3 oz  
 13 lbs

**Measure**

3/4 cup  
 1-3/4 cup  
 1 qts  
 1/3 tsp  
 2 tbsp  
 1 tbsp  
 1-3/4 cup  
 1 cup  
 5 gal 1 qts

**Issue**

16-1/4 lbs

**Method**

- 1 Reconstitute milk; add Salad Dressing, pepper, mustard, salt, and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Pour dressing over cabbage; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 01**  
**COLE SLAW WITH VINEGAR DRESSING**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
47 cal	12 g	1 g	0 g	0 mg	127 mg	29 mg

**Ingredient**

PEPPER,BLACK,GROUND

SALT

SUGAR,GRANULATED

VINEGAR,DISTILLED

WATER

CABBAGE,GREEN,FRESH,SHREDDED

**Weight**

1/8 oz

1 oz

1-3/4 lbs

2-1/8 lbs

8-1/3 oz

13 lbs

**Measure**

1/3 tsp

1 tbsp

1 qts

1 qts

1 cup

5 gal 1 qts

**Issue**

16-1/4 lbs

**Method**

- 1 Combine black pepper, salt, granulated sugar, vinegar, and water; mix well.
- 2 Pour dressing over cabbage; toss lightly until well mixed.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**CABBAGE AND CARROT SLAW WITH CREAMY DRESSING**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
78 cal	9 g	1 g	5 g	3 mg	190 mg	33 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SALAD DRESSING,MAYONNAISE TYPE  
 PEPPER,BLACK,GROUND  
 MUSTARD,PREPARED  
 SALT  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 CABBAGE,GREEN,FRESH,SHREDDED  
 CARROTS,FRESH,SHREDDED

**Weight**

1-3/4 oz  
 14-5/8 oz  
 2 lbs  
 1/8 oz  
 1-1/8 oz  
 1 oz  
 12-1/3 oz  
 8-1/3 oz  
 10-1/2 lbs  
 2-7/8 lbs

**Measure**

3/4 cup  
 1-3/4 cup  
 1 qts  
 1/3 tsp  
 2 tbsp  
 1 tbsp  
 1-3/4 cup  
 1 cup  
 4 gal 1 qts  
 2 qts 3-7/8 cup

**Issue**

13-1/8 lbs  
 3-1/2 lbs

**Method**

- 1 Reconstitute milk; add Salad Dressing, pepper, mustard, salt and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Use finely shredded cabbage and finely shredded carrots. Pour dressing over cabbage; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 009 03**  
**PINEAPPLE COLE SLAW**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
87 cal	12 g	1 g	5 g	3 mg	184 mg	33 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SALAD DRESSING,MAYONNAISE TYPE  
 MUSTARD,PREPARED  
 SALT  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 CABBAGE,GREEN,FRESH,SHREDDED  
 PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED

**Weight**

1-3/4 oz  
 14-5/8 oz  
 2 lbs  
 3/8 oz  
 1 oz  
 12-1/3 oz  
 8-1/3 oz  
 10-1/2 lbs  
 6-3/4 lbs

**Measure**

3/4 cup  
 1-3/4 cup  
 1 qts  
 1/3 tsp  
 1 tbsp  
 1-3/4 cup  
 1 cup  
 4 gal 1 qts  
 2 qts 1-7/8 cup

**Issue**

13-1/8 lbs

**Method**

- 1 Reconstitute milk; add Salad Dressing, mustard, salt, and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Use finely shredded cabbage and pineapple chunks or tidbits. Pour dressing over cabbage; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.



**PINEAPPLE MARSHMALLOW COLE SLAW**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	16 g	1 g	5 g	3 mg	186 mg	33 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER,WARM	14-5/8 oz	1-3/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
MUSTARD,PREPARED	3/8 oz	1/3 tsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
VINEGAR,DISTILLED	8-1/3 oz	1 cup	
CABBAGE,GREEN,FRESH,SHREDDED	10-1/2 lbs	4 gal 1 qts	13-1/8 lbs
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	6-3/4 lbs	2 qts 1-7/8 cup	
MARSHMALLOWS,MINIATURE	1-1/3 lbs	3 qts	

**Method**

- 1 Reconstitute milk; add Salad Dressing, mustard, salt, and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Use finely shredded cabbage and pineapple chunks or tidbits. Pour dressing over cabbage; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower. Just before serving, add miniature marshmallows.

**VEGETABLE SLAW WITH CREAMY DRESSING**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
79 cal	9 g	1 g	5 g	3 mg	189 mg	33 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SALAD DRESSING,MAYONNAISE TYPE  
 PEPPER,BLACK,GROUND  
 MUSTARD,PREPARED  
 SALT  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 CABBAGE,GREEN,FRESH,SHREDDED  
 CARROTS,FRESH,SHREDDED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED

**Weight**

1-3/4 oz  
 14-5/8 oz  
 2 lbs  
 1/8 oz  
 1-1/8 oz  
 1 oz  
 12-1/3 oz  
 8-1/3 oz  
 10-1/2 lbs  
 2 lbs  
 5-5/8 oz  
 1-1/2 lbs

**Measure**

3/4 cup  
 1-3/4 cup  
 1 qts  
 1/3 tsp  
 2 tbsp  
 1 tbsp  
 1-3/4 cup  
 1 cup  
 4 gal 1 qts  
 2 qts 1/4 cup  
 3/4 cup  
 1 qts 1/2 cup

**Issue**

13-1/8 lbs  
 2-1/2 lbs  
 6-1/4 oz  
 1-7/8 lbs

**Method**

- 1 Reconstitute milk; add Salad Dressing, pepper, mustard, salt, and sugar; mix well.
- 2 Add vinegar gradually; blend well.
- 3 Combine finely shredded cabbage, finely shredded carrots, fresh onions, and sweet peppers. Pour dressing over vegetables; toss lightly until well mixed.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 010 00**  
**HONEY MUSTARD DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
27 cal	7 g	0 g	0 g	0 mg	36 mg	4 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	1-7/8 lbs	3-1/2 cup	
HONEY	1-2/3 lbs	2-1/4 cup	
VINEGAR,DISTILLED	6-1/4 oz	3/4 cup	
GARLIC POWDER	1/3 oz	1 tbsp	
MUSTARD,DRY	2 oz	1/4 cup 1-1/3 tbsp	
ONION POWDER	1/2 oz	2 tbsp	
SALT	1/3 oz	1/4 tsp	

**Method**

- 1 Combine water, honey, and vinegar in mixer bowl.
- 2 Add garlic powder, mustard, onion powder, and salt to mixture.
- 3 Using a wire whip, mix at medium speed 3 minutes or until well blended.
- 4 Cover; refrigerate at 41 F. or lower until ready to serve.
- 5 Whip or stir well before serving.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 011 00**  
**LOW CALORIE YOGURT DRESSING**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
25 cal	4 g	2 g	0 g	2 mg	93 mg	57 mg

**Ingredient**

YOGURT,PLAIN,LOWFAT  
 ONIONS,FRESH,CHOPPED  
 PARSLEY,FRESH,BUNCH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 SALT  
 GARLIC POWDER

**Weight**

6-1/2 lbs  
 1 lbs  
 3-1/8 oz  
 6-1/3 oz  
 3-1/2 oz  
 6-1/4 oz  
 5/8 oz  
 1/4 oz

**Measure**

3 qts  
 2-7/8 cup  
 1-1/2 cup  
 1-1/2 cup  
 1/2 cup  
 3/4 cup  
 1 tbsp  
 1/3 tsp

**Issue**

1-1/8 lbs  
 3-1/4 oz  
 8-2/3 oz

**Method**

- 1 Mix together yogurt, onions, parsley, celery leaves, sugar, vinegar, salt, and garlic. Stir well to blend.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 012 00**  
**COTTAGE CHEESE SALAD**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
62 cal	2 g	7 g	3 g	8 mg	229 mg	46 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 CHEESE,COTTAGE  
 PAPRIKA,GROUND

**Weight**

4 lbs  
 12-3/8 lbs  
 1/4 oz

**Measure**

1 gal 2-1/4 qts  
 1 tbsp

**Issue**

6-1/4 lbs

**Method**

- 1 Place 1 lettuce leaf on each serving dish; add 1/4 cup cottage cheese.
- 2 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 00**  
**COTTAGE CHEESE AND PEACH SALAD**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
102 cal	12 g	8 g	3 g	8 mg	233 mg	52 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 PEACHES,CANNED,HALVES,JUICE PACK,DRAINED  
 CHEESE,COTTAGE  
 PAPRIKA,GROUND

**Weight**

4 lbs  
 19-2/3 lbs  
 12-3/8 lbs  
 1/4 oz

**Measure**

2 gal 1 qts  
 1 gal 2-1/4 qts  
 1 tbsp

**Issue**

6-1/4 lbs

**Method**

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain peach halves. Place one peach half, hollow side up, on each lettuce leaf.
- 3 Place 1/4 cup cottage cheese on each peach hollow.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 01**  
**COTTAGE CHEESE AND APRICOT SALAD**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
91 cal	10 g	8 g	3 g	8 mg	232 mg	54 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 APRICOTS,CANNED,JUICE PACK,DRAINED  
 CHEESE,COTTAGE  
 PAPRIKA,GROUND

**Weight**

4 lbs  
 13-1/2 lbs  
 12-3/8 lbs  
 1/4 oz

**Measure**

1 gal 2-1/4 qts  
 1 gal 2-1/4 qts  
 1 tbsp

**Issue**

6-1/4 lbs

**Method**

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain apricots. Add 2 apricot halves per leaf.
- 3 Place 2 tablespoons cottage cheese on each apricot half.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 02**  
**COTTAGE CHEESE AND PEAR SALAD**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
107 cal	14 g	8 g	3 g	8 mg	233 mg	54 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 PEARS,CANNED,HALVES,DRAINED  
 CHEESE,COTTAGE  
 PAPRIKA,GROUND

**Weight**

4 lbs  
 19-7/8 lbs  
 12-3/8 lbs  
 1/4 oz

**Measure**

2 gal 1-1/8 qts  
 1 gal 2-1/4 qts  
 1 tbsp

**Issue**

6-1/4 lbs

**Method**

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain pear halves. Place 1 pear half on each lettuce leaf, hollow side up.
- 3 Place 1/4 cup cottage cheese in each pear hollow.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 013 03**  
**COTTAGE CHEESE AND PINEAPPLE SALAD**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
98 cal	12 g	8 g	3 g	8 mg	230 mg	56 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 PINEAPPLE,CANNED,SLICED,DRAINED  
 CHEESE,COTTAGE  
 PAPRIKA,GROUND

**Weight**

4 lbs  
 13-1/2 lbs  
 12-3/8 lbs  
 1/4 oz

**Measure**

2 gal 1-1/2 qts  
 1 gal 2-1/4 qts  
 1 tbsp

**Issue**

6-1/4 lbs

**Method**

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Drain pineapple slices. Place 1 slice pineapple on lettuce leaf.
- 3 Place 1/4 cup cottage cheese on each pineapple slice.
- 4 Garnish with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 014 00**  
**COTTAGE CHEESE AND TOMATO SALAD**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
74 cal	5 g	8 g	3 g	8 mg	234 mg	49 mg

**Ingredient**

TOMATOES,FRESH  
 LETTUCE,LEAF,FRESH,HEAD  
 CHEESE,COTTAGE  
 PAPRIKA,GROUND

**Weight**

12-1/2 lbs  
 4 lbs  
 12-3/8 lbs  
 1/4 oz

**Measure**

1 gal 2-1/4 qts  
 1 tbsp

**Issue**

12-3/4 lbs  
 6-1/4 lbs

**Method**

- 1 Cut each tomato into 8 wedges; set aside for use in Step 4.
- 2 Place 1 lettuce leaf on each serving dish.
- 3 Place 1/4 cup cottage cheese in center of each lettuce leaf.
- 4 Arrange 3 tomato wedges around cottage cheese.
- 5 Sprinkle with paprika. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 015 00**  
**CUCUMBER AND ONION SALAD**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
30 cal	8 g	0 g	0 g	0 mg	118 mg	11 mg

**Ingredient**

CUCUMBERS,FRESH,PEELED,SLICED  
 ONIONS,FRESH,SLICED  
 SALT  
 PEPPER,BLACK,GROUND  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 WATER

**Weight**

11-1/2 lbs  
 2-1/4 lbs  
 1 oz  
 1/8 oz  
 1 lbs  
 3-1/8 lbs  
 1 lbs

**Measure**

2 gal 3 qts  
 2 qts 7/8 cup  
 1 tbsp  
 1/8 tsp  
 2-1/4 cup  
 1 qts 2 cup  
 2 cup

**Issue**

22-5/8 each  
 2-1/2 lbs

**Method**

- 1 Combine cucumbers and onions.
- 2 Combine salt, pepper, sugar, vinegar, and water; blend well.
- 3 Pour over cucumbers and onions.
- 4 Cover and refrigerate for at least 1-1/2 hours. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 016 00**  
**LOW CALORIE THOUSAND ISLAND DRESSING**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
29 cal	4 g	2 g	1 g	2 mg	242 mg	57 mg

**Ingredient**

SAUCE,CHILI  
MUSTARD,PREPARED  
ONIONS,FRESH,CHOPPED  
VINEGAR,DISTILLED  
SALT  
YOGURT,PLAIN,LOWFAT

**Weight**

1-3/4 lbs  
2-1/4 oz  
9-7/8 oz  
2-1/8 oz  
1-1/2 oz  
6-1/2 lbs

**Measure**

3-1/4 cup  
1/4 cup 1/3 tbsp  
1-3/4 cup  
1/4 cup 1/3 tbsp  
2-1/3 tbsp  
3 qts

**Issue**

11 oz

**Method**

- 1 Combine chili sauce, mustard, onions, vinegar, and salt; blend well.
- 2 Add yogurt, stir until well blended.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 017 00**

**FRUIT SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
79 cal	19 g	1 g	0 g	1 mg	10 mg	53 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED  
 ORANGE,FRESH,SECTIONS,PEELED,DICED  
 GRAPEFRUIT,FRESH,PEELED,CHUNKS  
 APPLES,FRESH,MEDIUM,PEELED,CORED,CHOPPED  
 BANANA,FRESH,CHOPPED  
 QUICK FRUIT DRESSING  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

5-1/4 lbs  
 6-1/3 lbs  
 1-3/8 lbs  
 7-1/8 lbs  
 2-5/8 lbs  
 4 lbs

**Measure**

3 qts  
 0 gal 4 qts  
 2-3/4 cup  
 1 gal 2-1/2 qts  
 1 qts 3-7/8 cup  
 2 qts

**Issue**

21-7/8 each  
 2-5/8 lbs  
 9-1/8 lbs  
 4 lbs  
 6-1/4 lbs

**Method**

- 1 Drain pineapple. Reserve about 3 cups juice for use in Step 4.
- 2 Add oranges and grapefruit.
- 3 Add apples and bananas. Toss lightly.
- 4 Prepare 1 recipe Quick Fruit Dressing, Recipe No. M 056 00 using reserved pineapple juice. Fold dressing into fruit salad. Toss lightly. Cover; refrigerate.
- 5 Separate leaves. Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 018 00**  
**GARDEN COTTAGE CHEESE SALAD**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
56 cal	3 g	6 g	2 g	7 mg	191 mg	46 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CUCUMBER,FRESH,CHOPPED	4 lbs	3 qts 3-1/4 cup	4-3/4 lbs
RADISH,FRESH,CHOPPED	1 lbs	3-7/8 cup	1-1/8 lbs
ONIONS,GREEN,FRESH,CHOPPED	8 oz	2-1/4 cup	8-7/8 oz
CELERY,FRESH,CHOPPED	1-1/2 lbs	1 qts 1-5/8 cup	2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
CHEESE,COTTAGE	9-7/8 lbs	1 gal 1 qts	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Combine vegetables; toss lightly.
- 2 Combine cottage cheese with vegetables; mix well.
- 3 Place 1 lettuce leaf on each serving dish; add salad mixture. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 019 00**  
**GARDEN VEGETABLE SALAD**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
12 cal	3 g	1 g	0 g	0 mg	18 mg	15 mg

**Ingredient**

CARROTS,FRESH,SLICED  
 CELERY,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 LETTUCE,ICEBERG,FRESH,CHOPPED

**Weight**

2 lbs  
 3 lbs  
 2 lbs  
 7 lbs

**Measure**

1 qts 3-1/8 cup  
 2 qts 3-3/8 cup  
 1 qts 2-1/8 cup  
 3 gal 2-1/2 qts

**Issue**

2-1/2 lbs  
 4-1/8 lbs  
 2-1/2 lbs  
 7-1/2 lbs

**Method**

- 1 Combine carrots, celery, and peppers. Tear prepared lettuce into small pieces; mix with other vegetables; toss lightly.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 020 00**

**MARINATED CARROTS**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
135 cal	24 g	1 g	5 g	0 mg	109 mg	28 mg

**Ingredient**

CARROTS,FRESH,STICKS  
 WATER,BOILING  
 SOUP,CONDENSED,TOMATO  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 PEPPER,BLACK,GROUND  
 MUSTARD,DRY  
 OIL,SALAD  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED

**Weight**

16 lbs  
 20-7/8 lbs  
 3-1/8 lbs  
 2-2/3 lbs  
 3-1/8 lbs  
 1/8 oz  
 3/4 oz  
 1 lbs  
 2 lbs  
 2 lbs

**Measure**

3 gal 2-1/8 qts  
 2 gal 2 qts  
 1 qts 1-3/4 cup  
 1 qts 2 cup  
 1 qts 2 cup  
 1/3 tsp  
 2 tbsp  
 2 cup  
 1 qts 1-5/8 cup  
 1 qts 2-1/8 cup

**Issue**

19-1/2 lbs  
  
  
  
  
  
 2-1/4 lbs  
 2-1/2 lbs

**Method**

- 1 Add carrots to boiling water.
- 2 Bring back to a boil; reduce heat; simmer 5 minutes or until tender-crisp. Drain. Set aside for use in Step 6.
- 3 Combine soup, sugar, vinegar, pepper, and mustard in a mixer bowl. Blend at medium speed 3 minutes.
- 4 Add salad oil or olive oil slowly to mixture at low speed 2 minutes.
- 5 Add onions and peppers. Scrape down bowl. Blend 1 minute.
- 6 Pour mixture over warm carrots. Cover; refrigerate overnight or until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.



**LOW CALORIE TANGY TARRAGON DRESSING**

**Yield** 100

**Portion** 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
20 cal	6 g	0 g	0 g	0 mg	117 mg	5 mg

**Ingredient**

VINEGAR,DISTILLED  
 WATER  
 SUGAR,GRANULATED  
 SALT  
 PARSLEY,DEHYDRATED,FLAKED  
 TARRAGON,GROUND  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND

**Weight**

5-1/4 lbs  
 2-5/8 lbs  
 14-1/8 oz  
 1 oz  
 3/8 oz  
 1/3 oz  
 3/8 oz  
 1/8 oz

**Measure**

2 qts 2 cup  
 1 qts 1 cup  
 2 cup  
 1 tbsp  
 1/2 cup  
 2 tbsp  
 1 tbsp  
 1/3 tsp

**Issue**

**Method**

- 1 Combine vinegar, water, sugar, salt, parsley, tarragon, garlic, and pepper; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Shake or beat well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 021 01**  
**LOW CALORIE BASIL DRESSING**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
20 cal	6 g	0 g	0 g	0 mg	117 mg	6 mg

**Ingredient**

VINEGAR,DISTILLED  
 WATER  
 SUGAR,GRANULATED  
 SALT  
 ONION POWDER  
 BASIL,SWEET,WHOLE,CRUSHED  
 PEPPER,BLACK,GROUND

**Weight**

5-1/4 lbs  
 2-5/8 lbs  
 14-1/8 oz  
 1 oz  
 7/8 oz  
 1/2 oz  
 1/8 oz

**Measure**

2 qts 2 cup  
 1 qts 1 cup  
 2 cup  
 1 tbsp  
 1/4 cup  
 3-1/3 tbsp  
 1/3 tsp

**Issue**

**Method**

- 1 Combine vinegar, water, sugar, salt, pepper, onion powder, and sweet basil; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Shake or beat well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 022 00**  
**TANGY YOGURT SALAD DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
18 cal	3 g	1 g	0 g	1 mg	13 mg	28 mg

**Ingredient**

SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 MUSTARD,DRY  
 YOGURT,PLAIN,LOWFAT  
 HORSERADISH,PREPARED

**Weight**

7 oz  
 8-1/3 oz  
 1/2 oz  
 3-1/4 lbs  
 2-7/8 oz

**Measure**

1 cup  
 1 cup  
 1 tbsp  
 1 qts 2 cup  
 1/4 cup 1-2/3 tbsp

**Issue**

**Method**

- 1 Combine sugar, vinegar, and mustard; stir until sugar is dissolved.
- 2 Add yogurt and horseradish. Blend well.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**JELLIED CRANBERRY AND ORANGE SALAD**

**Yield** 100

**Portion** 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	26 g	2 g	0 g	0 mg	50 mg	21 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	6-1/4 lbs	3 qts	
DESSERT POWDER,GELATIN,ORANGE	3-1/2 lbs	1 qts 3 cup	
WATER,COLD	10-1/2 lbs	1 gal 1 qts	
CRANBERRIES,FRESH	3-1/8 lbs	3 qts 2-7/8 cup	3-1/4 lbs
ORANGE,FRESH	1-3/4 lbs	6 each	
CELERY,FRESH,CHOPPED	1-5/8 lbs	1 qts 2-1/8 cup	2-1/4 lbs
SUGAR,GRANULATED	1-3/4 lbs	1 qts	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Add gelatin to boiling water; stir until dissolved.
- 2 Add cold water; mix well.
- 3 Pour about 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Grind cranberries. Set aside for use in Step 7.
- 5 Quarter oranges; remove seeds. DO NOT PEEL. Grind oranges.
- 6 Combine cranberries, oranges, celery, and sugar; mix well.
- 7 Add 2 quarts cranberry mixture to gelatin in each pan; stir to distribute evenly.
- 8 Chill until firm. Cut 5 by 7.
- 9 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

**JELLIED CRANBERRY AND ORANGE SALAD (CANNED)**

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
112 cal	27 g	2 g	0 g	0 mg	59 mg	19 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	6-1/4 lbs	3 qts	
DESSERT POWDER,GELATIN,ORANGE	3-1/2 lbs	1 qts 3 cup	
WATER,COLD	10-1/2 lbs	1 gal 1 qts	
ORANGE,FRESH		6 each	
CRANBERRY SAUCE,JELLIED	7 lbs	2 qts 3-1/2 cup	
CELERY,FRESH,CHOPPED	1-5/8 lbs	1 qts 2-1/8 cup	2-1/4 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Add gelatin to boiling water; stir until dissolved.
- 2 Add cold water; mix well.
- 3 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Quarter oranges; remove seeds. DO NOT PEEL. Grind oranges.
- 5 Use canned Cranberry Sauce; beat with wire whip until smooth.
- 6 Combine oranges, cranberry sauce and celery; mix well.
- 7 Add 2 quarts cranberry mixture to gelatin in each pan; stir to distribute evenly.
- 8 Chill until firm. Cut 5 by 7.
- 9 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

**JELLIED CRANBERRY AND PINEAPPLE SALAD**

**Yield** 100

**Portion** 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	33 g	2 g	2 g	0 mg	54 mg	23 mg

**Ingredient**

PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS  
 CRANBERRY SAUCE,JELLIED  
 WATER,BOILING  
 DESSERT POWDER,GELATIN,CHERRY  
 RESERVED LIQUID  
 JUICE,LEMON  
 LEMON RIND,GRATED  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

6-5/8 lbs  
 7-1/3 lbs  
 8-1/3 lbs  
 3-1/2 lbs  
 6-1/4 lbs  
 8-5/8 oz  
 3/8 oz  
 10-1/3 oz  
 4 lbs

**Measure**

3 qts  
 3 qts  
 1 gal  
 1 qts 3 cup  
 3 qts  
 1 cup  
 2 tbsp  
 2 cup

**Issue**

6-1/4 lbs

**Method**

- 1 Drain pineapple; reserve juice for use in Step 4 and pineapple for use in Step 6.
- 2 Using a wire whip, beat cranberry sauce at medium speed in mixer bowl until smooth. Set aside for use in Step 3.
- 3 Add gelatin to boiling water; stir until dissolved. Add cranberry sauce; mix well.
- 4 Add cold water and reserved juice, lemon juice, and rind; mix well.
- 5 Pour 1 gallon gelatin mixture into each pan; chill until slightly thickened.
- 6 Add 1 quart pineapple and 2/3 cup nuts to gelatin mixture in each pan; stir to distribute evenly.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 00**

**JELLIED FRUIT SALAD**

**Yield** 100

**Portion** 5 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
105 cal	26 g	2 g	0 g	0 mg	47 mg	19 mg

**Ingredient**

APRICOTS,CANNED,JUICE PACK,INCL LIQ,HALVES  
 DESSERT POWDER,GELATIN,ORANGE  
 WATER,BOILING  
 RESERVED LIQUID  
 APPLES,FRESH,MEDIUM,UNPEELED,DICED  
 BANANA,FRESH,CHOPPED  
 MARSHMALLOWS,MINIATURE  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

6-1/2 lbs  
 3-1/2 lbs  
 8-1/3 lbs  
 8-1/3 lbs  
 1-2/3 lbs  
 2-1/4 lbs  
 1 lbs  
 4 lbs

**Measure**

3 qts  
 1 qts 3 cup  
 1 gal  
 1 gal  
 1 qts 2 cup  
 1 qts 2-3/4 cup  
 2 qts 1 cup

**Issue**

2 lbs  
 3-1/2 lbs  
 6-1/4 lbs

**Method**

- 1 Drain apricots; reserve juice for use in Step 3. Cut apricots in half; set aside for use in Step 5.
- 2 Add gelatin to boiling water; stir until dissolved.
- 3 Add cold water and reserved juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add equal amounts of apricots, apples, and bananas to gelatin mixture in each pan; stir to distribute evenly.
- 6 Sprinkle 3 cups marshmallows over mixture in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 01**  
**JELLIED ORANGE SALAD**

**Yield** 100

**Portion** 5 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
107 cal	26 g	2 g	0 g	0 mg	43 mg	31 mg

**Ingredient**

DESSERT POWDER,GELATIN,ORANGE  
 WATER,BOILING  
 JUICE,ORANGE  
 PINEAPPLE,CANNED,CRUSHED  
 ORANGE,FRESH,SECTIONS  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

3-1/2 lbs  
 8-1/3 lbs  
 6-5/8 lbs  
 6-3/4 lbs  
 6 lbs  
 4 lbs

**Measure**

1 qts 3 cup  
 1 gal  
 3 qts  
 3 qts 3/8 cup  
 3 qts 3-1/8 cup

**Issue**

8-1/4 lbs  
 6-1/4 lbs

**Method**

- 1 Add gelatin to boiling water; stir until dissolved.
- 2 Add orange juice and crushed pineapple; mix well.
- 3 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Add peeled fresh oranges, sliced and cut into halves to gelatin mixture in each pan; stir to distribute evenly.
- 5 Chill until firm. Cut 5 by 7.
- 6 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 02**

**JELLIED PEAR SALAD**

**Yield** 100

**Portion** 5 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
93 cal	23 g	2 g	0 g	0 mg	46 mg	20 mg

**Ingredient**

PEARS,CANNED,HALVES,DRAINED,CHOPPED  
 DESSERT POWDER,GELATIN,LIME  
 WATER,BOILING  
 RESERVED LIQUID  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

13-1/4 lbs  
 3-1/2 lbs  
 8-1/3 lbs  
 8-1/3 lbs  
 4 lbs

**Measure**

1 gal 2 qts  
 1 qts 3 cup  
 1 gal  
 1 gal

**Issue**

6-1/4 lbs

**Method**

- 1 Drain pears; reserve juice for use in Step 3. Cut pear halves into 2 or 3 pieces; set aside for use in Step 5.
- 2 Add lime gelatin to boiling water; stir until dissolved.
- 3 Add cold water and reserved juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add pears to gelatin mixture in each pan; stir to distribute evenly.
- 6 Chill until firm. Cut 5 by 7.
- 7 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

**JELLIED PINEAPPLE, PEAR, AND BANANA SALAD**

**Yield** 100

**Portion** 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
120 cal	30 g	2 g	0 g	0 mg	47 mg	22 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,INCL LIQUIDS  
 PEARS,CANNED,HALVES,JC PK,INCL LIQUIDS,CHOPPED  
 DESSERT POWDER,GELATIN,STRAWBERRY  
 WATER,BOILING  
 RESERVED LIQUID  
 BANANA,FRESH,CHOPPED  
 MARSHMALLOWS,MINIATURE  
 LETTUCE,LEAF,FRESH,CHOPPED

**Weight**

6-3/4 lbs  
 6-3/4 lbs  
 3-1/2 lbs  
 8-1/3 lbs  
 8-1/3 lbs  
 2-1/4 lbs  
 1 lbs  
 4 lbs

**Measure**

3 qts 1/4 cup  
 3 qts 3/8 cup  
 1 qts 3 cup  
 1 gal  
 1 gal  
 1 qts 2-3/4 cup  
 2 qts 1 cup  
 2 gal 1/8 qts

**Issue**

3-1/2 lbs  
 6-1/4 lbs

**Method**

- 1 Drain pineapple chunks or tidbits, and canned pear halves; reserve juice for use in Step 3. Cut pear halves into 6 pieces; set aside for use in Step 5.
- 2 Add strawberry gelatin to boiling water; stir until dissolved.
- 3 Add cold water and reserved juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add equal amounts of pineapple and bananas to gelatin mixture in each pan; stir to distribute evenly.
- 6 Sprinkle 3 cups marshmallows over mixture in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover. CCP; refrigerate at 41 F. or lower until ready to serve.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 04**  
**JELLIED STRAWBERRY SALAD**

**Yield** 100

**Portion** 4-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
90 cal	22 g	2 g	0 g	0 mg	44 mg	21 mg

**Ingredient**

DESSERT POWDER,GELATIN,STRAWBERRY  
 WATER,BOILING  
 WATER,COLD  
 STRAWBERRIES,FROZEN,THAWED  
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS  
 BANANA,FRESH,SLICED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

3-1/2 lbs  
 8-1/3 lbs  
 4-1/8 lbs  
 6 lbs  
 3-3/8 lbs  
 2 lbs  
 4 lbs

**Measure**

1 qts 3 cup  
 1 gal  
 2 qts  
 2 qts 2-5/8 cup  
 1 qts 2-1/8 cup  
 1 qts 2 cup

**Issue**

3-1/8 lbs  
 6-1/4 lbs

**Method**

- 1 Add strawberry gelatin dessert powder to boiling water; stir until dissolved.
- 2 Add cold water, partially thawed strawberries, undrained canned crushed pineapple, and thinly sliced bananas. Stir to distribute evenly.
- 3 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Chill until firm. Cut 5 by 7.
- 5 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 025 05**  
**JELLIED BANANA SALAD**

**Yield** 100

**Portion** 5 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
93 cal	22 g	2 g	0 g	0 mg	44 mg	16 mg

**Ingredient**

DESSERT POWDER,GELATIN,ORANGE  
 WATER,BOILING  
 WATER,COLD  
 BANANA,FRESH,CHOPPED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

3-1/2 lbs  
 8-1/3 lbs  
 8-1/3 lbs  
 7-1/4 lbs  
 4 lbs

**Measure**

1 qts 3 cup  
 1 gal  
 1 gal  
 1 gal 1-1/2 qts

**Issue**

11-1/8 lbs  
 6-1/4 lbs

**Method**

- 1 Add gelatin to boiling water; stir until dissolved.
- 2 Add cold water; mix well.
- 3 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 4 Add 1/3 sliced bananas to gelatin in each pan; stir gently to distribute evenly.
- 5 Chill until firm. Cut 5 by 7.
- 6 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 026 00**  
**JELLIED FRUIT COCKTAIL SALAD**

**Yield** 100

**Portion** 4-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
125 cal	23 g	3 g	3 g	0 mg	48 mg	25 mg

**Ingredient**

FRUIT COCKTAIL,CANNED,JUICE PACK,INCL LIQUIDS  
 WATER,BOILING  
 DESSERT POWDER,GELATIN,CHERRY  
 RESERVED LIQUID  
 JUICE,LEMON  
 NUTS,UNSALTED,CHOPPED,COARSELY  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

12-1/2 lbs  
 8-1/3 lbs  
 3-1/2 lbs  
 8-1/3 lbs  
 1-5/8 lbs  
 1-1/4 lbs  
 4 lbs

**Measure**

1 gal 2 qts  
 1 gal  
 1 qts 3 cup  
 1 gal  
 3 cup  
 1 qts

**Issue**

6-1/4 lbs

**Method**

- 1 Drain fruit cocktail; reserve juice for use in Step 3 and fruit for use in Step 5.
- 2 Add gelatin to boiling water; stir until dissolved.
- 3 Add cold water, reserved juice and lemon juice; mix well.
- 4 Pour 3 quarts gelatin mixture into each pan; chill until slightly thickened.
- 5 Add 2 quarts fruit cocktail and 1-1/3 cups nuts to gelatin mixture in each pan; stir to distribute evenly.
- 6 Chill until firm. Cut 5 by 7.
- 7 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate at 41 F. or lower until ready to serve.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 027 00**

**GERMAN COLE SLAW**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
60 cal	5 g	1 g	4 g	0 mg	153 mg	29 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 CABBAGE,GREEN,FRESH,SHREDDED  
 VINEGAR,DISTILLED  
 OIL,SALAD  
 SUGAR,GRANULATED  
 SALT  
 PEPPER,BLACK,GROUND  
 PIMIENTO,CANNED,DRAINED,CHOPPED

**Weight**

12 oz  
 12 oz  
 12 oz  
 12 lbs  
 1-5/8 lbs  
 1 lbs  
 3-1/2 oz  
 1-1/4 oz  
 1/8 oz  
 4-1/4 oz

**Measure**

2-1/8 cup  
 2-1/4 cup  
 2-7/8 cup  
 4 gal 3-1/2 qts  
 3 cup  
 2 cup  
 1/2 cup  
 2 tbsp  
 1/8 tsp  
 1/2 cup 2 tbsp

**Issue**

13-1/3 oz  
 14-5/8 oz  
 1 lbs  
 15 lbs

**Method**

- 1 Combine onions, peppers, celery, and cabbage; toss lightly.
- 2 Combine vinegar, salad oil or olive oil, sugar, salt, and pepper; pour over cabbage mixture; mix well.
- 3 Garnish with pimientos. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 028 00**

**TACO SALAD**

**Yield** 100

**Portion** 1-1/2 Cups

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
307 cal	29 g	18 g	14 g	41 mg	908 mg	187 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHILI CON CARNE		3 gal 1 qts	
LETTUCE,ROMAINE,FRESH,CHOPPED	8 lbs	4 gal 1/4 qts	8-1/2 lbs
ONIONS,FRESH,SLICED	12-1/8 oz	3 cup	13-1/2 oz
TOMATOES,FRESH,THIN WEDGES	5-1/8 lbs	3 qts 1 cup	5-1/4 lbs
CHEESE,CHEDDAR,SHREDDED	3-1/8 lbs	3 qts 1/2 cup	
CORN CHIPS	3-1/8 lbs		
TACO SAUCE		3 qts 2 cup	

**Method**

- 1 Prepare 1/2 recipe Chili Con Carne, Recipe No. L 028 00 or Chili Con Carne with Beans, Recipe No. L 059 00. Keep hot for use in Step 5. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 2 Tear lettuce into pieces.
- 3 Combine lettuce, onions, and tomatoes. Toss lightly.
- 4 Place 1 cup salad mixture in each soup bowl.
- 5 Ladle 1/2 cup hot chili over each salad.
- 6 Sprinkle 2 tablespoons cheese over each salad.
- 7 Sprinkle 6 to 9 corn chips and 2 tablespoons taco sauce over each salad.
- 8 Serve immediately. Taco Salad may be served with sour cream or guacamole.

**Notes**

- 1 In Steps 5 and 6, add chili and cheese just before serving to prevent wilted lettuce and unappetizing appearance.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 029 00**  
**ITALIAN STYLE PASTA SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
157 cal	15 g	6 g	8 g	13 mg	380 mg	93 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
VINEGAR AND OIL DRESSING		1 qts	
BASIL,DRIED,CRUSHED	1 oz	1/4 cup 2-1/3 tbsp	
WATER	16-3/4 lbs	2 gal	
SALT	5/8 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
MACARONI NOODLES,SHELLS,DRY	3-2/3 lbs	1 gal	
SALAMI,BEEF,CHOPPED	2 lbs		
CHEESE,PROVOLONE	2-1/8 lbs	1 qts 3-1/2 cup	
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	14-1/4 oz	3 cup	
CELERY,FRESH,CHOPPED	12 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	8 oz	1-3/8 cup	8-7/8 oz
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
TOMATOES,FRESH,CHOPPED	2-1/2 lbs	1 qts 2-1/4 cup	2-1/2 lbs

**Method**

- 1 Prepare 1/2 recipe Vinegar and Oil Dressing, Recipe No. M 069 00. Add basil. Stir. Set aside for use in Step 4.
- 2 Add salt and salad oil to water; heat to rolling boil. Slowly add macaroni, rigatoni, rotini, or tortellini, stirring constantly or until water boils again. Cook 7 to 10 minutes or until just tender. Drain; rinse with cold water. Drain thoroughly.
- 3 Add salami, cheese, olives, celery, onions, peppers, and tomatoes to cooked pasta. Toss lightly.
- 4 Add Vinegar and Oil Dressing. Toss lightly. Cover; refrigerate at least 3 hours or until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 1, 2 pounds prepared fat free Italian Salad Dressing may be used per 100 servings.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 030 00**

**COBB SALAD**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
213 cal	8 g	9 g	17 g	57 mg	351 mg	85 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BACON,RAW	5 lbs		
LETTUCE,LEAF,FRESH,HEAD	8 lbs		12-1/2 lbs
TOMATOES,FRESH,CHOPPED	2-1/2 lbs	1 qts 2-1/4 cup	2-1/2 lbs
AVOCADO,FRESH,DICED	3-1/8 lbs	2 qts 1-1/2 cup	4-1/2 lbs
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
CHEESE,BLUE-VEINED	1-7/8 lbs	1 qts 2-1/4 cup	
EGG,HARD COOKED,CHOPPED	1-7/8 lbs	1 qts 2-3/8 cup	
CHICKEN,COOKED,DICED	2-1/8 lbs		
JUICE,LEMON	2-1/8 oz	1/4 cup 1/3 tbsp	
GARLIC FRENCH DRESSING		3 qts 1/2 cup	

**Method**

- 1 Cook bacon until crisp; place cooked bacon on absorbent paper to eliminate excess fat. Chop bacon.
- 2 Trim, wash and prepare vegetables. Tear lettuce into pieces. Place 3/4 cup lettuce into each individual salad bowl.
- 3 Place 1 tablespoon blue cheese in the center on top of lettuce.
- 4 Arrange following ingredients around cheese in separate wedge-shaped sections: 1 tablespoon each of bacon, tomatoes, eggs, and chicken; 1-1/2 tablespoons avocado (toss avocado in lemon juice to prevent darkening); and 2 teaspoons onions.
- 5 CCP: Cover; refrigerate at 41 F. or lower.
- 6 Serve with Garlic French Dressing (Recipe No. M 060 00).

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 031 00**

**KIDNEY BEAN SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
152 cal	16 g	5 g	8 g	47 mg	404 mg	28 mg

**Ingredient**

SALAD DRESSING,MAYONNAISE TYPE  
 PEPPER,BLACK,GROUND  
 VINEGAR,DISTILLED  
 BEANS,KIDNEY,DARK RED,CANNED,DRAINED  
 CELERY,FRESH,SLICED  
 EGG,HARD COOKED,CHOPPED  
 ONIONS,FRESH,SLICED  
 PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN  
 PICKLE RELISH,SWEET

**Weight**

3 lbs  
 1/4 oz  
 8-1/3 oz  
 14 lbs  
 2-1/4 lbs  
 2-1/4 lbs  
 12 oz  
 1 lbs  
 2-1/8 lbs

**Measure**

1 qts 2 cup  
 1 tbsp  
 1 cup  
 2 gal 1 qts  
 2 qts 1/2 cup  
 20 Eggs  
 3 cup  
 3 cup  
 1 qts

**Issue**

3-1/8 lbs  
 13-1/3 oz  
 1-1/4 lbs

**Method**

- 1 Combine Salad Dressing, pepper, and vinegar in mixer bowl; whip or mix well. Set aside for use in Step 3.
- 2 Drain beans; rinse; drain thoroughly.
- 3 Combine dressing, beans, celery, eggs, onions, peppers, and relish; mix carefully.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 032 00**

**FRUIT MEDLEY SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
101 cal	16 g	1 g	4 g	0 mg	23 mg	31 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

COCONUT,PREPARED,SWEETENED FLAKES	5-3/4 oz	1-3/4 cup	
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	2-5/8 lbs	1 qts 2 cup	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	6-1/2 lbs	1 gal 1-7/8 qts	7-2/3 lbs
BANANA,FRESH,CHOPPED	2-3/4 lbs	2 qts 3/8 cup	4-1/4 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
WALNUTS,SHELLED,CHOPPED	8-1/2 oz	2 cup	
RAISINS	7-2/3 oz	1-1/2 cup	
CHERRIES,MARASCHINO,CHOPPED	8-7/8 oz	1 cup	
WATER,COLD	2 lbs	3-3/4 cup	
WHIPPED TOPPING MIX,NONDAIRY,DRY	1 lbs	1 gal 1-5/8 qts	
MILK,NONFAT,DRY	1-5/8 oz	1/2 cup 2-2/3 tbsp	
EXTRACT,VANILLA	7/8 oz	2 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Toast coconut; cool; set aside for use in Step 3.
- 2 Combine pineapple, apples, and bananas in pineapple juice until ready to mix. Drain well.
- 3 Add celery, walnuts, raisins, chopped maraschino cherries, and coconut to drained pineapple, apples, and bananas mixture. Mix lightly; set aside for use in Step 6.
- 4 Place cold water in mixing bowl; add topping, milk, and vanilla. Whip at low speed 3 minutes or until blended. Scrape down
- 5 Whip at high speed 5 to 10 minutes or until stiff peaks are formed.
- 6 Add to fruit mixture tossing well to coat pieces. Cover, refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 7 Place 1 lettuce leaf on each serving dish; add 1/2 cup salad mixture.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 033 00**  
**LETTUCE AND TOMATO SALAD**

**Yield** 100

**Portion** 3-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
24 cal	5 g	1 g	0 g	0 mg	11 mg	17 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
TOMATOES,FRESH

**Weight**

4 lbs  
21-7/8 lbs

**Measure**

**Issue**

6-1/4 lbs  
22-1/3 lbs

**Method**

- 1 Separate leaves. Place 1 lettuce leaf on each serving dish.
- 2 Slice each tomato into 6 slices.
- 3 Arrange 4 slices tomatoes on each lettuce leaf. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

MACARONI SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
141 cal	20 g	3 g	6 g	26 mg	217 mg	14 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	29-1/4 lbs	3 gal 2 qts	
SALT	7/8 oz	1 tbsp	
OIL,SALAD	5/8 oz	1 tbsp	
MACARONI NOODLES,ELBOW,DRY	4-3/8 lbs	1 gal 3/4 qts	
EGG,HARD COOKED,CHOPPED	1-1/4 lbs	1 qts	
CELERY,FRESH,CHOPPED	1-7/8 lbs	1 qts 3-1/8 cup	2-5/8 lbs
ONIONS,FRESH,CHOPPED	1-3/8 lbs	3-7/8 cup	1-1/2 lbs
PICKLE RELISH,SWEET	1-1/3 lbs	2-1/2 cup	
SALAD DRESSING,MAYONNAISE TYPE	2 lbs	1 qts	
PIMIENTO,CANNED,DRAINED,CHOPPED	6-3/4 oz	1 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
VINEGAR,DISTILLED	6-1/4 oz	3/4 cup	
PAPRIKA,GROUND	1/8 oz	1/3 tsp	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Slowly add macaroni while stirring constantly, until water boils again. Cook about 15 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.
- 4 Combine macaroni, chopped eggs, celery, onions, pickle relish, Salad Dressing, pimientos, pepper, and vinegar. Toss lightly.
- 5 Garnish with paprika.
- 6 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 035 00**

**MIXED FRUIT SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
79 cal	20 g	1 g	0 g	0 mg	3 mg	41 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

PEACHES,CANNED,HALVES,JUICE PACK,DRAINED		1 gal 1/2 qts	
PEARS,CANNED,HALVES,DRAINED		1 gal 1/2 qts	
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED		1 gal 1/2 qts	
BANANA,FRESH,SLICED		1 gal 1-1/2 qts	
APPLES,FRESH,PEELED,DICED		2 gal 2 qts	
CANTELOUPE,FRESH,CUBED	8-3/4 lbs		
GRAPES,GREEN,FRESH,SEEDLESS		1 gal 1 qts	
APRICOTS,CANNED,JUICE PACK,DRAINED		1 gal 1/2 qts	
HONEYDEW MELON,DICED		3 gal	
GRAPEFRUIT,CANNED,LIGHT SYRUP,DRAINED,SECTIONED	13-1/2 lbs	1 gal 2 qts	
GRAPEFRUIT,FRESH,PARED,SECTIONS	19-3/4 lbs	35 each	38 lbs
ORANGE,FRESH,SECTIONS	5-1/2 lbs	3 qts 2 cup	7-5/8 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Combine any three fruits per 100 servings; cover; refrigerate.
- 2 Place 1 lettuce leaf on serving dish; arrange fruit on lettuce. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 036 00**

**PERFECTION SALAD**

**Yield** 100

**Portion** 3 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
72 cal	17 g	2 g	0 g	0 mg	56 mg	22 mg

**Ingredient**

DESSERT POWDER,GELATIN,LEMON  
 WATER,BOILING  
 WATER,COLD  
 VINEGAR,DISTILLED  
 CABBAGE,GREEN,FRESH,SHREDDED  
 CARROTS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

3-2/3 lbs  
 6-1/4 lbs  
 8-1/3 lbs  
 8-1/3 oz  
 1-1/2 lbs  
 6 oz  
 2 lbs  
 8 oz  
 6-3/4 oz  
 4 lbs

**Measure**

1 qts 3-1/2 cup  
 3 qts  
 1 gal  
 1 cup  
 2 qts 1-3/4 cup  
 1-3/8 cup  
 1 qts 3-1/2 cup  
 1-1/2 cup  
 1 cup

**Issue**

1-7/8 lbs  
 7-1/3 oz  
 2-3/4 lbs  
 9-3/4 oz  
 6-1/4 lbs

**Method**

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water and vinegar; mix well.
- 3 Pour 2-3/4 quarts into each pan.
- 4 Chill until slightly thickened.
- 5 Combine cabbage, carrots, celery, peppers, and pimientos.
- 6 Add 1-1/2 quarts vegetables to gelatin in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 036 01**

**GOLDEN GLOW SALAD**

**Yield** 100

**Portion** 3-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
92 cal	22 g	2 g	0 g	0 mg	52 mg	23 mg

**Ingredient**

DESSERT POWDER,GELATIN,LEMON  
 WATER,BOILING  
 WATER,COLD  
 VINEGAR,DISTILLED  
 CARROTS,FRESH,SHREDDED  
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

3-2/3 lbs  
 6-1/4 lbs  
 6-1/4 lbs  
 8-1/3 oz  
 3-1/2 lbs  
 6-5/8 lbs  
 4 lbs

**Measure**

1 qts 3-1/2 cup  
 3 qts  
 3 qts  
 1 cup  
 3 qts 2-1/2 cup  
 3 qts

**Issue**

4-1/4 lbs  
 6-1/4 lbs

**Method**

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water and vinegar; mix well.
- 3 Pour 2-1/2 quarts gelatin mixture into each pan.
- 4 Chill until slightly thickened.
- 5 Combine fresh carrots and undrained pineapple.
- 6 Add 1-3/4 quarts carrot-pineapple mixture to gelatin in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 036 02**

**JELLIED SPRING SALAD**

**Yield** 100

**Portion** 3 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
70 cal	16 g	2 g	0 g	0 mg	47 mg	16 mg

**Ingredient**

DESSERT POWDER,GELATIN,LEMON  
 WATER,BOILING  
 WATER,COLD  
 VINEGAR,DISTILLED  
 CUCUMBER,FRESH,CHOPPED  
 ONIONS,GREEN,FRESH,CHOPPED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

3-2/3 lbs  
 6-1/4 lbs  
 8-1/3 lbs  
 8-1/3 oz  
 2 lbs  
 10-5/8 oz  
 1-2/3 oz  
 4 lbs

**Measure**

1 qts 3-1/2 cup  
 3 qts  
 1 gal  
 1 cup  
 1 qts 3-5/8 cup  
 3 cup  
 1/4 cup 1/3 tbsp

**Issue**

2-3/8 lbs  
 11-3/4 oz  
 6-1/4 lbs

**Method**

- 1 Dissolve gelatin in boiling water.
- 2 Add cold water and vinegar; mix well.
- 3 Pour 2-3/4 quarts into each pan.
- 4 Chill until slightly thickened.
- 5 Combine cucumbers, green onions, and pimientos.
- 6 Add 1-1/2 quarts vegetables to gelatin in each pan.
- 7 Chill until firm. Cut 5 by 7.
- 8 Place 1 lettuce leaf on each serving dish; add gelatin square. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 037 00**  
**PICKLED BEET AND ONION SALAD**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	18 g	1 g	0 g	0 mg	417 mg	25 mg

**Ingredient**

BEETS,CANNED,SLICED,INCL LIQUIDS  
 RESERVED LIQUID  
 VINEGAR,DISTILLED  
 CINNAMON,GROUND  
 CLOVES,GROUND  
 SALT  
 PEPPER,BLACK,GROUND  
 SUGAR,GRANULATED  
 SUGAR,BROWN,PACKED  
 ONIONS,FRESH,SLICED

**Weight**

26 lbs  
 6-1/4 lbs  
 4-1/8 lbs  
 1/4 oz  
 3/8 oz  
 1 oz  
 1/8 oz  
 12-1/3 oz  
 1 lbs  
 2 lbs

**Measure**

3 gal  
 3 qts  
 2 qts  
 1 tbsp  
 1 tbsp  
 1 tbsp  
 1/3 tsp  
 1-3/4 cup  
 3-1/4 cup  
 2 qts

**Issue**

2-1/4 lbs

**Method**

- 1 Drain beets; reserve juice for use in Step 2; beets for use in Step 4.
- 2 Combine reserved juice, vinegar, cinnamon, cloves, salt, pepper, and sugars.
- 3 Cover; bring to a boil; reduce heat; simmer 10 minutes. Cool.
- 4 Combine beets and onions.
- 5 Pour sauce over beets and onions. Cover; refrigerate at least 3 to 4 hours before serving. Keep refrigerated until ready to serve.  
 CCP: Hold for service at 41 F. or lower.

PASTA SALAD

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
172 cal	17 g	5 g	10 g	3 mg	300 mg	79 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

WATER	16-3/4 lbs	2 gal	
SALT	5/8 oz	1 tbsp	
OIL,OLIVE	1/2 oz	1 tbsp	
SPAGHETTI NOODLES,DRY	3-1/2 lbs	3 qts 3-1/8 cup	
SALAD DRESSING,ITALIAN	3-1/8 lbs	1 qts 2 cup	
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
BROCCOLI,FRESH,FLORETS	1-1/4 lbs	1 qts 2-1/2 cup	2 lbs
CARROTS,FRESH,SLICED	1 lbs	3-1/2 cup	1-1/4 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TOMATOES,FRESH,CHOPPED	3-1/2 lbs	2 qts 3/4 cup	3-5/8 lbs
SQUASH,ZUCCHINI,FRESH,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
MUSHROOMS,FRESH,WHOLE,SLICED	1-7/8 lbs	3 qts 1/8 cup	2 lbs
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	14-1/4 oz	3 cup	
BASIL,SWEET,WHOLE,CRUSHED	1 oz	1/4 cup 2-1/3 tbsp	
PARSLEY,FRESH,BUNCH,CHOPPED	1-5/8 oz	3/4 cup 1/3 tbsp	1-3/4 oz
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	

**Method**

- 1 Add salt and oil to water; heat to a rolling boil. Slowly add vermicelli, stirring constantly until water boils again. Cook 7 to 10 minutes or until tender. Rinse with cold water; drain thoroughly.
- 2 Add dressing to vermicelli. Toss lightly. Set aside for use in Step 4.
- 3 Lightly spray griddle with non-stick cooking spray. Saute broccoli and carrots on lightly sprayed griddle for 8 to 10 minutes or until tender crisp.
- 4 Add tomatoes, squash, mushrooms, onions, olives, and sauteed vegetables to pasta mixture. Toss lightly.
- 5 Add basil, parsley, and parmesan cheese to pasta mixture. Toss lightly.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 039 00**

**CORN RELISH**

**Yield** 100

**Portion** 2-1/2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
27 cal	6 g	1 g	0 g	0 mg	95 mg	4 mg

**Ingredient**

CORN,CANNED,WHOLE KERNEL,DRAINED  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 PEPPER,BLACK,GROUND  
 SALAD DRESSING,FRENCH,FAT FREE

**Weight**

4-1/3 lbs  
 1 lbs  
 1 lbs  
 8 oz  
 4-1/4 oz  
 1/8 oz  
 1-1/8 lbs

**Measure**

3 qts  
 3-3/4 cup  
 2-7/8 cup  
 1-1/2 cup  
 1/2 cup 2 tbsp  
 1/8 tsp  
 2 cup

**Issue**

1-3/8 lbs  
 1-1/8 lbs  
 9-3/4 oz

**Method**

- 1 Combine corn, celery, onions, peppers, pimientos, and pepper.
- 2 Add Fat Free French Dressing or French Dressing Recipe No. M 058 00; mix well.
- 3 Cover; refrigerate 6 hours or until flavors are blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 Serve as a relish with meat or fish. If served as a salad, double recipe. EACH PORTION: 1/3 Cup or 2 ounces.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 040 00**

**POTATO SALAD**

**Yield** 100

**Portion** 2/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
209 cal	22 g	3 g	13 g	45 mg	571 mg	19 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
POTATOES,FRESH,PEELED,CUBED	18 lbs	3 gal 1-1/8 qts	22-1/4 lbs
WATER	16-3/4 lbs	2 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
OIL,SALAD	9-5/8 oz	1-1/4 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
VINEGAR,DISTILLED	5-5/8 oz	1/2 cup 2-2/3 tbsp	
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
EGG,HARD COOKED,CHOPPED	2 lbs	18 Eggs	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	4 lbs	2 qts	
PARSLEY,FRESH,BUNCH,CHOPPED	1 oz	1/4 cup	1 oz
PAPRIKA,GROUND	1/2 oz	2 tbsp	

**Method**

- 1 Cover potatoes with water; bring to a boil; add salt; cover. Cook until tender.
- 2 Drain well. Cool slightly.
- 3 Combine onions, salad oil or olive oil, salt, pepper, and vinegar. Add to potatoes. Cover; refrigerate 1 hour.
- 4 Combine celery, eggs, relish, pimientos, and Salad Dressing; add to potato mixture.
- 5 Mix lightly but thoroughly to coat potatoes with Salad Dressing mixture.
- 6 Garnish with parsley and paprika.
- 7 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 040 01**  
**DEVEILED POTATO SALAD**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
234 cal	22 g	4 g	15 g	48 mg	650 mg	21 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
POTATOES,FRESH,PEELED,CUBED	18 lbs	3 gal 1-1/8 qts	22-1/4 lbs
WATER	16-3/4 lbs	2 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
OIL,SALAD	9-5/8 oz	1-1/4 cup	
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
VINEGAR,DISTILLED	5-5/8 oz	1/2 cup 2-2/3 tbsp	
MUSTARD,PREPARED	6-5/8 oz	3/4 cup	
SUGAR,GRANULATED	7/8 oz	2 tbsp	
BACON,COOKED,CHOPPED	12 oz		
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
EGG,HARD COOKED,CHOPPED	2 lbs	18 Eggs	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	
SALAD DRESSING,MAYONNAISE TYPE	4-1/8 lbs	2 qts 1/4 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1 oz	1/4 cup	1 oz
PAPRIKA,GROUND	1/2 oz	2 tbsp	

**Method**

- 1 Cover potatoes with cold water; bring to a boil; add salt; cover. Cook until tender.
- 2 Drain well. Cool slightly.
- 3 Combine onions, salad oil or olive oil, salt, pepper, and vinegar. Add to potatoes. Cover; refrigerate 1 hour.
- 4 Combine celery, eggs, relish, pimientos, mustard, sugar, bacon, and Salad Dressing.
- 5 Mix lightly but thoroughly to coat potatoes with Salad Dressing mixture.
- 6 Garnish with parsley and paprika.
- 7 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

POTATO SALAD WITH VINEGAR DRESSING

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	31 g	2 g	0 g	0 mg	455 mg	18 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
POTATOES,FRESH,PEELED,CUBED	22 lbs	4 gal	27-1/8 lbs
WATER	16-3/4 lbs	2 gal	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
CELERY,FRESH,CHOPPED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
SALT	1 oz	1 tbsp	
SUGAR,GRANULATED	1-3/4 lbs	1 qts	
VINEGAR,DISTILLED	2-1/8 lbs	1 qts	
WATER	8-1/3 oz	1 cup	
PARSLEY,FRESH,BUNCH,CHOPPED	1 oz	1/4 cup	1 oz
PAPRIKA,GROUND	1/2 oz	2 tbsp	

**Method**

- 1 Cover potatoes with water; bring to a boil; add salt; cover. Cook until tender.
- 2 Drain well. Cool slightly.
- 3 Add onions to potatoes. Cover and refrigerate 1 hour.
- 4 Combine celery, relish, and pimientos. Add to potato mixture.
- 5 Combine pepper, salt, sugar, vinegar, and water to make vinegar dressing. Mix lightly but thoroughly to coat potatoes.
- 6 Garnish with parsley and paprika.
- 7 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

POTATO SALAD (DEHYDRATED SLICED POTATOES)

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
133 cal	10 g	2 g	10 g	41 mg	500 mg	17 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
POTATO,WHITE,DEHYDRATED,SLICED	4-3/8 lbs		
WATER,BOILING	29-1/4 lbs	3 gal 2 qts	
SALT	1-7/8 oz	3 tbsp	
ONIONS,DEHYDRATED,CHOPPED	4 oz	2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 oz	1-1/2 cup	9-5/8 oz
WATER,WARM	5-1/4 lbs	2 qts 2 cup	
PICKLE RELISH,SWEET	1-1/8 lbs	2 cup	
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
PIMIENTO,CANNED,DRAINED,CHOPPED	8-1/2 oz	1-1/4 cup	
EGG,HARD COOKED,CHOPPED	1-3/4 lbs	1 qts 2 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
SALT	1 oz	1 tbsp	
SALAD DRESSING,MAYONNAISE TYPE	4 lbs	2 qts	
VINEGAR,DISTILLED	5-5/8 oz	1/2 cup 2-2/3 tbsp	
PAPRIKA,GROUND	1/2 oz	2 tbsp	

**Method**

- 1 Add potatoes to boiling salted water; cover. Bring quickly to a boil. Reduce heat; simmer 20 to 25 minutes or until tender. Drain. Set aside for use in Step 3.
- 2 Rehydrate onions and peppers. Drain before using.
- 3 Carefully combine potatoes, onions, peppers, relish, celery, pimientos, eggs, salt, and pepper.
- 4 Combine Salad Dressing and vinegar; fold into potato mixture. Cover; refrigerate until ready to serve.
- 5 Garnish with paprika. CCP: Hold for service at 41 F. or lower.



**HOT POTATO SALAD**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	26 g	3 g	6 g	7 mg	355 mg	17 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
POTATOES,FRESH,PEELED,CUBED	23 lbs	4 gal 3/4 qts	28-3/8 lbs
WATER	20-7/8 lbs	2 gal 2 qts	
SALT	1-1/4 oz	2 tbsp	
BACON,RAW	3 lbs		
ONIONS,FRESH,CHOPPED	1-3/8 lbs	3-7/8 cup	1-1/2 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-3/4 lbs
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	<1/16th oz	1/8 tsp	
BACON FAT,RENDERED	14-1/2 oz	2 cup	
WATER	1-5/8 lbs	3 cup	
VINEGAR,DISTILLED	3-1/8 lbs	1 qts 2 cup	
SUGAR,GRANULATED	12-1/3 oz	1-3/4 cup	
MUSTARD,DRY	3/8 oz	1 tbsp	

**Method**

- 1 Cover potatoes with water; bring to a boil; add salt; cover. Cook until tender. Drain well. Set aside for use in Step 2.
- 2 Cook bacon until crisp. Drain; combine bacon with potatoes. Set bacon fat aside for use in Step 4.
- 3 Carefully mix potato and bacon mixture with onions, celery, salt, and pepper.
- 4 Combine bacon fat, water, vinegar, sugar, and mustard; heat to boiling point.
- 5 Pour hot mixture over potato mixture; combine carefully.
- 6 Pour 2-1/8 gallon mixture into each pan.
- 7 Place in oven at 350 F. for 15 minutes or until thoroughly heated. Serve hot. CCP: Hold for service at 140 F. or higher.

**HOT POTATO SALAD (DEHYDRATED SLICED POTATOES)**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
104 cal	14 g	2 g	5 g	6 mg	364 mg	9 mg

**Ingredient**

POTATO,WHITE,DEHYDRATED,SLICED  
 WATER,BOILING  
 SALT  
 ONIONS,DEHYDRATED,CHOPPED  
 WATER,WARM  
 PICKLE RELISH,SWEET  
 PEPPER,BLACK,GROUND  
 BACON,RAW  
 VINEGAR,DISTILLED  
 WATER  
 SUGAR,GRANULATED  
 BACON FAT,RENDERED

**Weight**

6-1/4 lbs  
 41-3/4 lbs  
 2-1/3 oz  
 3/4 oz  
 14-5/8 oz  
 1-1/8 lbs  
 1/2 oz  
 3 lbs  
 2-1/8 lbs  
 3-1/8 lbs  
 1-1/4 lbs  
 10-7/8 oz

**Measure**

5 gal  
 1/4 cup  
 1/4 cup 2-1/3 tbsp  
 1-3/4 cup  
 2 cup  
 2 tbsp  
 1 qts  
 1 qts 2 cup  
 2-3/4 cup  
 1-1/2 cup

**Issue**

**Method**

- 1 Add potatoes to boiling salted water. Cover. Bring quickly to a boil. Reduce heat; simmer 20 to 25 minutes or until potatoes are tender. Drain. Set aside for use in Step 3.
- 2 Rehydrate onions; drain well.
- 3 Combine onions, relish and pepper; mix well; add to potatoes. Set aside for use in Step 6.
- 4 Cook bacon until crisp. Remove bacon from fat; set bacon fat aside for use in Step 5. Set bacon aside for use in Step 7.
- 5 Combine vinegar, water, and sugar. Add gradually to bacon fat. Cook until sugar is dissolved stirring constantly.
- 6 Pour hot dressing over potato mixture; combine carefully.
- 7 Add bacon; reserve enough to sprinkle on top as a garnish. Serve hot. CCP: Hold for service at 140 F. or higher.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 044 00**

**SPRING SALAD**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
16 cal	4 g	1 g	0 g	0 mg	7 mg	27 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD

RADISH,FRESH,SLICES

CUCUMBERS,FRESH,PEELED,SLICED

PEPPERS,GREEN,FRESH,CHOPPED

ONIONS,GREEN,FRESH,SLICED

TOMATOES,FRESH,THIN WEDGES

**Weight**

5 lbs

1 lbs

3 lbs

1-1/2 lbs

2 lbs

5 lbs

**Measure**

3-7/8 cup

2 qts 3-1/2 cup

1 qts 1/2 cup

2 qts 1-1/8 cup

3 qts 5/8 cup

**Issue**

7-3/4 lbs

1-1/8 lbs

5-7/8 each

1-7/8 lbs

2-1/4 lbs

5-1/8 lbs

**Method**

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with radishes, cucumbers, peppers, and onions; toss lightly.
- 3 Cover; CCP: Refrigerate at 41 F. or lower for use in Step 4.
- 4 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

**THREE BEAN SALAD**

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
120 cal	15 g	2 g	7 g	0 mg	366 mg	16 mg

**Ingredient**

BEANS,KIDNEY,DARK RED,CANNED,DRAINED  
 BEANS,WAX,CANNED,DRAINED  
 BEANS,GREEN,CANNED,DRAINED  
 ONIONS,FRESH,SLICED  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 OIL,SALAD  
 SALT  
 PEPPER,BLACK,GROUND

**Weight**

4-2/3 lbs  
 3-5/8 lbs  
 3-5/8 lbs  
 1 lbs  
 2 lbs  
 3-1/8 lbs  
 1-1/2 lbs  
 1-7/8 oz  
 1/8 oz

**Measure**

3 qts  
 3 qts  
 3 qts  
 3-3/4 cup  
 1 qts 1/2 cup  
 1 qts 2 cup  
 3 cup  
 3 tbsp  
 1/3 tsp

**Issue**

1 lbs

**Method**

- 1 Drain all beans. Rinse kidney beans with cool water; drain.
- 2 Combine beans and onions. Set aside for use in Step 4.
- 3 Combine sugar, vinegar, salad oil or olive oil, salt, and pepper; whip or shake thoroughly.
- 4 Add dressing; blend well.
- 5 Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 045 01**  
**PICKLED GREEN BEAN SALAD**

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	14 g	1 g	7 g	0 mg	435 mg	24 mg

**Ingredient**

BEANS, GREEN, CANNED, DRAINED  
 ONIONS, FRESH, SLICED  
 SUGAR, GRANULATED  
 VINEGAR, DISTILLED  
 OIL, SALAD  
 SALT  
 PEPPER, BLACK, GROUND

**Weight**

19 lbs  
 13-2/3 oz  
 2 lbs  
 3-1/8 lbs  
 1-1/2 lbs  
 1-7/8 oz  
 1/8 oz

**Measure**

3 gal 4 qts  
 3-3/4 cup  
 1 qts 1/2 cup  
 1 qts 2 cup  
 3 cup  
 3 tbsp  
 1/3 tsp

**Issue**

**Method**

- 1 Drain all beans.
- 2 Combine beans and onions. Set aside for use in Step 4.
- 3 Combine sugar, vinegar, salad oil, salt, and pepper; whip or shake thoroughly.
- 4 Add dressing; blend well.
- 5 Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**TOSSED LETTUCE, CUCUMBER AND TOMATO SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	6 mg	30 mg

**Ingredient**

LETTUCE,LEAF,FRESH,CHOPPED

ONIONS,GREEN,FRESH,SLICED

CUCUMBERS,FRESH,PEELED,SLICED

TOMATOES,FRESH,THIN WEDGES

**Weight**

8 lbs

8 oz

4 lbs

4 lbs

**Measure**

4 gal 1/4 qts

2-1/4 cup

3 qts 3-1/4 cup

2 qts 2-1/8 cup

**Issue**

12-1/2 lbs

8-7/8 oz

7-7/8 each

4-1/8 lbs

**Method**

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with onions and cucumbers; toss lightly.
- 3 Cover; Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 046 01**  
**TOSSED GARDEN SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
17 cal	4 g	1 g	0 g	0 mg	16 mg	32 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 CARROTS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 TOMATOES,FRESH,THIN WEDGES

**Weight**

8 lbs  
 2 lbs  
 2 lbs  
 8 oz  
 4 lbs

**Measure**

1 qts 3-1/8 cup  
 1 qts 3-1/2 cup  
 1-3/8 cup  
 2 qts 2-1/8 cup

**Issue**

12-1/2 lbs  
 2-1/2 lbs  
 2-3/4 lbs  
 8-7/8 oz  
 4-1/8 lbs

**Method**

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with carrots, celery, and onions; toss lightly.
- 3 Cover. Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 046 02**  
**TOSSED CALICO GARDEN SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
16 cal	3 g	1 g	0 g	0 mg	11 mg	31 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD  
 ONIONS,GREEN,FRESH,SLICED  
 CUCUMBERS,FRESH,PEELED,SLICED  
 CARROTS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 TOMATOES,FRESH,THIN WEDGES

**Weight**

8 lbs  
 8 oz  
 1 lbs  
 1 lbs  
 1 lbs  
 1 lbs  
 4 lbs

**Measure**

2-1/4 cup  
 3-3/4 cup  
 3-1/2 cup  
 3-3/4 cup  
 3 cup  
 2 qts 2-1/8 cup

**Issue**

12-1/2 lbs  
 8-7/8 oz  
 2 each  
 1-1/4 lbs  
 1-3/8 lbs  
 1-1/4 lbs  
 4-1/8 lbs

**Method**

- 1 Tear prepared lettuce into large pieces.
- 2 Combine lettuce with onions, cucumbers, carrots, celery and green peppers; toss lightly.
- 3 Cover; Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.



**TOSSED ROMAINE, CUCUMBER AND TOMATO SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
12 cal	2 g	1 g	0 g	0 mg	5 mg	18 mg

**Ingredient**

LETTUCE,ROMAINE,FRESH,CHOPPED  
 ONIONS,GREEN,FRESH,SLICED  
 CUCUMBER,FRESH,SLICED  
 TOMATOES,FRESH,THIN WEDGES

**Weight**

8 lbs  
 8 oz  
 4 lbs  
 4 lbs

**Measure**

4 gal 1/4 qts  
 2-1/4 cup  
 3 qts 1-5/8 cup  
 2 qts 2-1/8 cup

**Issue**

8-1/2 lbs  
 8-7/8 oz  
 4-3/4 lbs  
 4-1/8 lbs

**Method**

- 1 Tear lettuce into large pieces. Combine lettuce with onions and cucumbers; toss lightly. Cover.
- 2 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

**TOSSED RED LEAF LETTUCE, CUCUMBER AND TOMATO SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	6 mg	30 mg

**Ingredient**

LETTUCE,FRESH,LEAF,RED  
 ONIONS,GREEN,FRESH,SLICED  
 CUCUMBERS,FRESH,PEELED,SLICED  
 TOMATOES,FRESH,THIN WEDGES

**Weight**

8 lbs  
 8 oz  
 4 lbs  
 4 lbs

**Measure**

4 gal 1/4 qts  
 2-1/4 cup  
 3 qts 3-1/4 cup  
 2 qts 2-1/8 cup

**Issue**

12-1/2 lbs  
 8-7/8 oz  
 7-7/8 each  
 4-1/8 lbs

**Method**

- 1 Combine lettuce with onions and cucumbers; toss lightly. Cover.
- 2 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

**GREEN LEAF LETTUCE, CUCUMBER AND TOMATO SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	6 mg	30 mg

**Ingredient**

LETTUCE,LEAF,FRESH,HEAD

ONIONS,GREEN,FRESH,SLICED

CUCUMBERS,FRESH,PEELED,SLICED

TOMATOES,FRESH,THIN WEDGES

**Weight**

8 lbs

8 oz

4 lbs

4 lbs

**Measure**

2-1/4 cup

3 qts 3-1/4 cup

2 qts 2-1/8 cup

**Issue**

12-1/2 lbs

8-7/8 oz

7-7/8 each

4-1/8 lbs

**Method**

- 1 Tear lettuce into large pieces. Combine lettuce with onions and cucumbers; toss lightly. Cover.
- 2 Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 047 00**  
**TOSSED GREEN SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
8 cal	2 g	1 g	0 g	0 mg	6 mg	28 mg

**Ingredient**

ENDIVE,FRESH  
 LETTUCE,ROMAINE,FRESH  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

2 lbs  
 3 lbs  
 6 lbs

**Measure**

1 gal 2-1/8 qts

**Issue**

2-1/4 lbs  
 3-1/4 lbs  
 9-3/8 lbs

**Method**

- 1 Tear greens into large pieces. Combine greens; toss lightly.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 1, per 100 servings: 2 pounds fresh escarole may be used for fresh endive and 3 pounds fresh spinach may be used for romaine.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 048 00**  
**TOSSED VEGETABLE SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
19 cal	4 g	1 g	0 g	0 mg	19 mg	34 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
LETTUCE,LEAF,FRESH,HEAD	6 lbs		9-3/8 lbs
CABBAGE,GREEN,FRESH,SHREDDED	2 lbs	3 qts 1 cup	2-1/2 lbs
CELERY,FRESH,SLICED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
CUCUMBERS,FRESH,PEELED,SLICED	3 lbs	2 qts 3-1/2 cup	5-7/8 each
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs
RADISH,FRESH,SLICES	1 lbs	3-7/8 cup	1-1/8 lbs
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

**Method**

- 1 Tear prepared lettuce into large pieces. Combine lettuce with cabbage, celery, cucumbers, onions and radishes; toss lightly.
- 2 Cover. Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 048 01**  
**TOSSED CALICO VEGETABLE SALAD**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
48 cal	11 g	2 g	0 g	0 mg	20 mg	56 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
LETTUCE,LEAF,FRESH,HEAD	6 lbs		9-3/8 lbs
CABBAGE,RED,FRESH,SHREDDED	2 lbs	3 qts 1 cup	
CELERY,FRESH,SLICED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
CUCUMBERS,FRESH,PEELED,SLICED	3 lbs	2 qts 3-1/2 cup	5-7/8 each
ONIONS,DEHYDRATED,CHOPPED	2 lbs	1 gal <1/16th qts	
RADISH,FRESH,SLICES	1 lbs	3-7/8 cup	1-1/8 lbs
TOMATOES,FRESH,THIN WEDGES	4 lbs	2 qts 2-1/8 cup	4-1/8 lbs

**Method**

- 1 Tear lettuce into large pieces. Combine lettuce with red cabbage, celery, cucumbers, onions, and radishes; toss lightly.
- 2 Cover. Add tomatoes to other salad vegetables just before serving. Toss lightly. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 049 00**

**VEGETABLE SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
45 cal	9 g	2 g	0 g	0 mg	282 mg	26 mg

**Ingredient**

BEANS, GREEN, CANNED, DRAINED  
 CARROTS, CANNED, SLICED, DRAINED  
 PEAS, GREEN, CANNED, DRAINED  
 CELERY, FRESH, CHOPPED  
 ONIONS, FRESH, SLICED  
 SALAD DRESSING, FRENCH, FAT FREE

**Weight**

3-5/8 lbs  
 6-1/2 lbs  
 4-1/2 lbs  
 5 lbs  
 1 lbs  
 2-1/4 lbs

**Measure**

3 qts  
 3 qts  
 3 qts  
 1 gal 3/4 qts  
 4 cup  
 1 qts

**Issue**

6-7/8 lbs  
 1-1/8 lbs

**Method**

- 1 Drain beans, carrots, and peas thoroughly. Cut carrots into 1/2-inch pieces.
- 2 Combine beans, carrots, and peas with celery and onions; toss lightly.
- 3 Add French Dressing to vegetable mixture; toss lightly.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 050 00**

**WALDORF SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
119 cal	10 g	1 g	9 g	4 mg	83 mg	27 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MILK,NONFAT,DRY	1/2 oz	3 tbsp	
WATER,WARM	7-1/3 oz	3/4 cup 2 tbsp	
JUICE,LEMON	4-1/3 oz	1/2 cup	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
CELERY,FRESH,CHOPPED	3 lbs	2 qts 3-3/8 cup	4-1/8 lbs
WALNUTS,SHELLED,CHOPPED	1 lbs	1 qts	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	9 lbs	2 gal 1/8 qts	10-5/8 lbs
LETTUCE,LEAF,FRESH,CHOPPED	4 lbs	2 gal 1/8 qts	6-1/4 lbs

**Method**

- 1 Reconstitute milk.
- 2 Combine lemon juice, sugar, and Regular Salad Dressing or Fat Free Dressing. Add to milk. Mix well.
- 3 Add celery, nuts, and apples to Salad Dressing mixture. Toss well to coat pieces.
- 4 Place 1 lettuce leaf on each serving dish; add salad. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 050 01**  
**APPLE, CELERY, AND RAISIN SALAD**

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	17 g	1 g	6 g	4 mg	87 mg	28 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
MILK,NONFAT,DRY	1/2 oz	3 tbsp	
WATER,WARM	7-1/3 oz	3/4 cup 2 tbsp	
JUICE,LEMON	4-1/3 oz	1/2 cup	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
SALAD DRESSING,MAYONNAISE TYPE	2-1/2 lbs	1 qts 1 cup	
CELERY,FRESH,CHOPPED	4 lbs	3 qts 3-1/8 cup	5-1/2 lbs
RAISINS	1-7/8 lbs	1 qts 2 cup	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	9 lbs	2 gal 1/8 qts	10-5/8 lbs
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Reconstitute milk.
- 2 Combine lemon juice, sugar, and Regular Salad Dressing or Fat Free Dressing. Add to milk. Mix well.
- 3 Add celery, raisins, and apples to Salad Dressing mixture. Toss well to coat pieces.
- 4 Place 1 lettuce leaf on each serving dish; add salad. Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 051 00**  
**CRANBERRY ORANGE RELISH**

**Yield** 100

**Portion** 5-1/4 Quarts

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
8987 cal	2315 g	19 g	5 g	0 mg	37 mg	670 mg

**Ingredient**

CRANBERRIES,FRESH  
 ORANGE,FRESH  
 SUGAR,GRANULATED

**Weight**

4 lbs  
 2-7/8 lbs  
 4-1/4 lbs

**Measure**

1 gal 3/4 qts  
 10 each  
 2 qts 1-5/8 cup

**Issue**

4-1/4 lbs  
 4 lbs

**Method**

- 1 Put cranberries through food grinder or chopper to grind fine. Set aside for use in Step 3.
- 2 Cut oranges into quarters; remove seeds. Coarse grind through food grinder or chopper.
- 3 Combine cranberries, oranges, and sugar; stir until sugar is dissolved.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**GUACAMOLE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
67 cal	3 g	1 g	6 g	2 mg	101 mg	4 mg

**Ingredient**

AVOCADO,FRESH,PUREED  
 ONIONS,FRESH,GRATED  
 GARLIC POWDER  
 CHILI POWDER,DARK,GROUND  
 SALT  
 PEPPER,BLACK,GROUND  
 SALAD DRESSING,MAYONNAISE TYPE

**Weight**

6 lbs  
 6 oz  
 1/8 oz  
 1/4 oz  
 5/8 oz  
 1/8 oz  
 1 lbs

**Measure**

2 qts 3-7/8 cup  
 1 cup  
 1/8 tsp  
 1 tbsp  
 1 tbsp  
 1/8 tsp  
 2 cup

**Issue**

8-2/3 lbs  
 6-2/3 oz

**Method**

- 1 Combine avocados, onions, garlic, chili powder, salt, pepper, and Salad Dressing in mixer bowl. Whip at high speed until well blended.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 For Salad: Serve 2 tablespoons guacamole on each lettuce leaf. Garnish with tomato wedge.
- 2 For Dip: Serve with potato chips, crackers, and corn chips.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 053 00**  
**GERMAN STYLE TOMATO SALAD**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
68 cal	5 g	1 g	5 g	5 mg	171 mg	9 mg

**Ingredient**

TOMATOES,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PARSLEY,FRESH,BUNCH,CHOPPED  
 SALT  
 PEPPER,BLACK,GROUND  
 SALAD DRESSING,MAYONNAISE TYPE  
 CREAM,TABLE,HOMOGENIZED,HALF PINT  
 BACON,RAW

**Weight**

15-7/8 lbs  
 1 lbs  
 4-1/4 oz  
 1 oz  
 1/8 oz  
 2 lbs  
 8-1/2 oz  
 3-1/4 oz

**Measure**

2 gal 2 qts  
 3 cup  
 2 cup  
 1 tbsp  
 1/3 tsp  
 1 qts  
 1 cup

**Issue**

16-1/4 lbs  
 1-1/8 lbs  
 4-1/2 oz

**Method**

- 1 Cut tomatoes into 1/2-inch cubes.
- 2 Add chopped onions, parsley, salt, and pepper. Toss lightly. Cover; refrigerate until ready to serve.
- 3 Combine Salad Dressing and cream. Set aside for use in Step 5.
- 4 Cook bacon until crisp; drain. Set aside for use in Step 6.
- 5 Just before serving, add dressing to tomato mixture; toss gently.
- 6 Sprinkle bacon on top and serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 053 01**  
**COUNTRY STYLE TOMATO SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
53 cal	8 g	1 g	2 g	0 mg	119 mg	9 mg

**Ingredient**

TOMATOES,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 SALT  
 PEPPER,BLACK,GROUND  
 VINEGAR,DISTILLED  
 SUGAR,GRANULATED  
 OIL,SALAD

**Weight**

15 lbs  
 1 lbs  
 1-1/2 lbs  
 2 lbs  
 1 oz  
 1/8 oz  
 1-5/8 lbs  
 12-1/3 oz  
 7-2/3 oz

**Measure**

2 gal 1-1/2 qts  
 2-7/8 cup  
 1 qts 1/2 cup  
 1 qts 3-1/2 cup  
 1 tbsp  
 1/3 tsp  
 3 cup  
 1-3/4 cup  
 1 cup

**Issue**

15-1/3 lbs  
 1-1/8 lbs  
 1-7/8 lbs  
 2-3/4 lbs

**Method**

- 1 Cut tomatoes into 1/2-inch cubes.
- 2 Add chopped onions, chopped fresh sweet peppers, chopped celery, salt, and pepper. Toss lightly. Cover; refrigerate until ready to serve.
- 3 Combine vinegar, granulated sugar, and salad oil. Add to salad; toss.
- 4 Cover; marinate in refrigerator at least 1 hour before serving. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 054 00**  
**TOMATO FRENCH DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
29 cal	2 g	0 g	2 g	0 mg	53 mg	2 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SOUP,CONDENSED,TOMATO	2-1/8 lbs	3-3/4 cup	
VINEGAR,DISTILLED	12-1/2 oz	1-1/2 cup	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
WORCESTERSHIRE SAUCE	3/4 oz	1 tbsp	
MUSTARD,DRY	3/8 oz	1 tbsp	
GARLIC POWDER	1/8 oz	1/8 tsp	
OIL,SALAD	7-2/3 oz	1 cup	

**Method**

- 1 Combine soup, vinegar, sugar, onions, Worcestershire sauce, mustard, and garlic powder in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Add salad oil or olive oil gradually while mixing at low speed for 3 minutes.
- 4 Beat at medium speed 2 minutes or until well blended.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 6 Whip or stir well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 055 00**  
**VINAIGRETTE DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
42 cal	1 g	0 g	4 g	0 mg	117 mg	3 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SUGAR,GRANULATED	1 oz	2-1/3 tbsp	
SALT	1 oz	1 tbsp	
MUSTARD,DRY	1 oz	2-2/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
VINEGAR,DISTILLED	1 lbs	2 cup	
WATER	1 lbs	2 cup	
OIL,SALAD	1 lbs	2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	2-1/8 oz	1/4 cup 2-2/3 tbsp	2-5/8 oz
ONIONS,FRESH,GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
PARSLEY,FRESH,BUNCH,CHOPPED	3/4 oz	1/4 cup 2-1/3 tbsp	7/8 oz

**Method**

- 1 Combine sugar, salt, dry mustard, and black and red pepper in mixer bowl. Add vinegar and water.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Add salad oil or olive oil gradually while mixing at low speed 3 minutes.
- 4 Add onions, peppers, and parsley; mix at medium speed 1 minute or until well blended.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 6 Whip or stir well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 056 00**  
**QUICK FRUIT DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
16 cal	3 g	1 g	0 g	1 mg	8 mg	21 mg

**Ingredient**

YOGURT,PLAIN,LOWFAT  
 SUGAR,GRANULATED  
 JUICE,PINEAPPLE,CANNED,UNSWEETENED

**Weight**

2-3/8 lbs  
 4-3/8 oz  
 1-5/8 lbs

**Measure**

1 qts 1/2 cup  
 1/2 cup 2 tbsp  
 2-7/8 cup

**Issue**

**Method**

- 1 Blend sugar into yogurt in mixer bowl at low speed.
- 2 Gradually add pineapple juice. Mix at low speed until just blended.
- 3 Cover and refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 4 Stir well before using.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 057 00**  
**ZERO SALAD DRESSING**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
7 cal	2 g	0 g	0 g	0 mg	184 mg	4 mg

**Ingredient**

JUICE,TOMATO,CANNED

VINEGAR,DISTILLED

SALT

ONIONS,FRESH,GRATED

PEPPERS,GREEN,FRESH,GROUND

CARROTS,FRESH,CHOPPED

PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

6-1/8 lbs

1-5/8 lbs

3/4 oz

3/4 oz

2/3 oz

12 oz

1/4 oz

**Measure**

2 qts 3-1/2 cup

3 cup

1 tbsp

2 tbsp

2 tbsp

2-5/8 cup

2 tbsp

**Issue**

3/4 oz

3/4 oz

14-5/8 oz

1/4 oz

**Method**

- 1 Combine tomato juice, vinegar, salt, onions, peppers, carrots and parsley; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Shake well before using.

**Notes**

- 1 In Step 2, 3 cups canned tomato juice concentrate mixed with 2-1/4 quarts water may be used for canned tomato juice per 1 gallon of dressing.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 058 00**

**FRENCH DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
41 cal	2 g	0 g	4 g	0 mg	113 mg	2 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MUSTARD, DRY	5/8 oz	1 tbsp	
PAPRIKA, GROUND	1/4 oz	1 tbsp	
SALT	3/4 oz	1 tbsp	
SUGAR, GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
CATSUP	10-5/8 oz	1-1/4 cup	
ONIONS, FRESH, CHOPPED	3/4 oz	2 tbsp	3/4 oz
VINEGAR, DISTILLED	1 lbs	2 cup	
OIL, SALAD	13-1/2 oz	1-3/4 cup	

**Method**

- 1 Combine mustard flour, paprika, salt, sugar, catsup, and onions in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Continue beating; slowly add vinegar and salad oil alternately.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Shake or beat well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 058 01**  
**LOW CALORIE FRENCH DRESSING**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
14 cal	3 g	0 g	0 g	0 mg	490 mg	4 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MUSTARD, DRY	1-1/4 oz	3 tbsp	
PAPRIKA, GROUND	1/2 oz	2 tbsp	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
SUGAR, GRANULATED	3-1/2 oz	1/2 cup	
CATSUP	1-1/3 lbs	2-1/2 cup	
ONIONS, FRESH, GRATED	1-3/8 oz	1/4 cup 1/3 tbsp	1-5/8 oz
VINEGAR, DISTILLED	2-1/8 lbs	1 qts	
WATER	2-5/8 lbs	1 qts 1 cup	

**Method**

- 1 Combine mustard, paprika, salt, sugar, catsup, and onions in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Continue beating; slowly add vinegar and water alternately.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Shake or beat well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 059 00**  
**BLUE CHEESE DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
19 cal	1 g	1 g	1 g	3 mg	47 mg	40 mg

**Ingredient**

YOGURT,PLAIN,LOWFAT  
 VINEGAR,DISTILLED  
 MUSTARD,DRY  
 GARLIC POWDER  
 ONION POWDER  
 CHEESE,BLUE-VEINED

**Weight**

3 lbs  
 1/2 oz  
 3/8 oz  
 1/8 oz  
 1/8 oz  
 9-1/2 oz

**Measure**

1 qts 1-1/2 cup  
 1 tbsp  
 1 tbsp  
 1/4 tsp  
 1/4 tsp  
 2 cup

**Issue**

**Method**

- 1 Place yogurt, vinegar, mustard flour, garlic powder, and onion powder in mixer bowl.
- 2 Using whip, mix at low speed 2 minutes until just blended.
- 3 Fold in cheese until just blended.
- 4 CCP: Cover; refrigerate product at 41 F. or lower until ready to serve.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 060 00**  
**GARLIC FRENCH DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
40 cal	2 g	0 g	4 g	0 mg	53 mg	3 mg

**Ingredient**

SUGAR, GRANULATED  
 GARLIC POWDER  
 MUSTARD, DRY  
 ONION POWDER  
 PAPRIKA, GROUND  
 SALT  
 PEPPER, RED, GROUND  
 WATER  
 JUICE, LEMON  
 VINEGAR, DISTILLED  
 OIL, SALAD

**Weight**

3-1/2 oz  
 1-1/4 oz  
 7/8 oz  
 1/2 oz  
 1/4 oz  
 1/2 oz  
 <1/16th oz  
 13-7/8 oz  
 10-3/4 oz  
 10-1/2 oz  
 12-7/8 oz

**Measure**

1/2 cup  
 1/4 cup 1/3 tbsp  
 2-1/3 tbsp  
 2 tbsp  
 1 tbsp  
 3/8 tsp  
 <1/16th tsp  
 1-5/8 cup  
 1-1/4 cup  
 1-1/4 cup  
 1-5/8 cup

**Issue**

**Method**

- 1 Combine sugar, garlic powder, dry mustard, onion powder, paprika, salt, and red pepper in mixer bowl. Add water, lemon juice, and vinegar.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Add salad oil or olive oil gradually while mixing at low speed 3 minutes.
- 4 Beat at medium speed 2 minutes or until well blended.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 061 00**  
**TANGY SALAD DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
41 cal	2 g	0 g	4 g	0 mg	167 mg	2 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CATSUP	14-7/8 oz	1-3/4 cup	
MUSTARD, DRY	3/8 oz	1 tbsp	
SALT	1 oz	1 tbsp	
PEPPER, BLACK, GROUND	1/8 oz	1/4 tsp	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	
VINEGAR, DISTILLED	14-5/8 oz	1-3/4 cup	
SUGAR, GRANULATED	3/4 oz	1 tbsp	
OIL, SALAD	13-1/2 oz	1-3/4 cup	
PARSLEY, FRESH, BUNCH, CHOPPED	1/4 oz	2 tbsp	1/4 oz
PEPPERS, GREEN, FRESH, CHOPPED	6-5/8 oz	1-1/4 cup	8 oz

**Method**

- 1 Combine catsup, mustard, salt, pepper, vinegar, sugar, and Worcestershire sauce in mixer bowl. Beat at medium speed about 2 minutes or until blended.
- 2 Add salad oil or olive oil while mixing at medium speed for 3 minutes or until well blended.
- 3 Add parsley and peppers; mix at medium speed 1 minute or until blended.
- 4 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 5 Whip or stir well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 062 00**  
**MEXICAN POTATO SALAD**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
162 cal	20 g	3 g	8 g	0 mg	115 mg	28 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
POTATOES,FRESH,PEELED,CUBED	17-7/8 lbs	3 gal 1 qts	22-1/8 lbs
WATER	25-1/8 lbs	3 gal	
SALT	5/8 oz	1 tbsp	
VINEGAR,RED WINE	1 lbs	2 cup	
WATER	1 lbs	2 cup	
PEPPERS,JALAPENOS,CANNED,CHOPPED	5/8 oz	2 tbsp	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
PAPRIKA,GROUND	3/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
MUSTARD,DRY	3/4 oz	2 tbsp	
OIL,SALAD	1-3/4 lbs	3-3/4 cup	
BROCCOLI,FRESH,CHOPPED	6-1/4 lbs	2 gal <1/16th qts	10-1/4 lbs
WATER	8-1/3 lbs	1 gal	
TOMATOES,FRESH,SLICED	1-7/8 lbs	1 qts 3/4 cup	1-7/8 lbs
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	1-1/2 lbs	1 qts	

**Method**

- 1 Cover potatoes with water, bring to a boil; add salt; reduce heat to a simmer; cover. Cook 10 minutes or until just tender.
- 2 Drain well. Cool slightly. Set aside for use in Step 7.
- 3 Combine vinegar, water, and jalapeno peppers in mixer bowl; mix well.
- 4 Combine sugar, mustard, paprika, pepper, and cumin; blend well; add to vinegar mixture.
- 5 Mix at medium speed 2 minutes using a wire whip.
- 6 Add salad oil or olive oil gradually while mixing at low speed 3 minutes; scrape down bowl. Mix at medium speed 2 minutes or until well blended.
- 7 Pour dressing over potatoes. Mix lightly but thoroughly. Cover; refrigerate for use in Step 9.
- 8 Cover broccoli with water; bring to a boil; reduce heat. Simmer 4 minutes or until just tender. Drain thoroughly.
- 9 Add broccoli, tomatoes and beans to potato mixture. Toss lightly but thoroughly. Cover; refrigerate at least 3 hours or until flavors are well blended. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 1, For 100 portions: 7-1/4 pounds frozen broccoli may be used. Add to boiling water. Cook 1 minute or until thoroughly heated.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 063 00**  
**THOUSAND ISLAND DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
63 cal	3 g	0 g	6 g	10 mg	150 mg	1 mg

**Ingredient**

EGG,HARD COOKED,CHOPPED

ONIONS,FRESH,GRATED

PIMIENTO,CANNED,DRAINED,CHOPPED

PICKLE RELISH,SWEET,DRAINED

CATSUP

SALAD DRESSING,MAYONNAISE TYPE

SALT

**Weight**

4-3/4 oz

1/3 oz

3-3/8 oz

4-1/3 oz

10-5/8 oz

2-1/2 lbs

1/3 oz

**Measure**

1 cup

1 tbsp

1/2 cup

1/2 cup

1-1/4 cup

1 qts 1 cup

1/4 tsp

**Issue**

3/8 oz

**Method**

- 1 Combine eggs, onions, pimientos, relish, catsup, salad dressing, and salt; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Stir well before using.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 064 00**  
**CREAMY ITALIAN DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
69 cal	2 g	0 g	7 g	5 mg	82 mg	7 mg

**Ingredient**

SALAD DRESSING,MAYONNAISE TYPE  
 WATER  
 VINEGAR,DISTILLED  
 BASIL,SWEET,WHOLE,CRUSHED  
 OREGANO,CRUSHED  
 GARLIC POWDER  
 ONION POWDER  
 SUGAR,GRANULATED

**Weight**

3 lbs  
 12-1/2 oz  
 6-1/4 oz  
 3/8 oz  
 7/8 oz  
 1/8 oz  
 5/8 oz  
 1/8 oz

**Measure**

1 qts 2 cup  
 1-1/2 cup  
 3/4 cup  
 2-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 tsp  
 2-2/3 tbsp  
 1/8 tsp

**Issue**

**Method**

- 1 Combine salad dressing, water, vinegar, basil, oregano, garlic, onion powder, and sugar in mixer bowl.
- 2 Beat at medium speed 3 to 5 minutes.
- 3 Cover; refrigerate at least 8 hours before serving. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 065 00**  
**CREAMY HORSERADISH DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
59 cal	4 g	0 g	5 g	3 mg	103 mg	2 mg

**Ingredient**

SALAD DRESSING,FRENCH,PREPARED,L/C  
 SALAD DRESSING,MAYONNAISE TYPE  
 HORSERADISH,PREPARED  
 VINEGAR,DISTILLED  
 SUGAR,GRANULATED

**Weight**

1-1/8 lbs  
 2 lbs  
 8-1/2 oz  
 4-1/8 oz  
 5-1/4 oz

**Measure**

2 cup  
 1 qts  
 1 cup  
 1/2 cup  
 3/4 cup

**Issue**

**Method**

- 1 Combine French Dressing, Salad Dressing, horseradish, vinegar, and sugar; blend well.
- 2 Cover; refrigerate at least 1 to 2 hours for flavors to blend. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 066 00**  
**LOW CALORIE TOMATO DRESSING**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
26 cal	6 g	1 g	0 g	0 mg	196 mg	4 mg

**Ingredient**

SOUP,CONDENSED,TOMATO  
 GARLIC POWDER  
 ONION POWDER  
 PEPPER,BLACK,GROUND  
 PICKLE RELISH,SWEET  
 VINEGAR,WHITE WINE

**Weight**

7-1/4 lbs  
 7/8 oz  
 1/4 oz  
 <1/16th oz  
 6-1/2 oz  
 1-1/4 lbs

**Measure**

3 qts 1 cup  
 3 tbsp  
 1 tbsp  
 1/8 tsp  
 3/4 cup  
 2-1/4 cup

**Issue**

**Method**

- 1 Combine soup, garlic, onion powder, pepper, relish, and wine vinegar; blend well.
- 2 Cover; refrigerate until ready to serve. Stir well before using. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 067 00**  
**RUSSIAN DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
72 cal	3 g	0 g	7 g	5 mg	106 mg	1 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SAUCE,CHILI	13-1/3 oz	1-1/2 cup	
ONIONS,FRESH,GRATED	1/3 oz	1 tbsp	3/8 oz
PAPRIKA,GROUND	1/4 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/4 tsp	
PIMIENTO,CANNED,DRAINED,CHOPPED	1-2/3 oz	1/4 cup 1/3 tbsp	
SALAD DRESSING,MAYONNAISE TYPE	3 lbs	1 qts 2 cup	

**Method**

- 1 Combine chili sauce, onions, paprika, pepper, pimientos, and Salad Dressing; blend well.
- 2 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 3 Stir well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 068 00**  
**SOUR CREAM DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
39 cal	2 g	0 g	3 g	6 mg	89 mg	19 mg

**Ingredient**

SOUR CREAM,LOW FAT  
 SALAD DRESSING,MAYONNAISE TYPE  
 VINEGAR,DISTILLED  
 SALT

**Weight**

3 lbs  
 1 lbs  
 2-1/8 oz  
 1/2 oz

**Measure**

1 qts 2 cup  
 2 cup  
 1/4 cup 1/3 tbsp  
 3/8 tsp

**Issue**

**Method**

- 1 Carefully blend salad dressing into sour cream.
- 2 Combine vinegar and salt. Add to sour cream mixture stirring carefully.
- 3 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 068 01**  
**BLUE CHEESE AND SOUR CREAM DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
54 cal	2 g	1 g	4 g	9 mg	146 mg	41 mg

**Ingredient**

SOUR CREAM,LOW FAT  
 SALAD DRESSING,MAYONNAISE TYPE  
 VINEGAR,DISTILLED  
 SALT  
 CHEESE,BLUE-VEINED

**Weight**

3 lbs  
 1 lbs  
 2-1/8 oz  
 1/2 oz  
 14-1/4 oz

**Measure**

1 qts 2 cup  
 2 cup  
 1/4 cup 1/3 tbsp  
 3/8 tsp  
 3 cup

**Issue**

**Method**

- 1 Carefully blend salad dressing into sour cream.
- 2 Combine vinegar, crumbled blue-veined cheese, and salt. Add to sour cream mixture stirring carefully. Stir with wire whip until blended.
- 3 Cover; refrigerate at least 2 hours before serving. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 069 00**  
**VINEGAR AND OIL DRESSING**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
40 cal	0 g	0 g	4 g	0 mg	117 mg	1 mg

**Ingredient**

VINEGAR,DISTILLED  
 WATER  
 SALT  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND  
 OREGANO,CRUSHED  
 OIL,SALAD

**Weight**

1-1/8 lbs  
 1-1/8 lbs  
 1 oz  
 1/4 oz  
 1/8 oz  
 1/8 oz  
 1 lbs

**Measure**

2-1/4 cup  
 2-1/4 cup  
 1 tbsp  
 1/3 tsp  
 1/4 tsp  
 1 tbsp  
 2 cup

**Issue**

**Method**

- 1 Combine vinegar, water, salt, garlic powder, pepper, and oregano in mixer bowl.
- 2 Using a wire whip, beat at medium speed about 2 minutes or until well blended.
- 3 Add salad oil or olive oil gradually while mixing at low speed 3 minutes.
- 4 Mix at medium speed 1 minute or until well blended.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.
- 6 Whip or stir well before using.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 070 00**  
**ZESTY ROTINI PASTA SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
106 cal	18 g	4 g	2 g	1 mg	382 mg	37 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	20-7/8 lbs	2 gal 2 qts	
SALT	5/8 oz	1 tbsp	
OIL,OLIVE	1/2 oz	1 tbsp	
MACARONI NOODLES,ROTINI,DRY	4-3/8 lbs	1 gal 3/4 qts	
SALAD DRESSING,ITALIAN,DIET	3-3/8 lbs	1 qts 2 cup	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	
SESAME SEEDS	2-1/2 oz	1/2 cup	
POPPY SEEDS	7/8 oz	3 tbsp	
PAPRIKA,GROUND	1 oz	1/4 cup 1/3 tbsp	
TOMATOES,FRESH,CHOPPED	3-1/2 lbs	2 qts 3/4 cup	3-5/8 lbs
CUCUMBER,FRESH,CHOPPED	3-1/2 lbs	3 qts 1-3/8 cup	4-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
ONIONS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/4 cup	1-2/3 lbs

**Method**

- 1 Add salt and salad oil or olive oil to water; heat to a rolling boil.
- 2 Add rotini slowly while stirring constantly, until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. DO NOT OVER COOK.
- 3 Drain. Rinse with cold water.
- 4 Combine dressing with cheese, sesame seeds, poppy seeds, and paprika. Add to rotini. Toss lightly.
- 5 Add tomatoes, cucumbers, peppers, and onions. Toss lightly. Cover and refrigerate at least 3 hours or until flavors are blended. Keep refrigerated until ready to serve.



**SALADS, SALAD DRESSINGS, AND RELISHES No.M 071 00**

**SALSA PASTA SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
98 cal	19 g	4 g	1 g	0 mg	221 mg	18 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

WATER	20-7/8 lbs	2 gal 2 qts	
SALT	5/8 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
MACARONI NOODLES,ROTINI,DRY	3-1/8 lbs	3 qts 1-1/2 cup	
TOMATOES,FRESH,CHOPPED	4 lbs	2 qts 2 cup	4 lbs
ONIONS,FRESH,CHOPPED	4-1/4 oz	3/4 cup	4-2/3 oz
PEPPERS,JALAPENOS,CANNED,CHOPPED	2-3/8 oz	1/2 cup	
SALT	5/8 oz	1 tbsp	
SUGAR,GRANULATED	1/2 oz	1 tbsp	
CARROTS,FROZEN,SLICED	1-2/3 lbs	1 qts 2 cup	
WATER,BOILING	3-1/8 lbs	1 qts 2 cup	
PEAS,GREEN,FROZEN	2-1/4 lbs	1 qts 3 cup	
CORN,FROZEN,WHOLE KERNEL	2-1/2 lbs	1 qts 3 cup	
WATER,BOILING	1 lbs	2 cup	
CHICKPEAS	2-2/3 lbs	1 qts 1 cup	
OLIVES,RIPE,PITTED,SLICED,INCL LIQUIDS	9-1/2 oz	2 cup	

**Method**

- 1 Add salt and oil to water; heat to rolling boil. Slowly add rotini while stirring constantly until water boils again. Cook 10 to 12 minutes. **DO NOT OVERCOOK.** Drain, rinse with cold water; drain thoroughly.
- 2 Combine tomatoes, onions, peppers, salt, and sugar; mix well.
- 3 Add tomato mixture to rotini. Toss lightly but thoroughly.
- 4 Refrigerate for use in Step 8.
- 5 Add carrots to boiling water. Return to a boil; reduce heat; cover; simmer 8 to 10 minutes or until just tender.
- 6 Drain; set aside for use in Step 8.
- 7 Add peas and corn to water. Bring to a boil; reduce heat; cover; simmer 4 minutes. Drain.
- 8 Add chick peas, olives, carrots, peas, and corn to rotini mixture. Toss lightly. Cover; refrigerate at least 3 hours or until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 2, 2-3/4 quarts prepared salsa may be used.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 072 00**

**CONFETTI RICE SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
97 cal	18 g	2 g	2 g	2 mg	250 mg	44 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE, LONG GRAIN	3-3/4 lbs	2 qts 1-3/8 cup	
WATER, COLD	10-1/2 lbs	1 gal 1 qts	
SALT	7/8 oz	1 tbsp	
YOGURT, PLAIN, LOWFAT	3-1/4 lbs	1 qts 2 cup	
SALAD DRESSING, MAYONNAISE TYPE	10-1/2 oz	1-3/8 cup	
VINEGAR, DISTILLED	2-1/8 oz	1/4 cup 1/3 tbsp	
SALT	1 oz	1 tbsp	
PARSLEY, FRESH, BUNCH, CHOPPED	1/2 oz	1/4 cup	1/2 oz
GARLIC POWDER	1/4 oz	1/3 tsp	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
TOMATOES, FRESH, CHOPPED	3 lbs	1 qts 3-1/2 cup	3 lbs
CELERY, FRESH, CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PIMIENTO, CANNED, DRAINED, CHOPPED	1 lbs	2-1/4 cup	
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
ONIONS, FRESH, CHOPPED	8 oz	1-3/8 cup	8-7/8 oz

**Method**

- 1 Combine rice, water, and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 2 Remove from heat; transfer to shallow serving pans. Cover, refrigerate for 1 hour.
- 3 Combine yogurt, salad dressing, vinegar, salt, parsley, garlic powder, and pepper; mix thoroughly. Combine with chilled rice.
- 4 Add tomatoes, celery, pimientos, peppers, and onions. Mix lightly.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 5, rice salad may be served on lettuce. Use 4 pounds fresh lettuce, trimmed and cored for 100 portions.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 072 01**  
**CREAMY CUCUMBER RICE SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
105 cal	18 g	3 g	2 g	3 mg	260 mg	75 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE, LONG GRAIN	3-3/4 lbs	2 qts 1-3/8 cup	
WATER, COLD	10-1/2 lbs	1 gal 1 qts	
SALT	7/8 oz	1 tbsp	
YOGURT, PLAIN, LOWFAT	6-1/2 lbs	3 qts	
CUCUMBER, FRESH, CHOPPED	12-5/8 oz	3 cup	15 oz
SALAD DRESSING, MAYONNAISE TYPE	10-1/2 oz	1-3/8 cup	
SALT	1 oz	1 tbsp	
DILL WEED, DRIED	1/2 oz	1/4 cup 2/3 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
CUCUMBER, FRESH, SLICED	2-1/2 lbs	2 qts 1/2 cup	3 lbs
CELERY, FRESH, CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PIMIENTO, CANNED, DRAINED, CHOPPED	1 lbs	2-1/4 cup	
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
ONIONS, FRESH, CHOPPED	8 oz	1-3/8 cup	8-7/8 oz

**Method**

- 1 Combine rice, water, and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 2 Remove from heat; transfer to shallow serving pans. Cover, refrigerate for 1 hour.
- 3 Combine yogurt, cucumbers, dressing, dill weed, garlic powder, and black pepper; mix thoroughly. Combine with chilled rice.
- 4 Add celery, pimientos, peppers, and onions. Mix lightly.
- 5 Cover; refrigerate until ready to serve. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 5, rice salad may be served on lettuce. Use 4 pounds fresh lettuce, trimmed and cored for 100 portions.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 073 00**

**KIWI FRUIT SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
106 cal	25 g	2 g	1 g	1 mg	22 mg	79 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YOGURT,PLAIN,LOWFAT	5-3/8 lbs	2 qts 2 cup	
SUGAR,GRANULATED	1-1/2 lbs	3-1/2 cup	
JUICE,LIME	1-1/4 lbs	2-1/2 cup	
NUTMEG,GROUND	1/4 oz	3/8 tsp	
GINGER,GROUND	1/8 oz	3/8 tsp	
APPLES,FRESH,MEDIUM,UNPEELED,DICED	7-1/4 lbs	1 gal 2-5/8 qts	8-1/2 lbs
KIWIFRUIT,FRESH,CHOPPED	7-1/4 lbs	1 gal 5/8 qts	8-3/8 lbs
ORANGE,FRESH,SLICED	3-7/8 lbs	2 qts 1-3/4 cup	5-1/3 lbs
PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED	4 lbs	2 qts 1 cup	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Combine yogurt, sugar, lime juice, nutmeg, and ginger in mixer bowl. Blend at medium speed until smooth, about 2 minutes.
- 2 Combine apples, kiwi fruit, oranges, and pineapple. Mix lightly.
- 3 Place 1 lettuce leaf on each serving dish. Place 1/2 cup fruit mixture on lettuce. CCP: Cover; refrigerate product at 41 F. or lower.
- 4 Serve each portion with 1 ounce of dressing.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 074 00**  
**MARINATED BLACK BEAN SALAD**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
179 cal	36 g	10 g	1 g	0 mg	149 mg	53 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,BLACK,CANNED,DRAINED	18-5/8 lbs	2 gal 1/4 qts	
CORN,FROZEN,WHOLE KERNEL	11 lbs	1 gal 3-5/8 qts	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
PEPPERS,GREEN,FRESH,CHOPPED	2-1/4 lbs	1 qts 2-7/8 cup	2-3/4 lbs
PEPPERS,RED FRESH,DICED	2-1/4 lbs	1 qts 2-7/8 cup	2-3/4 lbs
ONIONS,RED,FRESH,CHOPPED	1-1/4 lbs	3-1/2 cup	1-3/8 lbs
JUICE,LEMON	12-7/8 oz	1-1/2 cup	
PEPPERS,JALAPENOS,CANNED,CHOPPED	7-1/4 oz	1-1/2 cup	
CILANTRO,FRESH,DICED	2 oz	1-1/4 cup	2-1/8 oz
CUMIN,GROUND	1/2 oz	2-2/3 tbsp	
SUGAR,GRANULATED	3/4 oz	1 tbsp	
SALT	5/8 oz	1 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Combine beans, corn, tomatoes, green peppers, red peppers, onions, lemon juice, jalapeno peppers, cilantro, cumin, sugar, salt, and garlic powder. Mix well to thoroughly combine all ingredients.
- 2 CCP: Cover; refrigerate product at 41 F. or lower.
- 3 Place lettuce leaf in serving dish. Top with 3/4 cup salad. CCP: Refrigerate product at 41 F. or lower.

**Notes**

- 1 In Step 1, 7 pounds dry black beans and 3 gallons water may be used. Follow Steps 1 through 5 of Recipe No. Q 030 00, Boston Baked Beans.
- 2 In Step 1, 1/4 ounce or 6-2/3 tablespoons dry cilantro may be used.

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 504 00**

**BROCCOLI SALAD**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
266 cal	33 g	4 g	15 g	6 mg	129 mg	51 mg

**Ingredient**

BROCCOLI,FRESH,BUNCH  
 SALAD DRESSING,MAYONNAISE TYPE  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 MILK,NONFAT,DRY  
 WATER  
 RAISINS  
 WALNUTS,SHELLED,HALVES AND PIECES  
 ONIONS,FRESH,CHOPPED

**Weight**

13-1/2 lbs  
 4 lbs  
 1-3/4 lbs  
 4-1/8 oz  
 1/4 oz  
 4-1/8 oz  
 4-3/4 lbs  
 2-1/8 lbs  
 11-1/4 oz

**Measure**

2 qts  
 1 qts  
 1/2 cup  
 1 tbsp  
 1/2 cup  
 3 qts 3 cup  
 2 qts  
 2 cup

**Issue**

22-1/8 lbs  
  
  
  
  
  
  
  
  
 12-1/2 oz

**Method**

- 1 Cut broccoli heads into florets. Dice stems.
- 2 Reconstitute milk. Combine fat free salad dressing, sugar, vinegar, and milk. Mix well. Add to broccoli.
- 3 Add raisins, walnuts (optional), and onions to broccoli mixture. Stir to coat all pieces with dressing.
- 4 CCP: Refrigerate product at 41F. or lower. Hold for service at 41 F. or lower.

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N 003 00	Steak and Cheese Submarine	N 010 00	Egg Salad Sandwich
N 003 01	Steak, Cheese and Onion Submarine	N 010 01	New York Egg Salad Sandwich (Egg and Tomato)
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N 004 05	Turkey Croissant	N 012 00	Grilled Hamburger (Beef Patties)
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N 047 01	Hot Roast Beef & Cheese Rollup Sandwich		

**BACON, LETTUCE, AND TOMATO SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
281 cal	29 g	10 g	14 g	17 mg	573 mg	74 mg

**Ingredient**

BACON,SLICED,RAW  
 BREAD,WHITE,SLICE  
 TOMATOES,FRESH,SLICED  
 LETTUCE,LEAF,FRESH,HEAD  
 SALAD DRESSING,MAYONNAISE TYPE

**Weight**

12 lbs  
 11 lbs  
 11-1/8 lbs  
 5 lbs  
 2 lbs

**Measure**

200 sl  
 1 gal 3 qts  
 1 qts

**Issue**

11-1/3 lbs  
 7-3/4 lbs

**Method**

- 1 Prepare bacon according to package directions.
- 2 Place 2 slices bacon, 2 slices tomato, and lettuce leaf on 1 slice of bread; spread second slice of bread with about 2 teaspoons Salad Dressing. Top with second slice of bread.
- 3 Cut each sandwich in half. Prepare in 25 portion batches. Notes: Toast bread slices if desired.

## GYROS

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
447 cal	49 g	37 g	11 g	79 mg	725 mg	244 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,OVEN ROAST,PRE COOKED	20 lbs		
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs
TOMATOES,FRESH,CHOPPED	8-1/2 lbs	1 gal 1-3/8 qts	8-2/3 lbs
LETTUCE,ICEBERG,FRESH,SHREDDED	3-1/8 lbs	1 gal 2-1/2 qts	3-1/3 lbs
YOGURT,PLAIN,NONFAT	6-1/2 lbs	3 qts	
CUCUMBER,FRESH,CHOPPED	2-5/8 lbs	2 qts 2 cup	3-1/8 lbs
DILL WEED,DRIED	1/2 oz	1/4 cup 1-1/3 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
BREAD,PITA,GYROS,8-INCH	21 lbs	100 each	

**Method**

- 1 Slice beef thin, about 20 slices per pound. Place 4 pounds, about 80 slices, on each pan for use in Step 5. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 2 Separate onion slices into rings. Chop tomatoes and shred lettuce. Set aside for use in Step 6.
- 3 Peel, seed and chop cucumbers. Combine yogurt, cucumbers, dill weed and garlic powder. Mix well. CCP: Refrigerate at 41 F. or lower for use in Step 6.
- 4 Cut pita bread in half, forming 2 pockets. Place on pans. Using a convection oven, bake at 325 F. for 5 minutes or until warm and pliable on high fan, closed vent.
- 5 Place 2 slices beef in each pita pocket.
- 6 Top each pita with 1 tablespoon yogurt-cucumber sauce, 2 onion rings, 2 tablespoons diced tomatoes and 2 tablespoons lettuce.

**GYROS (RTU)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
520 cal	54 g	37 g	17 g	79 mg	916 mg	198 mg

**Ingredient**

BEEF,OVEN ROAST,PRE COOKED

ONIONS,FRESH,SLICED

TOMATOES,FRESH,CHOPPED

LETTUCE,ICEBERG,FRESH,CHOPPED

BREAD,PITA,GYROS,8-INCH

SAUCE,TZATZIKI

**Weight**

20 lbs

1-1/2 lbs

9-1/8 lbs

3-1/8 lbs

21 lbs

10 lbs

**Measure**

1 qts 2 cup

1 gal 1-3/4 qts

1 gal 2-1/2 qts

100 each

1 gal 3/4 qts

**Issue**

1-2/3 lbs

9-1/3 lbs

3-3/8 lbs

**Method**

- 1 Slice beef thin, about 20 slices per pound. Place 4 pounds, about 80 slices, on each pan for use in Step 5. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 2 Separate onion slices into rings. Chop tomatoes and shred lettuce. Set aside for use in Step 6.
- 3 Place bread on 5 pans. Bake 10 minutes or until warm and pliable.
- 4 Using a convection oven, bake meat in 350 F. on high fan, closed vent.
- 5 Place about 3 tablespoons of prepared tzatziki sauce on each gyro bread. Top with 6 slices of meat (3 oz). Top with tomatoes, lettuce, and onion rings. Fold in half; secure with toothpick or roll up bread around filling and wrap with 3-inch wide strip of aluminum foil.

**STEAK AND CHEESE SUBMARINE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
475 cal	20 g	32 g	29 g	102 mg	468 mg	218 mg

**Ingredient**

BEEF,STEAK,SANDWICH,THIN SLICES,RAW  
 COOKING SPRAY,NONSTICK  
 CHEESE,AMERICAN,SLICED  
 ROLL,FRENCH

**Weight**

25 lbs  
 2 oz  
 6-1/4 lbs  
 8-3/8 lbs

**Measure**

1/4 cup 1/3 tbsp  
 100 sl  
 100 each

**Issue**

**Method**

- 1 Grill steaks on one side 30 seconds on lightly sprayed grill at 350 F.
- 2 Turn steaks; cover half of steaks with cheese slices. Grill steaks 30 seconds. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Slice rolls in half lengthwise. Place 1 steak on bottom half of each roll. Add steak with cheese on top.
- 4 Cover with top half of roll. CCP: Hold at 140 F. or higher for service.

**STEAK, CHEESE AND ONION SUBMARINE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
510 cal	27 g	33 g	29 g	102 mg	471 mg	236 mg

**Ingredient**

ONIONS,FRESH,SLICED  
 COOKING SPRAY,NONSTICK  
 BEEF,STEAK,SANDWICH,THIN SLICES,RAW  
 CHEESE,AMERICAN,SLICED  
 ROLL,FRENCH

**Weight**

20 lbs  
 2 oz  
 25 lbs  
 6-1/4 lbs  
 8-3/8 lbs

**Measure**

4 gal 3-3/4 qts  
 1/4 cup 1/3 tbsp  
 100 sl  
 100 each

**Issue**

22-1/4 lbs

**Method**

- 1 Lightly spray grill with non-stick cooking spray. Grill thinly sliced onions 5 to 6 minutes.
- 2 Grill steaks on one side 30 seconds on lightly sprayed grill at 350 F. Turn steaks; cover half of steaks with cheese slices. Grill steaks 30 seconds. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Slice rolls in half lengthwise. Place 1 steak on bottom half of each roll. Add steak with cheese on top. Add 1/3 cup grilled onions on each sandwich.
- 4 Cover with top half of roll. CCP: Hold at 140 F. or higher for service.

**STEAK AND ONION SUBMARINE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
403 cal	27 g	26 g	20 g	75 mg	287 mg	61 mg

**Ingredient**

ONIONS,FRESH,SLICED  
 COOKING SPRAY,NONSTICK  
 BEEF,STEAK,SANDWICH,THIN SLICES,RAW  
 ROLL,FRENCH

**Weight**

20 lbs  
 2 oz  
 25 lbs  
 8-3/8 lbs

**Measure**

4 gal 3-3/4 qts  
 1/4 cup 1/3 tbsp  
 100 each

**Issue**

22-1/4 lbs

**Method**

- 1 Lightly spray grill with non-stick cooking spray. Grill thinly sliced onions 5 to 6 minutes.
- 2 Grill steaks on one side 1/2 minute on lightly sprayed grill at 350 F. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Slice rolls in half lengthwise. Place 1 steak on bottom half of each roll. Top with 1/3 cup onions on each sandwich.
- 4 Cover with top half of roll. CCP: Hold at 140 F. or higher for service.

**ROAST BEEF SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
368 cal	29 g	31 g	14 g	76 mg	430 mg	81 mg

**Ingredient**

BEEF,OVEN ROAST,PRE COOKED  
 MUSTARD,PREPARED  
 SALAD DRESSING,MAYONNAISE TYPE  
 BREAD,WHEAT  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

18-3/4 lbs  
 8-7/8 oz  
 1-5/8 lbs  
 12-1/2 lbs  
 4 lbs

**Measure**

1 cup  
 3-1/4 cup  
 200 sl

**Issue**

6-1/4 lbs

**Method**

- 1 Slice beef into thin slices, about 16 to 22 slices per pound.
- 2 Combine mustard and salad dressing; blend well.
- 3 Spread 1 slice of bread with 2 teaspoons dressing mixture. Place 3 ounces or 3 to 4 slices, beef on bread. Top with lettuce if desired, and second slice of bread.
- 4 Cut each sandwich in half. CCP: Hold at 41 F. or lower until ready to serve.

**Notes**

- 1 100 Crossiants may be substituted for wheat bread.



**ROAST PORK SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
411 cal	31 g	29 g	19 g	72 mg	451 mg	86 mg

**Ingredient**

PORK,LOIN,BONELESS,COOKED

MUSTARD,PREPARED

SALAD DRESSING,MAYONNAISE TYPE

BREAD,WHEAT,SLICED

LETTUCE,ICEBERG,FRESH

**Weight**

18-3/4 lbs

8-7/8 oz

1-5/8 lbs

12-1/2 lbs

4 lbs

**Measure**

1 cup

3-1/4 cup

200 sl

**Issue**

4-1/3 lbs

**Method**

- 1 Slice meat into thin slices.
- 2 Combine mustard and salad dressing; blend well.
- 3 Spread 1 slice bread with 2 teaspoons salad dressing mixture. Place 3 ounces or 3 to 4 slices, meat on bread; top with second slice of bread. Add lettuce if desired.
- 4 Cut each sandwich in half. CCP: Hold at 41 F. or lower until ready to serve.

**ROAST TURKEY SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
343 cal	33 g	23 g	13 g	55 mg	959 mg	109 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
 MUSTARD,PREPARED  
 SALAD DRESSING,MAYONNAISE TYPE  
 BREAD,WHEAT,SLICED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

21 lbs  
 8-7/8 oz  
 1-5/8 lbs  
 12-1/2 lbs  
 4 lbs

**Measure**

1 cup  
 3-1/4 cup  
 200 sl

**Issue**

6-1/4 lbs

**Method**

- 1 Slice turkey into thin slices, 16 to 22 slices per pound.
- 2 Combine mustard and salad dressing; blend well.
- 3 Spread 1 slice of bread with 2 teaspoons salad dressing mixture. Place 3 ounces or 3 to 4 slices, meat on bread; top with second slice of bread. Add lettuce if desired.
- 4 Cut each sandwich in half. CCP: Hold at 41 F. or lower until ready to serve.

**TURKEY CROISSANT**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
414 cal	30 g	22 g	22 g	93 mg	1056 mg	57 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
 MUSTARD,PREPARED  
 SALAD DRESSING,MAYONNAISE TYPE  
 CROISSANT,HALVED  
 LETTUCE,ICEBERG,FRESH

**Weight**

21 lbs  
 8-7/8 oz  
 1-5/8 lbs  
 12-5/8 lbs  
 4 lbs

**Measure**

1 cup  
 3-1/4 cup  
 100 each

**Issue**

4-1/3 lbs

**Method**

- 1 Slice turkey into thin slices, 16 to 22 slices per pound.
- 2 Combine mustard and salad dressing; blend well.
- 3 Slice croissants in half. Overlap croissants on sheet pans. Bake until crisp in 300 F. convection oven, about 3 minutes on high fan, open vent. Remove from oven.
- 4 Spread bottom half of each hot croissant with 2 teaspoons salad dressing mixture. Place 3 ounces, 3 to 4 slices meat on each croissant. Top with other half of croissant. Add lettuce if desired. CCP: Hold at 41 F. or lower for service.

**SAUSAGE AND BISCUIT**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
242 cal	24 g	9 g	12 g	22 mg	690 mg	123 mg

**Ingredient**

BAKING POWDER BISCUITS  
 SAUSAGE PATTY,PORK,RAW,2 OZ

**Weight**

5-7/8 lbs

**Measure**

100 each  
 100 each

**Issue**

**Method**

- 1 Prepare Baking Powder Biscuits, Recipe No. D 001 00 or D 001 01. Split biscuits in half. Keep hot for use in Step 3.
- 2 Place 25 sausage patties on each sheet pan. Using a convection oven, bake uncovered at 325 F. for 7 minutes or until done on low fan, open vent. Drain. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Place 1 patty on bottom of each split biscuit. Add top biscuit. CCP: Hold for service at 140 F. or higher.

**HAM AND BISCUIT**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
196 cal	24 g	9 g	7 g	14 mg	707 mg	117 mg

**Ingredient**

BAKING POWDER BISCUITS  
 HAM,COOKED,BONELESS  
 COOKING SPRAY,NONSTICK

**Weight**

6-1/4 lbs  
 2 oz

**Measure**

100 each  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare Baking Powder Biscuits, Recipe No. D 001 00 or D 001 01. Split biscuits in half. Keep hot for use in Step 3.
- 2 Cut ham into 1-ounce slices. Grill on lightly sprayed 350 F. griddle until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Place 1 slice of ham on bottom of each split biscuit. Add top biscuit. CCP: Hold for service at 140 F. or higher.

**GRILLED CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
411 cal	26 g	17 g	27 g	74 mg	713 mg	405 mg

**Ingredient**

CHEESE,AMERICAN,SLICED  
 BREAD,WHITE  
 BUTTER,MELTED

**Weight**

12-1/2 lbs  
 11 lbs  
 2 lbs

**Measure**

200 sl  
 200 sl  
 1 qts

**Issue**

**Method**

- 1 Place 2 slices cheese between 2 slices bread.
- 2 Brush lightly top and bottom of sandwiches with butter or margarine.
- 3 Grill on 400 F. griddle until sandwiches are lightly browned on each side and cheese is melted.
- 4 Cut each sandwich in half. Serve hot. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 In Step 3, sandwiches may be browned in a convection oven at 425 F. for 5 minutes.

**GERMAN STYLE HAMWICH**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
418 cal	26 g	16 g	28 g	61 mg	1032 mg	244 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
MARGARINE,SOFTENED	2 lbs	1 qts	
MUSTARD,PREPARED	1-1/8 lbs	2 cup	
HORSERADISH,PREPARED	1 oz	2 tbsp	
POPPY SEEDS	7/8 oz	3 tbsp	
ONIONS,FRESH,CHOPPED	3-3/4 oz	1/2 cup 2-2/3 tbsp	4-1/8 oz
CHEESE,AMERICAN,SLICED	6-1/4 lbs	100 sl	
HAM,COOKED,BONELESS	6-1/4 lbs		
BREAD,WHITE	11 lbs	200 sl	
BUTTER,MELTED	2 lbs	1 qts	

**Method**

- 1 Combine softened margarine, mustard, horseradish, poppy seed, and onions; mix well.
- 2 Spread 1 tablespoon filling on 1 slice bread. Slice ham into 100 slices. Place 1 slice ham and 1 slice of cheese over filling in each sandwich. Top with second slice bread.
- 3 Brush lightly top and bottom of sandwiches with butter or margarine.
- 4 Grill on 400 F. griddle until sandwiches are lightly browned on each side and cheese is melted. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Cut each sandwich in half. Serve hot. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 In Step 4, hamwich may be browned in a 425 F. convection oven for 5 minutes.

**GRILLED HAM AND CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
391 cal	25 g	21 g	22 g	76 mg	1251 mg	235 mg

**Ingredient**

HAM,COOKED,BONELESS  
 CHEESE,AMERICAN,SLICED  
 BREAD,WHITE  
 BUTTER,MELTED

**Weight**

12-1/2 lbs  
 6-1/4 lbs  
 11 lbs  
 2 lbs

**Measure**

100 sl  
 200 sl  
 1 qts

**Issue**

**Method**

- 1 Slice ham into 100 slices. Place 1 slice cheese and 2 slices ham on each sandwich.
- 2 Brush lightly top and bottom of sandwiches with butter or margarine.
- 3 Grill until sandwiches are lightly browned on each side and cheese is melted on 400 F. griddle. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Cut each sandwich in half. Serve hot. CCP: Hold at 140 F. or higher for service.

**Notes**

- 1 In Step 3, sandwiches may be oven toasted or browned in a 425 F. convection oven for 5 minutes.



**ENGLISH MUFFIN WITH BACON, EGG AND CHEESE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
345 cal	27 g	18 g	18 g	228 mg	601 mg	301 mg

**Ingredient**

BACON,SLICED,RAW  
 ENGLISH MUFFINS,SPLIT OR CUT  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 CHEESE,AMERICAN,SLICED

**Weight**

1-1/4 lbs  
 12-5/8 lbs  
 10 lbs  
 2 oz  
 6-1/4 lbs

**Measure**

100 sl  
 100 each  
 1 gal 2/3 qts  
 1/4 cup 1/3 tbsp  
 100 sl

**Issue**

**Method**

- 1 Cook bacon according to Recipe No. L 002 00 or L 002 02. Drain. Set aside for use in Step 4.
- 2 Place muffin halves on sheet pans in rows, 5 by 7; Using a convection oven, toast 2 to 3 minutes at 325 F. Set aside for use in Step 6.
- 3 Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place 1 slice bacon on egg.
- 5 Place 1 slice cheese on top of bacon. Continue to cook until cheese melts.
- 6 Place 1 cheese and bacon-topped fried egg on bottom half of each split muffin. Top with second half of muffin. CCP: Hold for service at 140 F. or higher.

ENGLISH MUFFIN WITH HAM, EGG, AND CHEESE

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
355 cal	27 g	22 g	17 g	237 mg	871 mg	302 mg

**Ingredient**

HAM,COOKED,BONELESS  
 ENGLISH MUFFINS,SPLIT OR CUT  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 CHEESE,AMERICAN,SLICED

**Weight**

6-1/4 lbs  
 12-5/8 lbs  
 10 lbs  
 2 oz  
 6-1/4 lbs

**Measure**

100 each  
 1 gal 2/3 qts  
 1/4 cup 1/3 tbsp  
 100 sl

**Issue**

**Method**

- 1 Grill 1-ounce slices of ham until lightly browned on 325 F. griddle.
- 2 Place muffin halves on sheet pans in rows, 5 by 7; Using a convection oven, toast 2 to 3 minutes at 325 F. Set aside for use in Step 6.
- 3 Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place 1 slice ham on egg.
- 5 Place 1 slice cheese on top of ham. Continue to cook until cheese melts.
- 6 Place 1 cheese and ham-topped fried egg on bottom half of each split muffin. Top with second half of muffin. CCP: Hold for service at 140 F. or higher.

**ENGLISH MUFFIN WITH CANADIAN BACON, EGG, & CHEESE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
356 cal	28 g	22 g	17 g	237 mg	909 mg	303 mg

**Ingredient**

BACON,CANADIAN,SLICED,1 OZ  
 ENGLISH MUFFINS,SPLIT OR CUT  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 CHEESE,AMERICAN,SLICED

**Weight**

6-1/4 lbs  
 12-5/8 lbs  
 10 lbs  
 2 oz  
 6-1/4 lbs

**Measure**

100 sl  
 100 each  
 1 gal 2/3 qts  
 1/4 cup 1/3 tbsp  
 100 sl

**Issue**

**Method**

- 1 Cook thawed Canadian bacon according to Recipe No. L 002 01 or L 002 03. Drain. Set aside for use in Step 4.
- 2 Place muffin halves on sheet pans in rows, 5 by 7; Using a convection oven, toast 2 to 3 minutes in 325 F. oven. Set aside for use in Step 6.
- 3 Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place 1 slice Canadian bacon on egg.
- 5 Place 1 slice cheese on top of bacon. Continue to cook until cheese melts.
- 6 Place 1 cheese and bacon-topped fried egg on bottom half of each split muffin. Top with second half of muffin. CCP: Hold for service at 140 F. or higher.

**ENGLISH MUFFIN WITH SAUSAGE, EGG, AND CHEESE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
459 cal	28 g	24 g	27 g	256 mg	1026 mg	313 mg

**Ingredient**

SAUSAGE PATTY,PORK,RAW,2 OZ  
 ENGLISH MUFFINS,SPLIT OR CUT  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 CHEESE,AMERICAN,SLICED

**Weight**

18-3/4 lbs  
 12-5/8 lbs  
 10 lbs  
 2 oz  
 6-1/4 lbs

**Measure**

100 each  
 1 gal 2/3 qts  
 1/4 cup 1/3 tbsp  
 100 sl

**Issue**

**Method**

- 1 Cook sausage patties according to instructions on package. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Place muffin halves on sheet pans in rows, 5 by 7; Using a convection oven, toast 2 to 3 minutes at 325 F. Set aside for use in Step 6.
- 3 Place thawed eggs into a small bowl; pour on 325 F. greased griddle. Fry 2 minutes; turn. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Place 1 sausage patty on egg.
- 5 Place 1 slice cheese on top of sausage patty. Continue to cook until cheese melts.
- 6 Place 1 cheese and sausage-topped fried egg on bottom half of each split muffin. Top with second half of muffin. CCP: Hold for service at 140 F. or higher.

**CHICKEN SALAD SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
364 cal	30 g	28 g	14 g	78 mg	650 mg	102 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN,COOKED,DICED	18 lbs		
CELERY,FRESH,CHOPPED	12 lbs	2 gal 3-1/3 qts	16-1/2 lbs
SALAD DRESSING,MAYONNAISE TYPE	2-3/4 lbs	1 qts 1-1/2 cup	
ONIONS,FRESH,CHOPPED	14 oz	2-1/2 cup	1 lbs
JUICE,LEMON	8-5/8 oz	1 cup	
SALT	1-2/3 oz	2-2/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
BREAD,WHITE	11 lbs	200 sl	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Combine chicken, celery, salad dressing, onions, lemon juice, salt and pepper. Mix lightly but thoroughly.
- 2 Spread 1 slice bread with 3/4 cup filling; top with lettuce and second slice of bread.
- 3 Cut each sandwich in half. CCP: Cover and refrigerate sandwiches at 41 F. or lower.

**CHICKEN SALAD SANDWICH (CANNED CHICKEN)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
385 cal	31 g	26 g	17 g	65 mg	901 mg	107 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN,BONED,CANNED,PIECES	23-1/4 lbs	2 gal 1-1/8 qts	
CELERY,FRESH,CHOPPED	14-1/2 lbs	3 gal 1-3/4 qts	19-7/8 lbs
SALAD DRESSING,MAYONNAISE TYPE	3-1/2 lbs	1 qts 3 cup	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
JUICE,LEMON	8-5/8 oz	1 cup	
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	
BREAD,WHITE	11 lbs	200 sl	
LETTUCE,LEAF,FRESH,CHOPPED	4 lbs	2 gal 1/8 qts	6-1/4 lbs

**Method**

- 1 Drain chicken. Cut chicken into 1 inch pieces.
- 2 Combine chicken, celery, salad dressing, onions, lemon juice and pepper. Mix lightly but thoroughly.
- 3 Spread 1 slice bread with 3/4 cup filling; top with lettuce and second slice of bread.
- 4 Cut each sandwich in half. CCP: Cover and refrigerate sandwiches at 41 F. or lower.

**TURKEY SALAD SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
331 cal	31 g	20 g	14 g	50 mg	1058 mg	116 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT,DICED  
 CELERY,FRESH,CHOPPED  
 SALAD DRESSING,MAYONNAISE TYPE  
 ONIONS,FRESH,CHOPPED  
 JUICE,LEMON  
 SALT  
 PEPPER,BLACK,GROUND  
 BREAD,WHITE  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

18 lbs  
 12 lbs  
 2-3/4 lbs  
 14 oz  
 8-5/8 oz  
 1-2/3 oz  
 1/4 oz  
 11 lbs  
 4 lbs

**Measure**

2 gal 3-1/3 qts  
 1 qts 1-1/2 cup  
 2-1/2 cup  
 1 cup  
 2-2/3 tbsp  
 1 tbsp  
 200 sl

**Issue**

16-1/2 lbs  
 1 lbs  
 6-1/4 lbs

**Method**

- 1 Combine turkey, celery, salad dressing, onions, lemon juice, salt and pepper. Mix lightly but thoroughly.
- 2 Spread 1 slice bread with 3/4 cup filling; top with lettuce and second slice of bread.
- 3 Cut each sandwich in half. CCP: Cover and refrigerate sandwiches at 41 F. or lower.

**CORNED BEEF SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
358 cal	33 g	19 g	16 g	71 mg	1359 mg	73 mg

**Ingredient**

BEEF,CORNED,COOKED,SLICED  
 BREAD,RYE,SLICE  
 MUSTARD,PREPARED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

16 lbs  
 14-1/8 lbs  
 2-1/4 lbs  
 4 lbs

**Measure**

200 sl  
 1 qts

**Issue**

6-1/4 lbs

**Method**

- 1 Slice corned beef across the grain into 1/16-inch slices.
- 2 Spread 1 slice bread with 2 teaspoons mustard. Place 3 to 4 slices corned beef on bread; top with lettuce and second slice bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.



**CORNED BEEF AND CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
464 cal	34 g	27 g	24 g	97 mg	1433 mg	345 mg

**Ingredient**

BEEF,CORNED,COOKED,SLICED  
 CHEESE,SWISS,SLICED  
 BREAD,RYE,SLICE  
 MUSTARD,PREPARED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

16 lbs  
 6-1/4 lbs  
 14-1/8 lbs  
 2-1/4 lbs  
 4 lbs

**Measure**

100 sl  
 200 sl  
 1 qts

**Issue**

6-1/4 lbs

**Method**

- 1 Slice corned beef across the grain 1/16-inch slices.
- 2 Spread 1 slice bread with 2 teaspoons mustard. Place 2 to 3 slices corned beef and 1 slice cheese on bread; top with lettuce and second slice bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**EGG SALAD SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
335 cal	32 g	14 g	17 g	323 mg	578 mg	108 mg

**Ingredient**

EGG,HARD COOKED  
 ONIONS,FRESH,CHOPPED  
 PICKLES,CUCUMBER,SWEET,CHOPPED  
 MUSTARD,PREPARED  
 SALAD DRESSING,MAYONNAISE TYPE  
 BREAD,WHITE  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

16-1/2 lbs  
 12-2/3 oz  
 2-1/8 lbs  
 13-1/4 oz  
 3 lbs  
 11 lbs  
 4 lbs

**Measure**

150 Eggs  
 2-1/4 cup  
 1 qts 1-5/8 cup  
 1-1/2 cup  
 1 qts 2 cup  
 200 sl

**Issue**

14-1/8 oz  
  
  
  
  
  
 6-1/4 lbs

**Method**

- 1 Cook eggs according to Recipe No. F 004 00. Cool. Shell; finely chop eggs.
- 2 Combine eggs, onions, pickles, mustard, and salad dressing; mix together lightly.
- 3 Spread 1 slice bread with 1/2 cup egg salad; top with lettuce if desired and second slice bread.
- 4 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**NEW YORK EGG SALAD SANDWICH (EGG AND TOMATO)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
345 cal	34 g	14 g	17 g	323 mg	582 mg	110 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
EGG,HARD COOKED,CHOPPED	16-1/2 lbs	150 Eggs	
PICKLES,CUCUMBER,SWEET,CHOPPED	2-1/8 lbs	1 qts 1-5/8 cup	
MUSTARD,PREPARED	13-1/4 oz	1-1/2 cup	
SALAD DRESSING,MAYONNAISE TYPE	3 lbs	1 qts 2 cup	
TOMATOES,FRESH,SLICED	11-1/8 lbs	1 gal 3 qts	11-1/3 lbs
BREAD,WHITE	11 lbs	200 sl	
LETTUCE,LEAF,FRESH,HEAD	4 lbs		6-1/4 lbs

**Method**

- 1 Cook eggs according to Recipe No. F 004 00. Cool. Shell; finely chop eggs.
- 2 Combine eggs, pickles, mustard, and salad dressing; mix together lightly.
- 3 Spread 1 slice bread with 1/2 cup egg salad; top each with 2 slices tomato, lettuce if desired, and second slice bread.
- 4 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**HAM SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
304 cal	32 g	22 g	9 g	43 mg	1620 mg	73 mg

**Ingredient**

HAM,COOKED,BONELESS  
 BREAD,RYE,SLICE  
 MUSTARD,PREPARED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

18-3/4 lbs  
 14-1/8 lbs  
 2-1/4 lbs  
 4 lbs

**Measure**

200 sl  
 1 qts

**Issue**

6-1/4 lbs

**Method**

- 1 Slice ham into thin slices, 20 to 24 slices per pound.
- 2 Spread 1 slice bread with mustard. Place 3 ounces or 3 slices of ham on bread; top with lettuce and second slice of bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**FRIED HAM SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
344 cal	32 g	22 g	14 g	43 mg	1620 mg	73 mg

**Ingredient**

HAM,COOKED,BONELESS  
 BREAD,RYE,SLICE  
 MUSTARD,PREPARED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

18-3/4 lbs  
 14-1/8 lbs  
 2-1/4 lbs  
 4 lbs

**Measure**

200 sl  
 1 qts

**Issue**

6-1/4 lbs

**Method**

- 1 Slice ham into 1/4-inch slices, about 3 ounces each. Grill on lightly greased 350 F. griddle about 1 minute on each side until lightly browned.
- 2 Spread 1 slice bread with mustard. Place 3 ounces or 3 slices of ham on bread; top with lettuce and second slice of bread.
- 3 Cut each sandwich in half. Serve hot. CCP: Hold at 140 F. or higher for service.

**HAM AND CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
368 cal	33 g	25 g	15 g	54 mg	1333 mg	343 mg

**Ingredient**

HAM,COOKED,BONELESS  
 CHEESE,SWISS,SLICED  
 BREAD,RYE,SLICE  
 MUSTARD,PREPARED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

12-1/2 lbs  
 6-1/4 lbs  
 14-1/8 lbs  
 2-1/4 lbs  
 4 lbs

**Measure**

100 sl  
 200 sl  
 1 qts

**Issue**

6-1/4 lbs

**Method**

- 1 Slice ham into thin slices, 20 to 24 slices per pound.
- 2 Spread 1 slice bread with mustard. Place 2 slices ham on bread. Place 1 slice cheese on top of ham. Top with lettuce and second slice bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**HAM AND TOMATO SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
315 cal	35 g	23 g	9 g	43 mg	1625 mg	75 mg

**Ingredient**

HAM,COOKED,BONELESS  
 BREAD,RYE,SLICE  
 TOMATOES,FRESH,SLICED  
 MUSTARD,PREPARED  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

18-3/4 lbs  
 14-1/8 lbs  
 11-1/8 lbs  
 2-1/4 lbs  
 4 lbs

**Measure**

200 sl  
 1 gal 3 qts  
 1 qts

**Issue**

11-1/3 lbs  
 6-1/4 lbs

**Method**

- 1 Slice ham into thin slices, 20 to 24 slice per pound.
- 2 Spread 1 slice bread with mustard. Place 3 ounces ham on bread; top with lettuce, 2 slices tomato, and second slice of bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower until ready to serve.

**GRILLED HAMBURGER (BEEF PATTIES)**

**Yield** 100

**Portion** 1 Burger

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
294 cal	22 g	19 g	14 g	50 mg	277 mg	66 mg

**Ingredient**

BEEF PATTY,10% FAT,RAW,3 OZ  
 BUN,HAMBURGER

**Weight**

14 lbs  
 9-1/2 lbs

**Measure**

100 each  
 100 each

**Issue**

**Method**

- 1 Grill patties 4 minutes or until browned on 350 F. griddle. Turn; grill on other side for 4 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 2 Serve hot on buns. CCP: Hold for service at 140 F. or higher.



**CHEESEBURGER (BEEF PATTIES)**

Yield 100

Portion 1 Burger

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
400 cal	22 g	25 g	23 g	77 mg	461 mg	240 mg

**Ingredient**

BEEF PATTY,10% FAT,RAW,3 OZ  
 CHEESE,AMERICAN,SLICED  
 BUN,HAMBURGER

**Weight**

14 lbs  
 6-1/4 lbs  
 9-1/2 lbs

**Measure**

100 each  
 100 sl  
 100 each

**Issue**

**Method**

- 1 Grill patties 4 minutes on each side or until browned on 350 F. griddle. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Place 1 slice cheese on each patty. Continue to grill until cheese melts.
- 2 Serve hot on buns. CCP: Hold for service at 140 F. or higher.

**CHEESY BACONBURGER (BEEF PATTIES)**

**Yield** 100

**Portion** 1 Burger

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
444 cal	22 g	28 g	26 g	83 mg	582 mg	241 mg

**Ingredient**

BACON,SLICED,RAW  
 BEEF PATTY,10% FAT,RAW,3 OZ  
 CHEESE,AMERICAN,SLICED  
 BUN,HAMBURGER

**Weight**

6 lbs  
 14 lbs  
 6-1/4 lbs  
 9-1/2 lbs

**Measure**

100 each  
 100 sl  
 100 each

**Issue**

**Method**

- 1 Cook bacon according to directions on Recipe No. L 002 00 or L 002 02. Cut bacon in half.
- 2 Grill patties on 350 F. griddle for 4 minutes or until browned; turn; CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Place 1 slice cheese on each patty, continue to grill until cheese melts. Top melted cheese with 2 half slices bacon.
- 3 Serve hot on buns. CCP: Hold for service at 140 F. or higher.

**DOUBLE DECKER CHEESEBURGER (BEEF PATTIES)**

Yield 100

Portion 1 Burger

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
683 cal	24 g	47 g	43 g	153 mg	863 mg	424 mg

**Ingredient**

CHEESE,AMERICAN,SLICED

BEEF PATTY,10% FAT,RAW,3 OZ

LETTUCE,ICEBERG,FRESH,SHREDDED

ONIONS,FRESH,CHOPPED

PICKLES,DILL,SLICES

BUN,HAMBURGER

**Weight**

12-1/2 lbs

28-1/8 lbs

2 lbs

12-2/3 oz

3-1/8 lbs

9-1/2 lbs

**Measure**

200 sl

200 each

1 gal

2-1/4 cup

2 qts 1-1/8 cup

100 each

**Issue**

2-1/8 lbs

14-1/8 oz

**Method**

- 1 Grill patties 4 minutes or until browned on 350 F. griddle. Turn; grill on other side for 4 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Place 1 slice of cheese on each patty. Continue to grill until cheese melts.
- 2 Place 1 tablespoon shredded lettuce and 1 slice pickle on bottom and middle bun slices. Place a cheeseburger on top of bottom and middle slices of bun; place 1/2 teaspoon finely chopped onion on top of cheeseburger. Assemble layers; cover with top of bun. CCP: Hold for service at 140 F. or higher.

**CHILIBURGER (BEEF PATTIES)**

Yield 100

Portion 1 Burger

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	25 g	22 g	15 g	53 mg	419 mg	75 mg

**Ingredient**

CHILI CON CARNE,CANNED,NO BEANS  
 BEEF PATTY,10% FAT,RAW,3 OZ  
 BUN,HAMBURGER

**Weight**

6-3/4 lbs  
 14 lbs  
 9-1/2 lbs

**Measure**

3 qts  
 100 each  
 100 each

**Issue**

**Method**

- 1 Prepare canned chili con carne without beans. Grill patties 4 minutes or until browned on 350 F. griddle. Turn; grill on other side 4 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 2 Place hamburger patty on 1/2 of bun. Spread 2 tablespoons chili on each grilled hamburger. Cover with top bun.
- 3 Serve hot on buns. CCP: Hold for service at 140 F. or higher.

**DELUXE HAMBURGER (BEEF PATTIES)**

Yield 100

Portion 1 Burger

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	30 g	20 g	14 g	50 mg	700 mg	81 mg

**Ingredient**

BEEF PATTY,10% FAT,RAW,3 OZ  
 LETTUCE,ICEBERG,FRESH,SHREDDED  
 TOMATOES,FRESH,SLICED  
 ONIONS,FRESH,SLICED  
 PICKLES,DILL CHIPS  
 CATSUP  
 MUSTARD,PREPARED  
 BUN,HAMBURGER

**Weight**

14 lbs  
 3 lbs  
 6-1/2 lbs  
 3 lbs  
 3-1/8 lbs  
 3-1/3 lbs  
 1-1/8 lbs  
 9-1/2 lbs

**Measure**

100 each  
 1 gal 2-1/4 qts  
 1 gal 1/8 qts  
 2 qts 3-7/8 cup  
 1 qts 2-1/4 cup  
 1 qts 2-1/4 cup  
 2-1/8 cup  
 100 each

**Issue**

3-1/4 lbs  
 6-5/8 lbs  
 3-1/3 lbs

**Method**

- 1 Grill patties on 350 F. griddle 4 minutes or until browned. Turn; grill on other side 4 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 2 On each burger, spread 1 teaspoon mustard on bottom bun and 1 tablespoon catsup on top bun. Add 2 slices onion, 1 lettuce leaf, 1 slice tomato, and 2 slices pickle on bottom bun. Place grilled hamburger on bottom bun. Cover with top bun. CCP: Hold for service at 140 F. or higher.

**PIZZABURGER (BEEF PATTIES)**

**Yield** 100

**Portion** 1 Burger

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
389 cal	27 g	25 g	20 g	70 mg	464 mg	216 mg

**Ingredient**

CHEESE,MOZZARELLA,SLICED  
 SAUCE,PIZZA,CANNED  
 BEEF PATTY,10% FAT,RAW,3 OZ  
 BUN,HAMBURGER

**Weight**

5-1/4 lbs  
 11-7/8 lbs  
 14 lbs  
 9-1/2 lbs

**Measure**

1 gal 1-1/4 qts  
 1-1/2 #10cn  
 100 each  
 100 each

**Issue**

**Method**

- 1 Grill patties on 350 F. griddle 4 minutes or until browned. Turn; grill on other side 4 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Place 1 slice cheese on each patty. Continue to grill until cheese melts. Heat sauce to boiling.
- 2 Spread 3 tbsp pizza sauce on each hamburger. Cover with top bun. CCP: Hold for service at 140 F. or higher.

**DELUXE CHEESEBURGER (BEEF PATTIES)**

Yield 100

Portion 1 Burger

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
435 cal	30 g	26 g	23 g	77 mg	884 mg	255 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF PATTY,10% FAT,RAW,3 OZ	14 lbs	100 each	
CHEESE,AMERICAN,SLICED	6-1/4 lbs	100 sl	
LETTUCE,ICEBERG,FRESH,SHREDDED	3 lbs	1 gal 2-1/4 qts	3-1/4 lbs
TOMATOES,FRESH,SLICED	6-1/2 lbs	1 gal 1/8 qts	6-5/8 lbs
ONIONS,FRESH,SLICED	3 lbs	2 qts 3-7/8 cup	3-1/3 lbs
PICKLES,DILL,SLICES	3-1/8 lbs	2 qts 1-1/8 cup	
CATSUP	3-1/3 lbs	1 qts 2-1/4 cup	
MUSTARD,PREPARED	1-1/8 lbs	2-1/8 cup	
BUN,HAMBURGER	9-1/2 lbs	100 each	

**Method**

- 1 Grill patties on 350 F. griddle 4 minutes or until browned. Turn and grill on the other side for 4 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Place 1 slice cheese on each patty, continue to grill until cheese melts.
- 2 Spread 1 tsp mustard on bottom bun and 1 tbsp catsup on top bun. Add 2 slices onion, 1 lettuce leaf, 1 slice tomato and 2 slices pickle on bottom bun. Place grilled cheeseburger on bottom bun; cover with top bun. Serve hot on buns. CCP: Hold for service at 140 F. or higher.

**HAM SALAD SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
347 cal	31 g	20 g	16 g	116 mg	1338 mg	80 mg

**Ingredient**

PORK,HAM,CURED,GROUND

EGG,HARD COOKED,CHOPPED

PICKLES,CUCUMBER,SWEET,CHOPPED

SALAD DRESSING,MAYONNAISE TYPE

BREAD,WHITE

LETTUCE,LEAF,FRESH,HEAD

**Weight**

15 lbs

4 lbs

2-1/4 lbs

3 lbs

11 lbs

4 lbs

**Measure**

2 gal 2-1/3 qts

36 Eggs

1 qts 2 cup

1 qts 2 cup

200 sl

**Issue**

6-1/4 lbs

**Method**

- 1 Combine cooked ham, eggs, pickles and Salad Dressing; mix together lightly.
- 2 Spread one slice of bread with 3/4 cup of ham salad. Top with lettuce if desired, and second slice of bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.



**PEANUT BUTTER AND JELLY SANDWICH**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
376 cal	44 g	12 g	18 g	1 mg	426 mg	68 mg

**Ingredient**

BREAD,WHITE  
 PEANUT BUTTER  
 JELLY,GRAPE

**Weight**

11 lbs  
 7-1/8 lbs  
 4-1/8 lbs

**Measure**

200 sl  
 3 qts 1/2 cup  
 1 qts 2-1/4 cup

**Issue**

**Method**

- 1 Spread each slice of bread with 1 tablespoon peanut butter. Spread 1 slice bread with 1 tablespoon jelly. Top with second slice.
- 2 Cut each sandwich in half.

**Notes**

- 1 In Step 1, jam may be used.

**TUNA SALAD SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
339 cal	35 g	20 g	13 g	102 mg	702 mg	98 mg

**Ingredient**

FISH,TUNA,CANNED,WATER PACK,INCL LIQUIDS  
 CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PICKLE RELISH,SWEET,DRAINED  
 SALAD DRESSING,MAYONNAISE TYPE  
 PEPPER,BLACK,GROUND  
 JUICE,LEMON  
 EGG,HARD COOKED,CHOPPED  
 BREAD,WHITE  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

10-7/8 lbs  
 8 lbs  
 1-3/8 lbs  
 2-2/3 lbs  
 4 lbs  
 1/3 oz  
 1-1/4 lbs  
 4-1/4 lbs  
 11 lbs  
 4 lbs

**Measure**

2 gal  
 1 gal 3-5/8 qts  
 1 qts  
 1 qts 1 cup  
 2 qts  
 1 tbsp  
 2-3/8 cup  
 38 Eggs  
 200 each

**Issue**

11 lbs  
 1-5/8 lbs  
 6-1/4 lbs

**Method**

- 1 Drain and flake tuna.
  - 2 Combine tuna, celery and onions. Mix lightly and thoroughly.
  - 3 Combine salad dressing, pickle relish, lemon juice and pepper. Stir to blend thoroughly.
  - 4 Add chopped eggs and salad dressing mixture to tuna mixture. Mix lightly.
  - 5 Spread 1-slice bread with 3/4 cup tuna salad. Top with lettuce if desired and second slice of bread. Cut each sandwich in half.
- CCP: Refrigerate product at 41 F. or lower until ready to serve.

**GRILLED TUNA AND CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
470 cal	33 g	23 g	27 g	48 mg	902 mg	243 mg

**Ingredient**

FISH,TUNA,CANNED,WATER PACK,INCL LIQUIDS  
 ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 PICKLE RELISH,SWEET,DRAINED  
 JUICE,LEMON  
 SALAD DRESSING,MAYONNAISE TYPE  
 BREAD,WHITE  
 CHEESE,AMERICAN,SLICED  
 MARGARINE

**Weight**

10-7/8 lbs  
 2 lbs  
 2 lbs  
 2-1/8 lbs  
 1-1/8 lbs  
 4 lbs  
 11 lbs  
 6-1/4 lbs  
 2 lbs

**Measure**

2 gal  
 1 qts 1-5/8 cup  
 1 qts 3-1/2 cup  
 1 qts  
 2 cup  
 2 qts  
 200 sl  
 100 sl  
 1 qts

**Issue**

2-1/4 lbs  
 2-3/4 lbs

**Method**

- 1 Drain and flake tuna.
- 2 Combine tuna, onions, celery, relish, lemon juice, and salad dressing. Mix together lightly.
- 3 Spread 1-slice bread with 3/4 cup tuna filling. Top each with 1 slice cheese and second slice of bread.
- 4 Brush top and bottom of sandwiches lightly with melted margarine. Grill on 400 F. griddle until bread is golden brown on each side and cheese is melted. Serve hot. CCP: Hold at 140 F. or higher for service.

**SALMON SALAD SANDWICH (CANNED SALMON)**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
397 cal	35 g	24 g	18 g	118 mg	601 mg	288 mg

**Ingredient**

SALMON,CANNED,PINK  
 ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 PICKLE RELISH,SWEET,DRAINED  
 JUICE,LEMON  
 PEPPER,BLACK,GROUND  
 SALAD DRESSING,MAYONNAISE TYPE  
 EGG,HARD COOKED,CHOPPED  
 BREAD,WHITE  
 LETTUCE,LEAF,FRESH,HEAD

**Weight**

17-1/4 lbs  
 1-1/3 lbs  
 8 lbs  
 2-2/3 lbs  
 1-1/4 lbs  
 1/3 oz  
 4-1/4 lbs  
 4-1/4 lbs  
 11 lbs  
 4 lbs

**Measure**

2 gal 2-5/8 qts  
 3-3/4 cup  
 1 gal 3-5/8 qts  
 1 qts 1 cup  
 2-3/8 cup  
 1 tbsp  
 2 qts 1/2 cup  
 38 Eggs  
 200 each

**Issue**

1-1/2 lbs  
 11 lbs  
 6-1/4 lbs

**Method**

- 1 Remove and discard skin and bones from salmon. Flake salmon.
- 2 Combine salmon, onions and celery. Mix lightly but thoroughly.
- 3 Combine salad dressing, pickle relish, lemon juice and pepper. Stir to blend thoroughly.
- 4 Add chopped eggs and salad dressing mixture to salmon mixture. Mix lightly.
- 5 Spread 1 slice bread with 3/4 cups salmon salad. Top with lettuce if desired and second slice of bread; cover. Cut each sandwich in half. CCP: Refrigerate product at 41 F. or lower until ready to serve.

**TUNA AND TOMATO SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
342 cal	35 g	20 g	14 g	102 mg	663 mg	90 mg

**Ingredient**

FISH,TUNA,CANNED,WATER PACK,INCL LIQUIDS  
 ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 PICKLE RELISH,SWEET,DRAINED  
 JUICE,LEMON  
 SALAD DRESSING,MAYONNAISE TYPE  
 EGG,HARD COOKED,CHOPPED  
 BREAD,WHITE  
 LETTUCE,LEAF,FRESH,HEAD  
 TOMATOES,FRESH,SLICED

**Weight**

10-7/8 lbs  
 2 lbs  
 2 lbs  
 2-1/8 lbs  
 1-1/8 lbs  
 4 lbs  
 4-1/4 lbs  
 11 lbs  
 4 lbs  
 11-1/8 lbs

**Measure**

2 gal  
 1 qts 1-5/8 cup  
 1 qts 3-1/2 cup  
 1 qts  
 2 cup  
 2 qts  
 38 Eggs  
 200 sl  
 1 gal 3 qts

**Issue**

2-1/4 lbs  
 2-3/4 lbs  
 6-1/4 lbs  
 11-1/3 lbs

**Method**

- 1 Drain and flake tuna.
- 2 Combine tuna, onions, celery, relish, lemon juice, and salad dressing. Mix together lightly.
- 3 Add chopped eggs and salad dressing mixture to tuna mixture. Mix lightly.
- 4 Spread 1 slice bread with 3/4 cup tuna filling; top each with 2 slices tomato, lettuce if desired, and second slice of bread.
- 5 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**CREAM CHEESE BAGEL**

**Yield** 100

**Portion** 1 Bagel

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
346 cal	48 g	12 g	12 g	32 mg	561 mg	89 mg

**Ingredient**

CHEESE,CREAM  
BAGEL

**Weight**

6-3/8 lbs  
19-5/8 lbs

**Measure**

3 qts 1/2 cup  
100 each

**Issue**

**Method**

- 1 Place cream cheese in mixer bowl; beat at medium speed 3 to 4 minutes.
- 2 Cut bagels in half. Place in rows, 5 by 7, on ungreased sheet pans. Using a convection oven, toast 3 to 4 minutes at 325 F. until warm but still soft.
- 3 Spread each bagel half with 1 tablespoon cream cheese.

**CREAM CHEESE AND TOMATO BAGEL**

**Yield** 100

**Portion** 1 Bagel

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
357 cal	51 g	12 g	12 g	32 mg	565 mg	92 mg

**Ingredient**

CHEESE,CREAM

BAGEL

TOMATOES,FRESH,SLICED

**Weight**

6-3/8 lbs

19-5/8 lbs

11-1/8 lbs

**Measure**

3 qts 1/2 cup

100 each

1 gal 3 qts

**Issue**

11-1/3 lbs

**Method**

- 1 Place cream cheese in mixer bowl; beat at medium speed 3 to 4 minutes.
- 2 Cut bagels in half. Place in rows, 5 by 7, on ungreased sheet pans. Using a convection oven, toast 3 to 4 minutes at 325 F. until warm but still soft.
- 3 Spread each bagel half with 1 tablespoon cream cheese. Place 1 slice tomato on each half.

**CREAM CHEESE AND OLIVE BAGEL**

**Yield** 100

**Portion** 1 Bagel

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
350 cal	49 g	12 g	12 g	32 mg	602 mg	93 mg

**Ingredient**

CHEESE,CREAM  
 OLIVES,GREEN,STUFFED,CHOPPED  
 BAGEL

**Weight**

6-3/8 lbs  
 1 lbs  
 19-5/8 lbs

**Measure**

3 qts 1/2 cup  
 3-3/8 cup  
 100 each

**Issue**

**Method**

- 1 Place cream cheese in mixer bowl; beat at medium speed 3 to 4 minutes. Finely chop olives. Add to cream cheese; beat an additional 2 minutes.
- 2 Cut bagels in half. Place in rows, 5 by 7, on ungreased sheet pans. Using a convection oven, toast 3 to 4 minutes at 325 F. until warm but still soft.
- 3 Spread each bagel half with 1 tablespoon cream cheese.



**COLD CUT SANDWICH**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
332 cal	31 g	17 g	16 g	44 mg	1104 mg	79 mg

**Ingredient**

BREAD,WHITE  
 SALAD DRESSING,MAYONNAISE TYPE  
 TURKEY,BNLS,WHITE AND DARK MEAT  
 HAM,COOKED,1 OZ SLICE  
 SALAMI,SLICED  
 LETTUCE,LEAF,FRESH,HEAD  
 TOMATOES,FRESH,SLICED  
 ONIONS,FRESH,SLICED

**Weight**

11 lbs  
 2 lbs  
 3 lbs  
 5-1/3 lbs  
 6-1/4 lbs  
 4 lbs  
 11-1/8 lbs  
 1-1/2 lbs

**Measure**

200 sl  
 1 qts  
 100 sl  
 100 sl  
 1 gal 3 qts  
 1 qts 2 cup

**Issue**

6-1/4 lbs  
 11-1/3 lbs  
 1-2/3 lbs

**Method**

- 1 Spread 1 slice of bread with salad dressing.
- 2 Add 3 slices of meat. Top with lettuce, 2 slices of tomato, sliced onions, and second slice bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**COLD CUT SANDWICH WITH CHEESE**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
365 cal	30 g	20 g	18 g	55 mg	1004 mg	217 mg

**Ingredient**

BREAD,WHITE  
 SALAD DRESSING,MAYONNAISE TYPE  
 TURKEY,BNLS,WHITE AND DARK MEAT  
 HAM,COOKED,1 OZ SLICE  
 CHEESE,AMERICAN  
 LETTUCE,ICEBERG,FRESH  
 TOMATOES,FRESH,SLICED  
 ONIONS,FRESH,SLICED

**Weight**

11 lbs  
 2 lbs  
 6 lbs  
 5-1/3 lbs  
 5-1/4 lbs  
 4 lbs  
 11-1/8 lbs  
 1-1/2 lbs

**Measure**

200 sl  
 1 qts  
 100 sl  
 1 gal 1-1/4 qts  
 1 gal 3 qts  
 1 qts 2 cup

**Issue**

4-1/3 lbs  
 11-1/3 lbs  
 1-2/3 lbs

**Method**

- 1 Spread 1 slice of bread with salad dressing.
- 2 Add 2 slices meat. Top with 1 slice cheese, 2 slices tomato and sliced onions if desired. Top with second slice bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**WESTERN SANDWICH (DENVER)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
245 cal	26 g	15 g	8 g	165 mg	750 mg	90 mg

**Ingredient**

PORK,HAM,CURED,CHOPPED

**Weight**

7-1/2 lbs

EGGS,WHOLE,FROZEN

7-1/2 lbs

3 qts 2 cup

ONIONS,FRESH,CHOPPED

1 lbs

3 cup

1-1/8 lbs

PEPPERS,GREEN,FRESH,CHOPPED

7-7/8 oz

1-1/2 cup

9-5/8 oz

COOKING SPRAY,NONSTICK

2 oz

1/4 cup 1/3 tbsp

BREAD,WHITE,SLICE

11 lbs

200 sl

LETTUCE,LEAF,FRESH,HEAD

4 lbs

6-1/4 lbs

**Issue**

**Method**

- 1 Combine ham, eggs, onions, and peppers; stir to mix well.
- 2 Pour 1/3 cup mixture on lightly sprayed griddle. Cook until both sides are lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Place omelet on 1 slice of bread; top with lettuce and second slice of bread.
- 4 Cut each sandwich in half. Serve hot. CCP: Hold for service at 140 F. or higher.

**SUBMARINE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
519 cal	26 g	33 g	31 g	90 mg	1642 mg	481 mg

**Ingredient**

ROLL,FRENCH  
 SALAD DRESSING,MAYONNAISE TYPE  
 SALAMI,SLICED  
 HAM,COOKED,1 OZ SLICE  
 TURKEY,BNLS,WHITE AND DARK MEAT  
 CHEESE,PROVOLONE  
 TOMATOES,FRESH,SLICED  
 LETTUCE,ICEBERG,FRESH

**Weight**

8-3/8 lbs  
 2 lbs  
 6-1/4 lbs  
 5-1/3 lbs  
 6 lbs  
 12-1/2 lbs  
 11-1/8 lbs  
 3 lbs

**Measure**

100 each  
 1 qts  
 100 sl  
 100 sl  
 200 sl  
 1 gal 3 qts

**Issue**

11-1/3 lbs  
 3-1/4 lbs

**Method**

- 1 Cut rolls in half lengthwise; spread each half with Salad Dressing.
- 2 Slice Provolone cheese. On bottom half of each roll, arrange 3 slices meat, 2 slices cheese and 2 slices tomato.
- 3 Sprinkle shredded lettuce on top.
- 4 Cover with top half of roll. CCP: Hold for service at 41 F. or lower.

ITALIAN STYLE SUBMARINE

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
537 cal	26 g	33 g	33 g	87 mg	1588 mg	491 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
ROLL,FRENCH	8-3/8 lbs	100 each	
HAM,COOKED,1 OZ SLICE	5-1/3 lbs	100 sl	
TURKEY,BNLS,WHITE AND DARK MEAT	6 lbs		
SALAMI,SLICED	6-1/4 lbs	100 sl	
CHEESE,PROVOLONE	12-1/2 lbs	200 sl	
TOMATOES,FRESH,SLICED	11-1/8 lbs	1 gal 3 qts	11-1/3 lbs
LETTUCE,ICEBERG,FRESH,SHREDDED	3 lbs	1 gal 2-1/4 qts	3-1/4 lbs
OIL,OLIVE	1-3/8 lbs	3 cup	
VINEGAR,DISTILLED	8-1/3 oz	1 cup	
OREGANO,CRUSHED	1-5/8 oz	1/2 cup 2 tbsp	
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs

**Method**

- 1 Cut rolls in half lengthwise; spread each half with salad dressing.
- 2 On bottom half of each roll, arrange 3 slices meat, 2 slices cheese and 2 slices tomato.
- 3 Sprinkle shredded lettuce on top. Mix oil and vinegar. Sprinkle over lettuce. If desired, add crushed oregano and thinly sliced onions.
- 4 Cover with top half of roll. CCP: Hold for service at 41 F. or lower.

## GRILLED REUBEN SANDWICH

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
608 cal	37 g	27 g	39 g	130 mg	1699 mg	334 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,CORNERD,COOKED	16 lbs		
THOUSAND ISLAND DRESSING		2 qts	
BREAD,RYE,SLICE	14-1/8 lbs	200 sl	
SAUERKRAUT,SHREDDED,CANNED,DRAINED	3-3/4 lbs	3 qts	
CHEESE,SWISS,SLICED	6-1/4 lbs	100 sl	
BUTTER,MELTED	2 lbs	1 qts	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Slice corned beef across the grain into 1/16-inch slices.
- 2 Spread each slice of bread with about 2 teaspoons Thousand Island dressing.
- 3 Place 3 to 6 slices corned beef on 1 slice bread, 2 tablespoons sauerkraut, and 1 slice cheese; top with second slice of bread.
- 4 Brush lightly outside of sandwich with melted butter.
- 5 Place sandwiches with cheese side up on lightly sprayed griddle. Grill 4 minutes or until lightly browned at 375 F.; turn. Grill 6 minutes or until lightly browned and cheese is melted.
- 6 Cut each sandwich in half. Serve hot. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 6, sandwiches may be baked in a 400 F. convection oven, for 10 minutes on high fan, closed vent.

**GRILLED PASTRAMI REUBEN SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
679 cal	39 g	26 g	46 g	126 mg	1767 mg	335 mg

**Ingredient**

PASTRAMI,PRECOOKED  
 THOUSAND ISLAND DRESSING  
 BREAD,RYE,SLICE  
 SAUERKRAUT,SHREDDED,CANNED,DRAINED  
 CHEESE,SWISS,SLICED  
 BUTTER,MELTED  
 COOKING SPRAY,NONSTICK

**Weight**

16 lbs  
  
 14-1/8 lbs  
 3-3/4 lbs  
 6-1/4 lbs  
 2 lbs  
 2 oz

**Measure**

2 qts  
 200 sl  
 3 qts  
 100 sl  
 1 qts  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Slice pastrami across the grain into thin slices.
- 2 Spread each slice bread with about 2 teaspoons dressing.
- 3 Place about 3 to 6 slices of meat on 1 slice bread, 2 tablespoons sauerkraut, and 1 slice cheese; top with second slice of bread.
- 4 Brush lightly outside of sandwich with melted butter.
- 5 Place sandwiches with cheese side up on lightly greased griddle at 375 F. Grill 4 minutes or until lightly browned; turn. Grill 6 minutes or until lightly browned and cheese is melted.
- 6 Cut each sandwich in half. Serve hot. CCP: Hold for service at 140 F. or higher.

**BAKED CHICKEN FILLET SANDWICH (BREADED)**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
460 cal	36 g	18 g	27 g	40 mg	891 mg	98 mg

**Ingredient**

CHICKEN FILLET,BREADED,PRECOOKED,3 OZ  
 SALAD DRESSING,MAYONNAISE TYPE  
 BUN,HAMBURGER  
 LETTUCE,LEAF,FRESH,HEAD  
 TOMATOES,FRESH,SLICED

**Weight**

18-3/4 lbs  
 2-1/3 lbs  
 9-1/2 lbs  
 4 lbs  
 6-1/2 lbs

**Measure**

1 qts 5/8 cup  
 100 each  
 1 gal 1/8 qts

**Issue**

6-1/4 lbs  
 6-5/8 lbs

**Method**

- 1 Place chicken fillets on pans.
- 2 Using a convection oven, bake at 375 F. 12 to 14 minutes or until thoroughly heated on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Place 1 fillet on bottom half of bun. Spread 2 teaspoons salad dressing on top half of bun (optional).
- 4 Place lettuce leaf and 1 tomato slice over fillet (optional). Cover with top half of bun. Serve hot. CCP: Hold for service at 140 F. or higher.



**DEEP FAT FRIED CHICKEN FILLET SANDWICH (BREADED)**

**Yield** 100

**Portion** 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
460 cal	36 g	18 g	27 g	40 mg	891 mg	98 mg

**Ingredient**

CHICKEN FILLET,BREADED,PRECOOKED,3 OZ  
 SALAD DRESSING,MAYONNAISE TYPE  
 BUN,HAMBURGER  
 LETTUCE,LEAF,FRESH,HEAD  
 TOMATOES,FRESH,SLICED

**Weight**

18-3/4 lbs  
 2-1/3 lbs  
 9-1/2 lbs  
 4 lbs  
 6-1/2 lbs

**Measure**

1 qts 5/8 cup  
 100 each  
 1 gal 1/8 qts

**Issue**

6-1/4 lbs  
 6-5/8 lbs

**Method**

- 1 Fry chicken fillets in 350 F. deep fat for 3 to 4 minutes or until heated. Drain in basket or on absorbent paper. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Place 1 fillet on bottom half of bun. Spread 2 teaspoons salad dressing (optional) on top half of bun.
- 3 Place lettuce leaf and 1 tomato slice over fillet (optional). Cover with top half of bun. Serve hot. CCP: Hold for service at 140 F. or higher.

**CHICKEN FILLET AND CHEESE SANDWICH (BREADED)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
505 cal	36 g	21 g	31 g	52 mg	969 mg	172 mg

**Ingredient**

CHICKEN FILLET,BREADED,PRECOOKED,3 OZ  
 CHEESE,AMERICAN,SLICED  
 SALAD DRESSING,MAYONNAISE TYPE  
 BUN,HAMBURGER  
 LETTUCE,LEAF,FRESH,HEAD  
 TOMATOES,FRESH,SLICED

**Weight**

18-3/4 lbs  
 2-5/8 lbs  
 2-1/3 lbs  
 9-1/2 lbs  
 4 lbs  
 6-1/2 lbs

**Measure**

1 qts 5/8 cup  
 100 each  
 1 gal 1/8 qts

**Issue**

6-1/4 lbs  
 6-5/8 lbs

**Method**

- 1 Place chicken fillets on pans.
- 2 Using a convection oven, bake 12 to 14 minutes at 375 F. or until thoroughly heated on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Cut cheese slices in half. Place 1/2 slice cheese on top of each fillet. Return to oven; heat 1 minute or until cheese begins to melt.
- 4 Place 1 fillet on bottom half of bun. Spread 2 teaspoons salad dressing on top half of bun (optional).
- 5 Place lettuce leaf and 1 tomato slice over fillet (optional). Cover with top half of bun. Serve hot. CCP: Hold for service at 140 F. or higher.

**GRILLED CHICKEN FILLET SANDWICH (UNBREADED)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
350 cal	25 g	29 g	14 g	79 mg	381 mg	86 mg

**Ingredient**

CHICKEN FILLET,UNBREADED,PRECOOKED,3 OZ  
 COOKING SPRAY,NONSTICK  
 SALAD DRESSING,MAYONNAISE TYPE  
 BUN,HAMBURGER  
 LETTUCE,LEAF,FRESH,HEAD  
 TOMATOES,FRESH,SLICED

**Weight**

18-3/4 lbs  
 2 oz  
 2-1/3 lbs  
 9-1/2 lbs  
 4 lbs  
 5-3/4 lbs

**Measure**

1/4 cup 1/3 tbsp  
 1 qts 5/8 cup  
 100 each  
 3 qts 2-1/2 cup

**Issue**

6-1/4 lbs  
 5-7/8 lbs

**Method**

- 1 Grill chicken fillets 6 minutes on each side or until thoroughly heated on a 350 F. lightly sprayed griddle. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 2 Place 1 fillet on bottom half of bun. Spread 2 teaspoons salad dressing on top half of bun (optional).
- 3 Place lettuce leaf and 1 tomato slice over fillet (optional). Cover with top half of bun. Serve hot. CCP: Hold for service at 140 F. or higher.

**CANNONBALL SANDWICH (MEATBALL)**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
417 cal	40 g	28 g	15 g	92 mg	980 mg	150 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 ONIONS,FRESH,CHOPPED  
 BREADCRUMBS,DRY,GROUND,FINE  
 EGGS,WHOLE,FROZEN  
 SALT  
 PEPPER,BLACK,GROUND  
 ROLL,FRENCH  
 SAUCE,PIZZA,CANNED

**Weight**

20 lbs  
 2-1/3 lbs  
 2-1/8 lbs  
 12-7/8 oz  
 3 oz  
 1/4 oz  
 8-3/8 lbs  
 38-1/2 lbs

**Measure**

1 qts 2-5/8 cup  
 2 qts 1 cup  
 1-1/2 cup  
 1/4 cup 1 tbsp  
 1 tbsp  
 100 each  
 4 gal

**Issue**

2-5/8 lbs

**Method**

- 1 Combine beef, onions, bread crumbs, eggs, salt and pepper; mix lightly but thoroughly.
- 2 Shape into 300 1-1/3 ounce meatballs. Place 100 meatballs on each pan.
- 3 Using a convection oven, bake 12-14 minutes at 350 F. on high fan, closed vent or until browned. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Discard fat.
- 4 Slice rolls in half lengthwise with bottom half thicker than top. Place 3 meatballs on bottom half of each roll. Pour 4 ounces of pizza sauce over meatballs. Cover with top half of roll.
- 5 Serve hot. CCP: Hold for service at 140 F. or higher.

**HOT ITALIAN SAUSAGE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
400 cal	35 g	20 g	20 g	54 mg	1127 mg	144 mg

**Ingredient**

SAUSAGE,ITALIAN,HOT  
 ROLL,FRENCH  
 SAUCE,PIZZA,CANNED

**Weight**

18-3/4 lbs  
 8-3/8 lbs  
 38-1/2 lbs

**Measure**

100 each  
 4 gal

**Issue**

**Method**

- 1 Place Italian sausage links in single layers on sheet pans. Pierce each sausage. Pour 1 cup hot water over sausages in each pan. Cover; bake in 400 F. oven 20 minutes. Remove cover; bake 15 minutes or until browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Slice rolls in half lengthwise with bottom half thicker than top.
- 3 Split sausages lengthwise. Place one sausage on bottom half of each roll.
- 4 Pour 4 ounces of pizza sauce over sausage. Cover with top half of roll.
- 5 Serve hot. CCP: Hold for service at 140 F. or higher.

**CANNONBALL SANDWICH (CANNED MEATBALLS)**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
481 cal	38 g	23 g	26 g	66 mg	915 mg	142 mg

**Ingredient**

ROLL,FRENCH  
 BEEF,MEATBALLS,CANNED  
 SAUCE,PIZZA,CANNED

**Weight**

8-3/8 lbs  
 18-2/3 lbs  
 38-1/2 lbs

**Measure**

100 each  
 2 gal 1-1/3 qts  
 4 gal

**Issue**

**Method**

- 1 Slice rolls in half lengthwise with bottom half thicker than top.
- 2 Heat meatballs and sauce thoroughly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Place 3 meatballs on bottom half of each roll.
- 3 Serve hot. CCP: Hold for service at 140 F. or higher.

**HOT PASTRAMI SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
426 cal	34 g	18 g	24 g	67 mg	1425 mg	61 mg

**Ingredient**

PASTRAMI,PRECOOKED  
 BREAD,RYE,SLICE  
 MUSTARD,PREPARED

**Weight**

16 lbs  
 14-1/8 lbs  
 2-1/4 lbs

**Measure**

200 sl  
 1 qts

**Issue**

**Method**

- 1 Slice pastrami across grain into thin slices, 19 to 25 slices per pound.
- 2 Steam until thoroughly heated. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Spread 1 slice of bread with mustard; add 3 to 4 slices pastrami; top with second slice bread. Cut in half; serve hot. CCP: Hold for service at 140 F. or higher.

**BARBECUED BEEF SANDWICH (CANNED)**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
457 cal	30 g	40 g	19 g	104 mg	486 mg	79 mg

**Ingredient**

BEEF,CANNED,CHUNKS,W/NATURAL JUICE,DRAINED  
 RESERVED STOCK  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 TOMATO PASTE,CANNED  
 CHILI POWDER,DARK,GROUND  
 PEPPER,BLACK,GROUND  
 SUGAR,BROWN,PACKED  
 VINEGAR,DISTILLED  
 WORCESTERSHIRE SAUCE  
 BUN,HAMBURGER

**Weight**

29 lbs  
 8-1/3 lbs  
 1-3/4 lbs  
 1 lbs  
 4-1/3 lbs  
 1/2 oz  
 1/8 oz  
 10-7/8 oz  
 8-1/3 oz  
 4-1/4 oz  
 9-1/2 lbs

**Measure**

6 gal 2-1/2 qts  
 1 gal  
 1 qts 1 cup  
 3 cup  
 1 qts 3-1/2 cup  
 2 tbsp  
 1/8 tsp  
 2-1/8 cup  
 1 cup  
 1/2 cup  
 100 each

**Issue**

2 lbs  
 1-1/4 lbs

**Method**

- 1 Drain beef chunks, break up into 3/4 to 1 inch pieces. Reserve 1 gallon beef juices.
- 2 Add reserved beef juices, tomato paste, onions, peppers, brown sugar, vinegar, Worcestershire sauce, chili powder and black pepper. Bring to a boil. Cover; reduce heat; simmer 15 minutes stirring occasionally.
- 3 Stir beef chunks gently into sauce. Cover; reduce heat; simmer 5 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Ladle beef barbecue on the bottom half of the bun. Cover with top half of bun. CCP: Hold for service at 140 F. or higher.



**BARBECUED BEEF SANDWICH (DICED BEEF)**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
346 cal	30 g	27 g	13 g	66 mg	456 mg	77 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	12-1/2 lbs	1 gal 2 qts	
ONIONS,FRESH,CHOPPED	1-3/4 lbs	1 qts 1 cup	2 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
TOMATO PASTE,CANNED	4-1/3 lbs	1 qts 3-1/2 cup	
CHILI POWDER,DARK,GROUND	1/2 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
SUGAR,BROWN,PACKED	10-7/8 oz	2-1/8 cup	
VINEGAR,DISTILLED	8-1/3 oz	1 cup	
WORCESTERSHIRE SAUCE	4-1/4 oz	1/2 cup	
BUN,HAMBURGER	9-1/2 lbs	100 each	

**Method**

- 1 Cook beef cubes in a steam jacketed kettle or stock pot 15 minutes, uncovered, stirring constantly.
- 2 Add 1-1/2 gallon of water. Bring to a boil. Cover; reduce heat; simmer 1 hour or until tender.
- 3 Add beef broth, tomato paste, onions, peppers, brown sugar, vinegar, Worcestershire sauce, chili powder and black pepper. Bring to a boil. Cover; reduce heat; simmer 15 minutes stirring occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Ladle beef barbecue on the bottom half of the bun. Cover with top half of bun. CCP: Hold for service at 140 F. or higher.

**MONTE CRISTO SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
439 cal	27 g	26 g	25 g	154 mg	905 mg	360 mg

**Ingredient**

HAM,COOKED,BONELESS  
 TURKEY,BNLS,WHITE AND DARK MEAT  
 CHEESE,SWISS,SLICED  
 BREAD,WHITE  
 MILK,NONFAT,DRY  
 WATER  
 EGGS,WHOLE,FROZEN  
 OIL,SALAD

**Weight**

6-1/4 lbs  
 6-1/4 lbs  
 6-1/4 lbs  
 11 lbs  
 2-2/3 oz  
 2-7/8 lbs  
 5 lbs  
 1-7/8 lbs

**Measure**

100 sl  
 200 sl  
 1-1/8 cup  
 1 qts 1-1/2 cup  
 2 qts 1-3/8 cup  
 1 qts

**Issue**

**Method**

- 1 Slice ham and turkey into 1 ounce thin slices.
- 2 Place 1 slice each ham, turkey and cheese on 1 slice bread; top with second slice of bread.
- 3 Reconstitute milk; add eggs. Blend well.
- 4 Dip each side of sandwich into egg and milk mixture; drain.
- 5 Grill each sandwich on well-greased griddle at 350 F. for about 2-1/2 minutes on each side or until golden brown and cheese is melted.
- 6 Serve hot. CCP: Hold for service at 140 F. or higher.

ITALIAN VEAL CUTLET SUBMARINE

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
496 cal	37 g	31 g	24 g	103 mg	833 mg	175 mg

**Ingredient**

VEAL,STEAKS,BREADED  
 SAUCE,PIZZA,CANNED  
 ROLL,FRENCH  
 CHEESE,PIZZA BLEND,SHREDDED

**Weight**

37-1/2 lbs  
 21-1/2 lbs  
 8-3/8 lbs  
 1-1/2 lbs

**Measure**

2 gal 7/8 qts  
 100 each  
 1 qts 2-1/4 cup

**Issue**

**Method**

- 1 Place veal steaks on sheet pans. Bake at 425 F. for 20 minutes. Turn steaks. Bake 15 minutes or until thoroughly heated and browned. Cut in half lengthwise. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Bring pizza sauce to a boil.
- 3 Split French rolls almost through. Spread 1 ounce (2 tbs) sauce on bottom half of each roll. Add 2 steak halves; ladle 1/4 cup sauce over steak halves.
- 4 Sprinkle about 1 tablespoon of cheese over each sandwich; close top. CCP: Hold for service at 140 F. or higher.

**BARBECUED BEEF SANDWICH (SLOPPY JOE)**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
352 cal	36 g	24 g	12 g	66 mg	881 mg	82 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 ONIONS,FRESH,CHOPPED  
 CATSUP  
 MUSTARD,DRY  
 SALT  
 SUGAR,BROWN,PACKED  
 VINEGAR,DISTILLED  
 WATER  
 ROLL,SANDWICH BUNS,SPLIT

**Weight**

18-3/4 lbs  
 5-1/4 lbs  
 9-1/2 lbs  
 2-1/4 oz  
 3/4 oz  
 1-1/4 oz  
 1 lbs  
 2 lbs  
 9-1/2 lbs

**Measure**

3 qts 3 cup  
 1 gal 1/2 qts  
 1/4 cup 2 tbsp  
 1 tbsp  
 1/4 cup 1/3 tbsp  
 2 cup  
 3-3/4 cup  
 100 each

**Issue**

5-7/8 lbs

**Method**

- 1 Cook beef until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Combine onions, catsup, mustard, salt, brown sugar, vinegar, and water. Add to beef.
- 3 Cover; simmer 35 minutes. Stir occasionally to prevent scorching. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 4 Place 1/2 cup, or a No. 8 scoop of hot mixture on bottom half of bun. Top with second half.
- 5 CCP: Hold for service at 140 F. or higher.

**BARBECUED PORK SANDWICH (PORK BUTT)**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
328 cal	32 g	19 g	14 g	53 mg	624 mg	89 mg

**Ingredient**

PORK,COOKED,DICED  
 ONIONS,FRESH,CHOPPED  
 CATSUP  
 MUSTARD,DRY  
 SUGAR,BROWN,PACKED  
 WATER  
 VINEGAR,DISTILLED  
 ROLL,SANDWICH BUNS,SPLIT

**Weight**

13-1/2 lbs  
 3-3/8 lbs  
 6-1/3 lbs  
 2-1/4 oz  
 1 oz  
 2-1/3 lbs  
 9-3/8 oz  
 9-1/2 lbs

**Measure**

2 qts 1-5/8 cup  
 3 qts  
 1/4 cup 2 tbsp  
 3 tbsp  
 1 qts 1/2 cup  
 1-1/8 cup  
 100 each

**Issue**

3-3/4 lbs

**Method**

- 1 Combine onions, catsup, mustard, brown sugar, water and vinegar. Add to pork.
- 2 Cover; simmer 35 minutes. Stir occasionally to prevent scorching. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Place 1/2 cup or No. 8 scoop of hot mixture on bottom half bun. Top with second half.
- 4 CCP: Hold for service at 140 F. or higher.

**BARBECUED PORK SANDWICH (FROZEN BARBECUED PORK)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
246 cal	30 g	14 g	8 g	27 mg	674 mg	70 mg

**Ingredient**

PORK W/BARBECUE SAUCE,COOKED,FROZEN  
ROLL,SANDWICH BUNS,SPLIT

**Weight**

16-1/2 lbs  
9-1/2 lbs

**Measure**

1 gal 2-2/3 qts  
100 each

**Issue**

**Method**

- 1 Heat pork according to manufacturer's directions.
- 2 Place 1/2 cup or a No. 8 scoop of hot meat on bottom half of bun. Top with second half of bun. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 CCP: Hold for service at 140 F. or higher.

**TURKEY BARBECUE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
303 cal	36 g	21 g	9 g	56 mg	918 mg	95 mg

**Ingredient**

TURKEY,GROUND,90% LEAN,RAW  
 ONIONS,FRESH,CHOPPED  
 CATSUP  
 MUSTARD,DRY  
 SALT  
 SUGAR,BROWN,PACKED  
 VINEGAR,DISTILLED  
 WATER  
 ROLL,SANDWICH BUNS,SPLIT

**Weight**

20 lbs  
 5-1/4 lbs  
 9-1/2 lbs  
 2-1/4 oz  
 3/4 oz  
 1-1/4 oz  
 1 lbs  
 2 lbs  
 9-1/2 lbs

**Measure**

3 qts 3 cup  
 1 gal 1/2 qts  
 1/4 cup 2 tbsp  
 1/4 cup 1/3 tbsp  
 2 cup  
 3-3/4 cup  
 100 each

**Issue**

5-7/8 lbs

**Method**

- 1 Cook turkey until it loses its pink color, stirring to break apart. Skim off excess fat.
- 2 Combine onions, catsup, mustard, salt, brown sugar, water and vinegar. Add to meat.
- 3 Cover; simmer 35 minutes. Stir occasionally to prevent scorching. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Place 1/2 cup or No. 8 scoop of hot mixture on bottom half bun. Top with second half.
- 5 CCP: Hold for service at 140 F. or higher.

**ITALIAN PEPPER BEEF SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
520 cal	63 g	35 g	13 g	70 mg	987 mg	99 mg

**Ingredient**

BEEF,OVEN ROAST,PRE COOKED  
 OIL,OLIVE  
 PEPPERS,GREEN,FRESH,CHOPPED  
 NATURAL PAN GRAVY (AU JUS)  
 GARLIC POWDER  
 OREGANO,CRUSHED  
 BREAD,FRENCH

**Weight**

18 lbs  
 7-5/8 oz  
 12-1/2 lbs  
 1/8 oz  
 1/8 oz  
 25 lbs

**Measure**

1 cup  
 2 gal 1-1/2 qts  
 3 qts  
 1/8 tsp  
 1/4 tsp

**Issue**

15-1/4 lbs

**Method**

- 1 Slice beef thin, about 16 slices per pound.
- 2 Cut slices in half lengthwise to form strips.
- 3 Saute peppers 5 minutes on 400 F. griddle.
- 4 Prepare Natural Pan Gravy, Recipe No. O 018 00. Add garlic powder and oregano. Simmer 10 minutes. CCP: Hold at 140 F. or higher for use in Step 6.
- 5 Slice bread lengthwise so that bottom is thicker than top. Slice loaves crosswise into equal pieces to yield proper amount of portions.
- 6 Place 5 to 6 beef strips, about 2-3/4 ounces on bottom half of bread.
- 7 Top beef with 8 to 10 pepper strips.
- 8 Pour 1 tablespoon hot gravy over peppers. Cover with top half of bread.
- 9 Serve hot. CCP: Hold for service at 140 F. or higher.



**SIMMERED FRANKFURTER ON ROLL**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
262 cal	22 g	9 g	15 g	22 mg	732 mg	65 mg

**Ingredient**

FRANKFURTERS  
 WATER  
 BUN,HOTDOG

**Weight**

9-2/3 lbs  
 10-1/2 lbs  
 9-3/8 lbs

**Measure**

100 each  
 1 gal 1 qts  
 100 each

**Issue**

**Method**

- 1 Pierce each frankfurter and cover with water in steam-jacketed kettle or stock pot; bring to a boil; reduce heat; simmer 10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Drain, leaving enough water to cover bottom of steam-jacketed kettle or stock pot. Keep hot until served. CCP: Hold for service at 140 F. or higher.
- 3 Serve hot on rolls. Notes: Frankfurters may be grilled at 350 F., turning frequently until thoroughly heated or slightly browned.

**GRILLED POLISH SAUSAGE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
325 cal	23 g	12 g	20 g	43 mg	785 mg	67 mg

**Ingredient**

SAUSAGE,POLISH,PORK,RAW  
 ROLL,HOT DOG

**Weight**

18-3/4 lbs  
 9-1/2 lbs

**Measure**

100 each

**Issue**

**Method**

- 1 Cut sausage in 3 ounce pieces, then in half, lengthwise. Grill on 375 F. griddle until thoroughly cooked and browned. Turn frequently to ensure even browning. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Place 2 pieces sausage in each hot roll. Hold for service at 140 F. or higher.

**SIMMERED KNOCKWURST ON ROLL**

**Yield** 100

**Portion** 1 Each

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
385 cal	23 g	14 g	26 g	49 mg	1101 mg	70 mg

**Ingredient**

KNOCKWURST,3 OZ  
 WATER  
 ROLL,HOT DOG

**Weight**

18-3/4 lbs  
 10-1/2 lbs  
 9-1/2 lbs

**Measure**

100 each  
 1 gal 1 qts  
 100 each

**Issue**

**Method**

- 1 Pierce each Knockwurst; cover with water in steam-jacketed kettle or stock pot. Cover. Bring to a boil; reduce heat; simmer 10 minutes. Drain. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Serve on hot rolls. CCP: Hold for service at 140 F. or higher.

**SIMMERED QUARTER POUND FRANKFURTER**

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
462 cal	21 g	17 g	34 g	69 mg	1396 mg	58 mg

**Ingredient**

FRANKFURTERS,BEEF  
 WATER  
 ROLL,FRENCH

**Weight**

25 lbs  
 10-1/2 lbs  
 8-3/8 lbs

**Measure**

1 gal 1 qts  
 100 each

**Issue**

**Method**

- 1 Pierce each frankfurter and cover with water in steam-jacketed kettle or stock pot; bring to a boil; reduce heat; simmer 10 minutes. Drain. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Serve hot on French rolls. CCP: Hold for service at 140 F. or higher.

**GRILLED FRANKFURTER WITH FRIED PEPPERS AND ONIONS**

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
274 cal	25 g	9 g	15 g	22 mg	731 mg	69 mg

**Ingredient**

PEPPERS, GREEN, FRESH, MEDIUM, SLICED, THIN  
 ONIONS, FRESH, SLICED  
 PEPPER, BLACK, GROUND  
 GARLIC POWDER  
 FRANKFURTERS  
 BUN, HOTDOG

**Weight**

3-1/8 lbs  
 4-1/2 lbs  
 1/8 oz  
 1/8 oz  
 9-2/3 lbs  
 9-3/8 lbs

**Measure**

2 qts 1-1/2 cup  
 1 gal 1/2 qts  
 1/8 tsp  
 1/4 tsp  
 100 each  
 100 each

**Issue**

3-3/4 lbs  
 5-1/8 lbs

**Method**

- 1 Saute peppers and sliced onions on lightly greased 350 F. griddle until tender. Sprinkle with black pepper and garlic powder. CCP: Hold at 140 F. or higher.
- 2 Grill frankfurters slowly on greased 350 F. griddle turning frequently, until thoroughly heated and browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Top with 1 tablespoon peppers and 1 tablespoon onions. Serve hot on rolls. CCP: Hold for service at 140 F. or higher.

**MONTE CARLO SANDWICH (OPEN-FACED TURKEY AND HAM)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
511 cal	27 g	20 g	36 g	131 mg	1543 mg	48 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
THOUSAND ISLAND DRESSING		1 gal 2 qts	
OVEN FRIED BACON	1-1/2 kg	200 unit	
HAM,COOKED,BONELESS	6-1/4 lbs		
TURKEY,BNLS,WHITE AND DARK MEAT	6-1/4 lbs		
BREAD,PUMPERNICKEL	5-3/4 lbs	100 sl	
LETTUCE,ICEBERG,FRESH	4 lbs		4-1/3 lbs
TOMATOES,FRESH,SLICED	11-1/8 lbs	1 gal 3 qts	11-1/3 lbs
EGG,HARD COOKED,SLICED	2-2/3 lbs	24 Eggs	

**Method**

- 1 Prepare bacon according to Recipe No. L 002 00 or L 002 02.
- 2 Slice ham and turkey into thin slices, about 16 slices per pound.
- 3 Place lettuce leaf, 2 slices tomato, 1 slice ham, 1 slice turkey, 2 egg slices, and 2 strips bacon on 1 slice bread.
- 4 CCP: Hold for service at 41 F. or lower.
- 5 Just before serving, pour about 1/4 cup Thousand Island Dressing on top.

**FISHWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
498 cal	49 g	20 g	24 g	118 mg	940 mg	81 mg

**Ingredient**

FISH,PORTIONS,BREADED,FRZ  
 TARTAR SAUCE  
 ROLL,SANDWICH BUNS,SPLIT

**Weight**

25 lbs  
 9-1/2 lbs

**Measure**

1 qts 3 cup  
 100 each

**Issue**

**Method**

- 1 Fry fish portions about 3 minutes in 350 F. deep fat or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Portions will rise to the surface when done.
- 2 Drain well in basket or absorbent paper.
- 3 Place 1 fish portion on bottom half of bun. Spread 1 tablespoon tartar sauce on top half of bun. Cover with top half of bun.
- 4 Serve hot. CCP: Hold for service at 140 F. or higher. Notes: In Step 1, fish may be baked at 375 F. for 35 minutes or until browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.

**CHEESE FISHWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
472 cal	40 g	22 g	25 g	72 mg	815 mg	248 mg

**Ingredient**

FISH,PORTIONS,BREADED,FRZ  
 TARTAR SAUCE  
 ROLL,SANDWICH BUNS,SPLIT  
 CHEESE,AMERICAN,SLICED

**Weight**

25 lbs  
 9-1/2 lbs  
 3-1/8 lbs

**Measure**

1 qts 3 cup  
 100 each  
 50 sl

**Issue**

**Method**

- 1 Fry fish portions about 3 minutes in 350 F. deep fat or until lightly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Portions will rise to the surface when done.
- 2 Drain well in basket or absorbent paper.
- 3 Place 1 fish portion on bottom half of bun. Cut cheese slices in half. Place 1/2 slice cheese on bottom half of bun. Spread 1 tablespoon tartar sauce on top half of bun. Cover with top half of bun.
- 4 Serve hot. CCP: Hold for service at 140 F. or higher.



**FISHWICH (BATTER DIPPED)**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
496 cal	49 g	20 g	24 g	118 mg	936 mg	81 mg

**Ingredient**

FISH,BATTER DIPPED,FROZEN  
TARTAR SAUCE  
ROLL,SANDWICH BUNS,SPLIT

**Weight**

25 lbs  
9-1/2 lbs

**Measure**

1 qts 3 cup  
100 each

**Issue**

**Method**

- 1 Fry fish portions 3 to 5 minutes or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Portions will rise to the surface when done.
- 2 Drain well in basket or absorbent paper.
- 3 Place 1 fish portion on bottom half of bun. Spread 1 tablespoon tartar sauce on top half of bun. Cover with top half of bun.
- 4 Serve hot. CCP: Hold for service at 140 F. or higher.

**HOT ROAST TURKEY SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
376 cal	34 g	23 g	16 g	54 mg	1720 mg	97 mg

**Ingredient**

TURKEY,BNLS,WHITE AND DARK MEAT  
 BREAD,WHITE  
 CHICKEN OR TURKEY GRAVY

**Weight**

21 lbs  
 11 lbs

**Measure**

200 sl  
 3 gal 1-1/2 qts

**Issue**

**Method**

- 1 Slice turkey into thin slices, 16 to 22 per pound.
- 2 Place 3 to 4 slices turkey on 1 slice of bread; top with second slice of bread.
- 3 Prepare Chicken or Turkey Gravy, Recipe No. O 016 02. Pour about 1/2 cup, one Size 2 ladle, hot gravy over sandwich. CCP: Hold for service at 140 F. or higher.

## CORN DOG

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
258 cal	20 g	8 g	16 g	35 mg	674 mg	49 mg

**Ingredient**

FRANKFURTERS  
 FLOUR,WHEAT,GENERAL PURPOSE  
 CORN MEAL  
 BAKING POWDER  
 SALT  
 SUGAR,GRANULATED  
 MUSTARD,DRY  
 MILK,NONFAT,DRY  
 WATER  
 EGGS,WHOLE,FROZEN  
 OIL,SALAD

**Weight**

10 lbs  
 3-1/3 lbs  
 1-2/3 lbs  
 1-1/3 oz  
 1 oz  
 3-1/2 oz  
 3-1/8 oz  
 3-5/8 oz  
 3-7/8 lbs  
 9-5/8 oz  
 5-3/4 oz

**Measure**

3 qts  
 1 qts 1-1/2 cup  
 2-2/3 tbsp  
 1 tbsp  
 1/2 cup  
 1/2 cup  
 1-1/2 cup  
 1 qts 3-1/2 cup  
 1-1/8 cup  
 3/4 cup

**Issue**

**Method**

- 1 Insert 1 stirring stick lengthwise into each thawed frankfurter. Dry surface of frankfurter with paper towel.
- 2 Combine flour, cornmeal, baking powder, salt, sugar, mustard flour and milk.
- 3 Add water, eggs and salad oil or melted shortening to dry ingredients. Blend well.
- 4 Dip frankfurters in cornmeal mixture; allow excess batter to drain slightly; fry 2 to 4 minutes or until golden brown in 375 F. deep fat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Drain on absorbent paper.
- 6 Serve hot. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 18-3/4 lbs frozen corn dogs may also be used.

**CORN DOG (CORN BREAD MIX)**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
256 cal	19 g	7 g	17 g	23 mg	792 mg	24 mg

**Ingredient**

FRANKFURTERS  
 CORN BREAD MIX  
 MUSTARD, DRY

**Weight**

10 lbs  
 5-5/8 lbs  
 3-1/8 oz

**Measure**

1 gal 1/8 qts  
 1/2 cup

**Issue**

**Method**

- 1 Insert 1 stirring stick lengthwise into each thawed frankfurter. Dry surface of frankfurter with paper towel.
- 2 Combine canned cornbread mix and mustard flour. Prepare corn bread batter according to instructions on container.
- 3 Dip frankfurters in cornmeal mixture; allow excess batter to drain slightly; fry 2 to 4 minutes or until golden brown in 375 F. deep fat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Drain on absorbent paper.
- 5 Serve hot. CCP: Hold for service at 140 F. or higher.

**HOT ROAST BEEF SANDWICH (OVEN ROAST)**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
453 cal	35 g	31 g	20 g	74 mg	1022 mg	67 mg

**Ingredient**

BEEF,OVEN ROAST,PRE COOKED  
 BREAD,WHITE,SLICE  
 BROWN GRAVY

**Weight**

18-3/4 lbs  
 11 lbs

**Measure**

200 sl  
 3 gal

**Issue**

**Method**

- 1 Slice beef into thin slices, 16 to 22 per pound.
- 2 Place 3 to 4 slices beef on 1 slice of bread; top with second slice of bread.
- 3 Prepare Brown Gravy, Recipe No. O 016 00. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Pour about 1/2 cup, 4 ounces, or one Size 2 ladle of hot gravy over each sandwich. CCP: Hold for service at 140 F. or higher.

**HOT ROAST BEEF SANDWICH (PRECOOKED ROAST BEEF)**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
453 cal	35 g	31 g	20 g	74 mg	1022 mg	67 mg

**Ingredient**

BEEF,OVEN ROAST,PRE COOKED  
 BREAD,WHITE  
 BROWN GRAVY

**Weight**

18-3/4 lbs  
 11 lbs

**Measure**

200 sl  
 3 gal

**Issue**

**Method**

- 1 Slice beef into thin slices, 16-22 per pound.
- 2 Place 3 to 4 pieces beef on 1 slice of bread; top with second slice of bread.
- 3 Prepare 2 recipes of brown gravy. Pour 1/2 cup hot gravy over each sandwich. CCP: Hold for service at 140 F. or higher.

**HOT ROAST PORK SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
485 cal	35 g	29 g	25 g	71 mg	1016 mg	77 mg

**Ingredient**

PORK,LOIN,BONELESS,COOKED  
 BREAD,WHITE  
 BROWN GRAVY

**Weight**

18-3/4 lbs  
 11 lbs

**Measure**

200 sl  
 3 gal

**Issue**

**Method**

- 1 Slice cooked pork into thin slices, 16 to 22 slices per pound.
- 2 Place 3 to 4 slices pork on 1 slice of bread. Top with second slice bread.
- 3 Prepare 2 recipes Brown Gravy, Recipe No. O 016 00 using pork drippings. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Pour about 1/2 cup, one Size 2 ladle hot gravy over each sandwich. CCP: Hold for service at 140 F. or higher.

**HOT ROAST PORK SANDWICH (FRESH HAM)**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
425 cal	35 g	25 g	20 g	51 mg	2242 mg	67 mg

**Ingredient**

HAM,COOKED,BONELESS  
 BREAD,WHITE,SLICE  
 BROWN GRAVY

**Weight**

18-3/4 lbs  
 11 lbs

**Measure**

200 sl  
 3 gal

**Issue**

**Method**

- 1 Slice into thin slices, about 16 to 22 slices per pound.
- 2 Place 3 to 4 slices pork on one side of bread. Top with second slice of bread.
- 3 Prepare Brown Gravy, Recipe No. O 016 00 using pork drippings. Pour about 1/2 cup, one Size 2 ladle hot gravy over sandwich.  
 CCP: Hold for service at 140 F. or higher.



**GRILLED HAM, EGG AND CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
344 cal	23 g	21 g	18 g	237 mg	847 mg	263 mg

**Ingredient**

HAM,COOKED,BONELESS  
 COOKING SPRAY,NONSTICK  
 EGGS,WHOLE,FROZEN  
 CHEESE,AMERICAN,SLICED  
 BUN,HAMBURGER

**Weight**

6-1/4 lbs  
 2 oz  
 10 lbs  
 6-1/4 lbs  
 9-1/2 lbs

**Measure**

1/4 cup 1/3 tbsp  
 1 gal 2/3 qts  
 100 sl  
 100 each

**Issue**

**Method**

- 1 Slice ham into 1 ounce slices.
- 2 Lightly spray griddle with non-stick cooking spray. Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Place 1 slice hot ham on top of egg.
- 3 Place 1 slice cheese on top of 1 slice of ham. Continue to cook until cheese melts.
- 4 Serve hot on buns. CCP: Hold for service at 140 F. or higher.

**GRILLED BACON, EGG, AND CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
389 cal	23 g	20 g	24 g	236 mg	729 mg	263 mg

**Ingredient**

GRILLED BACON  
 COOKING SPRAY, NONSTICK  
 EGGS, WHOLE, FROZEN  
 CHEESE, AMERICAN, SLICED  
 BUN, HAMBURGER

**Weight**

1-1/2 kg  
 2 oz  
 10 lbs  
 6-1/4 lbs  
 9-1/2 lbs

**Measure**

200 unit  
 1/4 cup 1/3 tbsp  
 1 gal 2/3 qts  
 100 sl  
 100 each

**Issue**

**Method**

- 1 Grill bacon according to instructions on Recipe L 002 02.
- 2 Lightly spray griddle with non-stick cooking spray. Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Place 2 slices bacon on top of each egg.
- 3 Place 1 slice cheese on top of each sandwich. Continue to cook until cheese melts.
- 4 Serve on hot buns. CCP: Hold at 140 F. or higher for service.

**GRILLED HAM AND EGG SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
237 cal	22 g	14 g	9 g	210 mg	663 mg	88 mg

**Ingredient**

HAM,COOKED,BONELESS  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK  
 BUN,HAMBURGER,TOASTED

**Weight**

6-1/4 lbs  
 10 lbs  
 2 oz  
 9-1/2 lbs

**Measure**

1 gal 2/3 qts  
 1/4 cup 1/3 tbsp  
 100 each

**Issue**

**Method**

- 1 Slice ham into 1 ounce slices.
- 2 Lightly spray griddle with non-stick cooking spray. Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Serve hot on buns. CCP: Hold at 140 F. or higher for service.

**GRILLED SAUSAGE, EGG, AND CHEESE SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
448 cal	23 g	23 g	29 g	256 mg	1003 mg	274 mg

**Ingredient**

GRILLED SAUSAGE PATTIES (PREFORMED)  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY, NONSTICK  
 CHEESE, AMERICAN, SLICED  
 BUN, HAMBURGER

**Weight**

10 lbs  
 2 oz  
 6-1/4 lbs  
 9-1/2 lbs

**Measure**

100 each  
 1 gal 2/3 qts  
 1/4 cup 1/3 tbsp  
 100 sl  
 100 each

**Issue**

**Method**

- 1 Grill sausages according to instructions on Recipe L 089 02.
- 2 Lightly spray griddle with non-stick cooking spray. Place thawed eggs into a bowl; ladle individual 1/4 cup portions of beaten eggs on 325 F. greased griddle. Cook until firm. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Place 1 sausage patty on top of each egg.
- 3 Place 1 slice cheese on top of each patty; continue to cook until cheese melts.
- 4 Serve hot on buns. CCP: Hold at 140 F. or higher for service.

## MOROCCAN POCKETS

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
429 cal	66 g	24 g	9 g	46 mg	587 mg	208 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YOGURT,PLAIN,LOWFAT	13-1/2 lbs	1 gal 2-1/4 qts	
PARSLEY,FRESH,BUNCH,CHOPPED	6-1/3 oz	3 cup	6-2/3 oz
BEEF,GROUND,BULK,RAW,90% LEAN	12 lbs		
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
BARLEY,UNCOOKED	4-3/8 lbs	2 qts 2 cup	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	3-1/4 lbs	2 qts 2 cup	4 lbs
CHILI POWDER,DARK,GROUND	5-1/4 oz	1-1/4 cup	
SALT	1-1/2 oz	2-1/3 tbsp	
OREGANO,CRUSHED	1-1/4 oz	1/2 cup	
GARLIC POWDER	1/2 oz	1 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
WATER	7-1/3 lbs	3 qts 2 cup	
RAISINS	3-1/4 lbs	2 qts 2 cup	
BREAD,PITA,WHITE,8-INCH	10-1/2 lbs	50 each	

**Method**

- 1 Combine yogurt and parsley. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 2 Cook beef until it loses its pink color, stirring beef to break apart. Drain or skim off fat.
- 3 Add tomatoes, barley, onions, green peppers, chili powder, salt, oregano, garlic, cumin, pepper, and water. Stir well. Bring to a boil; reduce heat. Cover; simmer 40 to 45 minutes or until barley is tender and most of liquid is absorbed. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 4 Stir in raisins. Simmer 5 minutes. Meat mixture is done when all moisture has been absorbed and product holds together.
- 5 Cut pita bread in halves to make 2 pockets. Place about 5-1/2 ounces of meat mixture in each pocket. Top with yogurt topping just before serving. CCP: Hold for service at 140 F. or higher.

**CHEESE DELI SANDWICH**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
434 cal	35 g	19 g	25 g	57 mg	756 mg	422 mg

**Ingredient**

BREAD,WHEAT,SLICED  
 SALAD DRESSING,MAYONNAISE TYPE  
 CHEESE,AMERICAN,SLICED  
 LETTUCE,ICEBERG,FRESH  
 TOMATOES,FRESH,SLICED  
 ONIONS,FRESH,SLICED  
 ALFALFA SPROUTS,FRESH,RAW

**Weight**

12-1/2 lbs  
 2 lbs  
 12-1/2 lbs  
 4 lbs  
 11-1/2 lbs  
 1-1/2 lbs  
 7-5/8 oz

**Measure**

200 sl  
 1 qts  
 200 sl  
 1 gal 3-1/4 qts  
 1 qts 2 cup  
 1 qts 2-1/2 cup

**Issue**

4-1/3 lbs  
 11-3/4 lbs  
 1-2/3 lbs

**Method**

- 1 Spread 1 slice of bread with salad dressing.
- 2 Add 2 slices of cheese. Top with lettuce. May also top with 2 slices of tomatoes, sliced onions, and 1 tablespoon of alfalfa sprouts. Top with second slice of bread.
- 3 Cut each sandwich in half. CCP: Hold for service at 41 F. or lower.

**TACO BURGER**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
348 cal	27 g	24 g	16 g	70 mg	580 mg	168 mg

**Ingredient**

BEEF,GROUND,BULK,RAW,90% LEAN  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER,WARM  
 TOMATO PASTE,CANNED  
 CHILI POWDER,DARK,GROUND  
 CUMIN,GROUND  
 SALT  
 PEPPER,RED,CRUSHED  
 ROLL,SANDWICH BUNS,SPLIT  
 CHEESE,AMERICAN,SLICED  
 LETTUCE,ICEBERG,FRESH,SHREDDED

**Weight**

16 lbs  
 10-1/4 oz  
 7-1/3 lbs  
 1-1/3 lbs  
 8-1/2 oz  
 1-1/8 oz  
 1-1/4 oz  
 1/8 oz  
 9-1/2 lbs  
 3-1/8 lbs  
 4 lbs

**Measure**

2-3/8 cup  
 3 qts 2 cup  
 2-1/4 cup  
 2 cup  
 1/4 cup 1-2/3 tbsp  
 2 tbsp  
 1 tbsp  
 100 each  
 50 sl  
 2 gal 1/4 qts

**Issue**

4-1/3 lbs

**Method**

- 1 Cook beef in steam-jacketed kettle or stock pot until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Sprinkle flour over cooked beef. Stir well. Cook about 5 minutes or until flour is absorbed, stirring occasionally.
- 3 Combine water, tomato paste, chili powder, cumin, salt and red pepper; mix well. Bring to a boil; simmer 2 to 3 minutes or until thoroughly heated.
- 4 Combine sauce with beef mixture; mix well. Simmer 2 to 3 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 5 On bottom half of bun, place 1/2 slice cheese, 1/3 cup meat mixture, and 2-1/2 tablespoons lettuce. Cover with top half of bun. Serve hot. CCP: Hold for service at 140 F. or higher.

**CHILI DOG WITH CHEESE AND ONIONS**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
342 cal	26 g	14 g	20 g	36 mg	948 mg	145 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FRANKFURTERS	9-2/3 lbs	100 each	
WATER	10-1/2 lbs	1 gal 1 qts	
CHILI CON CARNE,CANNED,NO BEANS	6-3/4 lbs	3 qts	
BUN,HOTDOG	9-3/8 lbs	100 each	
CHEESE,AMERICAN,SHREDDED	2-1/2 lbs	2 qts 2 cup	
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs

**Method**

- 1 Pierce each frankfurter; cover with water in steam-jacketed kettle or stock pot; bring to a boil; reduce heat; simmer 10 minutes. Drain. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Keep hot until served. CCP: Hold for service at 140 F. or higher.
- 3 Thoroughly heat chili. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Place frankfurter in roll.
- 5 Place 1 ounce hot chili over each frankfurter.
- 6 Place 2 tablespoons cheese and 1/2 teaspoon onions on top of chili.
- 7 CCP: Hold for service at 140 F. or higher.



**CHILI DOG (CANNED CHILI CON CARNE)**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
297 cal	26 g	11 g	16 g	25 mg	874 mg	74 mg

**Ingredient**

FRANKFURTERS

WATER

CHILI CON CARNE,CANNED,NO BEANS

BUN,HOTDOG

**Weight**

9-2/3 lbs

10-1/2 lbs

6-3/4 lbs

9-3/8 lbs

**Measure**

100 each

1 gal 1 qts

3 qts

100 each

**Issue**

**Method**

- 1 Pierce each frankfurter; cover with water in steam-jacketed kettle or stock pot; bring to a boil; reduce heat; simmer 10 minutes. Drain. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Thoroughly heat chili. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Place frankfurter in roll.
- 4 Place 1 ounce hot chili over each frankfurter.
- 5 CCP: Hold for service at 140 F. or higher.

**CHILI DOG**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
350 cal	25 g	15 g	21 g	46 mg	890 mg	144 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
FRANKFURTERS	9-2/3 lbs	100 each	
WATER	10-1/2 lbs	1 gal 1 qts	
CHILI (WITHOUT BEANS)		3 qts 1/2 cup	
BUN,HOTDOG	9-3/8 lbs	100 each	
CHEESE,AMERICAN,SHREDDED	2-1/2 lbs	2 qts 2 cup	
ONIONS,FRESH,CHOPPED	1 lbs	3 cup	1-1/8 lbs

**Method**

- 1 Pierce each frankfurter; cover with water in steam-jacketed kettle or stock pot; bring to a boil; reduce heat; simmer 10 minutes. Drain. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Prepare 1/8 recipe Chili, Recipe No. L 170 00, per 100 portions.
- 3 Place frankfurter in roll.
- 4 Place 1 ounce hot chili over each frankfurter.
- 5 Place 2 tablespoons cheese and 1/2 teaspoon onions on top of chili.
- 6 CCP: Hold for service at 140 F. or higher.

**BEEF FAJITA PITA**

Yield 100

Portion 1/2 Pita

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
389 cal	37 g	35 g	11 g	87 mg	881 mg	78 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
JUICE,LIME	1-1/2 lbs	3 cup	
SALT	3 oz	1/4 cup 1 tbsp	
GARLIC POWDER	2-3/8 oz	1/2 cup	
ONION POWDER	1-1/8 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	3/4 oz	3-1/3 tbsp	
CUMIN,GROUND	1/3 oz	1 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
TOMATOES,CANNED,CRUSHED,DRAINED	7-1/4 lbs	1 #10cn	
BEEF,FAJITA STRIPS	30-3/8 lbs		
BREAD,PITA,WHITE,8-INCH	10-1/2 lbs	50 each	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
ONIONS,FRESH,CHOPPED	7 lbs	1 gal 1 qts	7-7/8 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	7-7/8 lbs	1 gal 2 qts	9-5/8 lbs
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
SAUCE,SALSA	7 lbs	3 qts 1 cup	

**Method**

- 1 Combine lime juice, salt, garlic powder, onion powder, black pepper, cumin, tomatoes and red pepper. Stir to blend well.
- 2 Pour mixture over beef strips. Mix thoroughly to evenly distribute seasonings around all surfaces of beef. Cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes for use in Step 5.
- 3 Cut each pita in half forming 2 pockets. Cover; set aside for use in Step 6.
- 4 Lightly spray griddle with cooking spray. Grill onions and peppers 6 to 8 minutes while tossing intermittently; lightly spray with cooking spray as needed. CCP: Hold for service at 140 F. or higher for use in Step 6.
- 5 Lightly spray griddle with cooking spray. Grill beef strips 3 to 4 minutes or until lightly browned while tossing intermittently; lightly spray with cooking spray as needed. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 6 Place 6 to 7 cooked fajita strips (3 oz), 3 tbsp onion/sweet pepper mixture into each pita pocket. If desired, top each pocket with 2 tbsp salsa. Batch preparation techniques should be utilized. Pitas may be served with guacamole or sour cream.

## CHICKEN FAJITA PITA

Yield 100

Portion 1/2 Pita

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
293 cal	33 g	29 g	4 g	65 mg	758 mg	68 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
JUICE,LIME	1-1/4 lbs	2-1/2 cup	
SALT	2-1/3 oz	1/4 cup	
GARLIC POWDER	2 oz	1/4 cup 3 tbsp	
ONION POWDER	7/8 oz	1/4 cup	
PEPPER,BLACK,GROUND	5/8 oz	2-2/3 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
PEPPER,RED,GROUND	1/8 oz	3/8 tsp	
CHICKEN,FAJITA STRIPS	23 lbs		
BREAD,PITA,WHITE,8-INCH	10-1/2 lbs	50 each	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
ONIONS,GREEN,FRESH,CHOPPED	4-3/8 lbs	1 gal 1 qts	4-7/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 lbs	1 gal 2 qts	9-5/8 lbs
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
SAUCE,SALSA	7 lbs	3 qts 1 cup	

**Method**

- 1 Combine lime juice, salt, garlic powder, onion powder, black pepper, cumin and red pepper. Stir to blend well.
- 2 Pour mixture over chicken strips. Mix thoroughly. Cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes for use in Step 5.
- 3 Cut pita bread in half forming 2 pockets. Cover; set aside for use in Step 6.
- 4 Lightly spray griddle with cooking spray. Grill onions and peppers 6 to 8 minutes while tossing intermittently; lightly spray with cooking spray as needed. CCP: Hold for service at 140 F. or higher.
- 5 Lightly spray griddle with cooking spray. Grill chicken strips 5 to 7 minutes or until lightly browned while tossing intermittently; lightly spray with cooking spray as needed. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Place 6 to 7 cooked fajita strips (3 oz) 3 tbsp onion/sweet pepper mixture into each pita pocket. If desired, top each pocket with 2 tbsp salsa. Batch preparation techniques should be utilized. Pitas may be served with guacamole or sour cream.

**CHICKEN PITA POCKET SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
294 cal	32 g	30 g	4 g	67 mg	337 mg	119 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
YOGURT,PLAIN,LOWFAT	6-1/2 lbs	3 qts	
CUCUMBER,FRESH,CHOPPED	4-1/4 lbs	1 gal <1/16th qts	5 lbs
DILL WEED,DRIED	1/2 oz	1/4 cup 1 tbsp	
GARLIC POWDER	1/2 oz	1 tbsp	
TOMATOES,FRESH,SLICED	6-1/2 lbs	1 gal 1/8 qts	6-5/8 lbs
LETTUCE,ICEBERG,FRESH,SHREDDED	5-1/8 lbs	2 gal 2-5/8 qts	5-1/2 lbs
ONIONS,FRESH,SLICED	2 lbs	1 qts 3-7/8 cup	2-1/4 lbs
BREAD,PITA,WHITE,8-INCH	10-1/2 lbs	50 each	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
CHICKEN,FAJITA STRIPS	23 lbs		

**Method**

- 1 Combine yogurt, cucumbers, dillweed and garlic powder. Mix well; cover. CCP: Refrigerate at 41 F. or lower for use in Step 6.
- 2 Slice tomatoes, shred lettuce and separate onion slices into rings; cover.
- 3 Cut pita bread in half forming 2 pockets.
- 4 Lightly spray griddle with cooking spray.
- 5 Grill chicken strips 5 to 7 minutes or until lightly browned while tossing intermittently; lightly spray with cooking spray as needed. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Place 1/3 cup shredded lettuce, 1 tomato slice and 4 to 6 onion rings into each pita pocket. Place 6 to 7 cooked fajita strips (2-3/4 oz) into each pita pocket. If desired, top each pocket with about 3 tbsp yogurt-cucumber sauce. CCP: Hold for service at 140 F. or higher.

**GRILLED CHICKEN BREAST SANDWICH**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
363 cal	26 g	36 g	12 g	92 mg	386 mg	83 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 ROLL,SANDWICH BUNS,SPLIT  
 SALAD DRESSING,MAYONNAISE TYPE  
 LETTUCE,ICEBERG,FRESH,LEAF  
 ONIONS,FRESH,RED,SLICED  
 TOMATOES,FRESH,SLICED

**Weight**

31-1/4 lbs  
 1-2/3 oz  
 9-1/2 lbs  
 2-1/3 lbs  
 4 lbs  
 3 lbs  
 6-1/2 lbs

**Measure**

3-1/3 tbsp  
 100 each  
 1 qts 5/8 cup  
 2 qts 3-7/8 cup  
 1 gal 1/8 qts

**Issue**

4-1/3 lbs  
 3-1/3 lbs  
 6-5/8 lbs

**Method**

- 1 Wash chicken breasts thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray griddle with cooking spray. Grill breasts 5 minutes; lightly spray with cooking spray; turn; grill second side 4 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Place 1 chicken breast on the bottom half of bun. Spread 2 tsp of salad dressing on top half of bun.
- 4 Place lettuce leaf, onion slice and tomato slice over chicken breast. Cover with top half of bun. CCP: Hold for service at 140 F. or higher.

**CHICKEN CAESAR ROLLUP SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
316 cal	41 g	26 g	6 g	52 mg	718 mg	181 mg

**Ingredient**

CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY, NONSTICK  
 SALAD DRESSING, CAESAR, FAT FREE  
 CHEESE, PARMESAN, GRATED  
 LETTUCE, ROMAINE, FRESH  
 TOMATOES, FRESH, CHOPPED  
 TORTILLAS, WHEAT, 10 INCH

**Weight**

17 lbs  
 1-1/2 oz  
 6-7/8 lbs  
 1-1/8 lbs  
 8 lbs  
 12 lbs  
 12-3/8 lbs

**Measure**

3 tbsp  
 3 qts 1 cup  
 1 qts 1 cup  
 4 gal 1/4 qts  
 1 gal 3-5/8 qts  
 100 each

**Issue**

8-1/2 lbs  
 12-1/4 lbs

**Method**

- 1 Wash chicken breasts thoroughly under cold running water. Drain well. Remove excess fat. Cut breasts into 1/2 inch cubes.
- 2 Lightly spray grill with cooking spray.
- 3 Grill chicken cubes 3 to 5 minutes while tossing intermittently; lightly spray with cooking spray as needed. Grill until lightly browned. CCP: Internal temperature must reach 165 F. or higher is reached for 15 seconds.
- 4 Combine chicken, caesar dressing and parmesan cheese; cover. CCP: Refrigerate at 41 F. or lower for use in Step 8.
- 5 Cut romaine into 1/2-inch strips. Toss romaine and tomatoes together.
- 6 Wrap tortillas in foil; place in warm oven (150 F.) or in a warmer 15 minutes or until warm and pliable.
- 7 Place about 3/4 cup romaine mixture on warmed tortilla.
- 8 Distribute 1/4 cup chicken cubes over romaine mixture.
- 9 Roll up tortilla; wrap with parchment, wax paper, or foil. CCP: Hold for service at 41 F. or lower.

**Notes**

- 1 In Step 4, 13 lb frozen, cooked, diced, thawed (RTU) chicken may be used. Omit Steps 1 through 3. Follow Steps 4 through 9.

**GARDEN VEGETABLE WRAP**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	44 g	6 g	2 g	0 mg	403 mg	116 mg

**Ingredient**

TORTILLAS,WHEAT,10 INCH  
 LETTUCE,LEAF,FRESH,HEAD  
 TOMATOES,FRESH,CHOPPED  
 CARROTS,FRESH,GRATED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 MUSHROOMS,FRESH,WHOLE,SLICED  
 SQUASH,FRESH,SUMMER,DICED  
 CUCUMBER,FRESH,CHOPPED  
 ONIONS,GREEN,FRESH,SLICED  
 SALAD DRESSING,CREAMY GARLIC,FAT FREE

**Weight**

12-3/8 lbs  
 5 lbs  
 6 lbs  
 3-1/8 lbs  
 3-1/8 lbs  
 3-1/8 lbs  
 3-1/8 lbs  
 3-1/8 lbs  
 3-1/8 lbs  
 6 oz  
 5-5/8 lbs

**Measure**

100 each  
  
 3 qts 3-1/8 cup  
 3 qts 7/8 cup  
 2 qts 1-1/2 cup  
 1 gal 1-1/8 qts  
 3 qts 1/2 cup  
 2 qts 3-7/8 cup  
 1-3/4 cup  
 2 qts 1 cup

**Issue**

7-3/4 lbs  
 6-1/8 lbs  
 3-3/4 lbs  
 3-3/4 lbs  
 3-3/8 lbs  
 3-1/4 lbs  
 3-3/4 lbs  
 6-2/3 oz

**Method**

- 1 Wrap tortillas in foil; place in warm oven, about 150 F. or warmer for 15 minutes or until warm and pliable.
- 2 Cut lettuce into 1/2-inch strips.
- 3 Toss lettuce, tomatoes, carrots, peppers, mushrooms, squash, cucumbers, green onions and dressing.
- 4 Place 5 ounces, (about 1 cup), vegetable mixture on warmed tortilla.
- 5 Roll up tortilla; wrap with parchment, wax paper, or foil. CCP: Hold for service at 41 F. or lower Batch preparation methods should be used to prevent the lettuce from wilting and the tortillas from getting soggy.



**ROAST BEEF & CHEESE ROLLUP SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
335 cal	35 g	29 g	9 g	54 mg	1020 mg	226 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SALSA		1 gal 3-7/8 qts	
TORTILLAS,WHEAT,10 INCH	12-3/8 lbs	100 each	
LETTUCE,LEAF,FRESH,HEAD	7-7/8 lbs		
BEEF,OVEN ROAST,PRE COOKED	12-1/2 lbs		
CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED	5-1/2 lbs	1 gal 1-1/2 qts	

**Method**

- 1 Prepare 2 recipes of salsa (Recipe No. O 007 01) for use in Step 8.
- 2 Wrap tortillas in foil; place in warm oven (150 F.) or warmer for 15 minutes or until warm and pliable.
- 3 Cut lettuce into 1/2-inch strips.
- 4 Slice beef thin, about 16 slices per pound.
- 5 Place 2 ounces (2 slices) roast beef on warmed tortilla.
- 6 Evenly distribute 1 ounce (2 tablespoons) of shredded cheese over beef.
- 7 Combine lettuce with salsa.
- 8 Distribute about 3 ounces (3/4 cup) salsa and lettuce over beef and cheese.
- 9 Roll up tortilla; wrap with parchment, wax paper, or foil. CCP: Hold for service at 41 F. or lower. Batch preparation methods should be used to prevent the lettuce from wilting and the tortillas from getting soggy.

**HOT ROAST BEEF & CHEESE ROLLUP SANDWICH**

**Yield** 100

**Portion** 1 Sandwich

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
335 cal	35 g	29 g	9 g	54 mg	1020 mg	226 mg

**Ingredient**

SALSA  
 BEEF,OVEN ROAST,PRE COOKED  
 TORTILLAS,WHEAT,10 INCH  
 CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED

**Weight**

12-1/2 lbs  
 12-3/8 lbs  
 5-1/2 lbs

**Measure**

1 gal 3-7/8 qts  
 100 each  
 1 gal 1-1/2 qts

**Issue**

**Method**

- 1 Prepare 2 recipes of salsa (Recipe No. O 007 01) for use in Step 8.
- 2 Slice beef thin, about 16 slices per pound.
- 3 Place 2 ounces (2 slices) of roast beef on tortilla.
- 4 Evenly distribute 1 ounce (2 tablespoons) of shredded cheese over beef.
- 5 Distribute about 2 ounces (1/4 cup) salsa over beef and cheese.
- 6 Roll up tortilla; wrap with foil sheet. Place 20 roll-ups on each sheet pan.
- 7 Using a convection oven, bake at 325 F. for 20 minutes or until cheese is melted on high fan, closed vent. CCP: Hold for service at 140 F. or higher.

**JAMAICAN JERK CHICKEN SANDWICH**

Yield 100

Portion 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
387 cal	41 g	38 g	7 g	88 mg	623 mg	91 mg

**Ingredient**

TROPICAL FRUIT SALSA  
 PEPPER,BLACK,GROUND  
 ONION POWDER  
 SALT  
 PEPPER,RED,GROUND  
 NUTMEG,GROUND  
 ALLSPICE,GROUND  
 PEPPER,RED,CRUSHED  
 THYME,GROUND  
 JUICE,LIME  
 CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 COOKING SPRAY,NONSTICK  
 ROLL,KAISER

**Weight**

2-3/8 oz  
 2-1/2 oz  
 2-1/8 oz  
 2 oz  
 1-1/3 oz  
 1-1/8 oz  
 3/8 oz  
 3/4 oz  
 1 lbs  
 31-1/4 lbs  
 1-1/2 oz  
 12-5/8 lbs

**Measure**

2 gal 3/4 qts  
 1/2 cup 2-2/3 tbsp  
 1/2 cup 2-2/3 tbsp  
 3-1/3 tbsp  
 1/2 cup 2-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 2 cup  
 3 tbsp  
 100 each

**Issue****Method**

- 1 Prepare Tropical Fruit Salsa, Recipe No. O 030 00. Cover. CCP: Refrigerate product at 41F or lower for use in Step 8.
- 2 Combine black pepper, onion powder, salt, ground red pepper, nutmeg, allspice, crushed red pepper, and thyme. Stir until well blended.
- 3 Add lime juice to spices. Mix until smooth paste is formed.
- 4 Add jerk paste to chicken. Evenly coat chicken with paste.
- 5 Place chicken breasts on lightly sprayed sheet pans. Lightly spray breasts with cooking spray.
- 6 Using a convection oven, bake 10 to 12 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Place chicken breast on bottom half of roll. CCP: Hold for service at 140 F. or higher. Cover with top half. Serve with 1/4 cup Tropical Fruit Salsa or Pineapple Salsa.

## MEXICAN BEEF WRAP

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
399 cal	40 g	30 g	14 g	74 mg	734 mg	177 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,GROUND,BULK,RAW,90% LEAN	20 lbs		
TOMATOES,CANNED,DICED,DRAINED	8-1/4 lbs	3 qts 3 cup	
CORN,FROZEN,WHOLE KERNEL	5-3/8 lbs	3 qts 3 cup	
PEPPERS,GREEN,FRESH,CHOPPED	2-3/4 lbs	2 qts 1/4 cup	3-1/3 lbs
ONIONS,FRESH,CHOPPED	2-7/8 lbs	2 qts 1/4 cup	3-1/4 lbs
TOMATO PASTE,CANNED	1-3/4 lbs	3 cup	
VINEGAR,DISTILLED	1-1/8 lbs	2-1/4 cup	
SALT	2-1/8 oz	3-1/3 tbsp	
CHILI POWDER,DARK,GROUND	1-3/4 oz	1/4 cup 3 tbsp	
GARLIC POWDER	1 oz	3-1/3 tbsp	
CUMIN,GROUND	3/4 oz	3-1/3 tbsp	
PEPPER,BLACK,GROUND	3/4 oz	3-1/3 tbsp	
PEPPER,RED,GROUND	1/8 oz	1/3 tsp	
TORTILLAS,WHEAT,10 INCH	12-3/8 lbs	100 each	
CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED	3-1/8 lbs	3 qts 1/2 cup	

**Method**

- 1 In a steam-jacketed kettle, cook beef until it loses its pink color.
- 2 Add tomatoes, corn, peppers, onions, tomato paste, vinegar, salt, chili powder, garlic powder, cumin, black pepper, and red pepper to beef. Stir well.
- 3 Bring to a boil; reduce heat; simmer, uncovered for 35 to 40 minutes or until sauce has reduced and meat mixture is a moderately dry, packable consistency, stirring occasionally. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Remove to serving pans. CCP: Hold for service at 140 F. or higher.
- 4 Wrap tortillas in foil; place in warm oven, about 150 F. or warmer for 15 minutes or until warm and pliable.
- 5 Place 4-1/4 ounces or 1/2 cup beef mixture in the center of the warmed tortilla.
- 6 Evenly distribute 1/2 ounce or 1 tablespoon cheese over beef.
- 7 Fold in sides of tortilla, roll up burrito style; wrap with parchment, wax, or foil. CCP: Hold for service at 140 F. or higher. Batch preparation methods should be used to prevent tortillas from getting soggy.

MEXICAN TURKEY WRAP

Yield 100

Portion 1 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	41 g	28 g	6 g	52 mg	509 mg	159 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TOMATOES,CANNED,DICED,INCL LIQUIDS	6-7/8 lbs	3 qts	
CORN,FROZEN,WHOLE KERNEL	4 lbs	2 qts 3 cup	
PEPPERS,GREEN,FRESH,CHOPPED	2-1/2 lbs	1 qts 3-5/8 cup	3 lbs
ONIONS,FRESH,CHOPPED	2-1/4 lbs	1 qts 2-3/8 cup	2-1/2 lbs
TOMATO PASTE,CANNED	1-1/2 lbs	2-1/2 cup	
VINEGAR,DISTILLED	13-7/8 oz	1-5/8 cup	
SEASONING, SANTE FE	6-7/8 oz	2 cup	
TURKEY,BREAST,COOKED,DICED	13 lbs		
TORTILLAS,FLOUR,10 INCH	12-3/8 lbs		
CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED	3-1/8 lbs	3 qts 1/2 cup	

**Method**

- 1 Add tomatoes, corn, peppers, onions, tomato paste, vinegar, and Sante Fe Style seasoning to steam jacketed kettle or stockpot. Stir.
- 2 Bring to a boil; reduce heat; simmer, covered, 5 to 7 minutes stirring frequently.
- 3 Add turkey to sauce/vegetable mixture; stir well. Bring to a simmer; cover; simmer 5 to 7 minutes stirring frequently to prevent sticking. CCP: Temperature must register 165 F. or higher for 15 seconds. Remove from heat. CCP: Hold at 140 F. or higher for use in Step 5.
- 4 Wrap tortillas in foil; place in warm oven (about 150 F.) or in a warmer 15 minutes or until warm and pliable.
- 5 Place 1/2 cup, 1-No. 8 scoop of turkey filling in the center of each warmed tortilla.
- 6 Evenly distribute 2 tablespoon shredded cheese over turkey filling.
- 7 Fold up front of tortilla to cover filling; fold in sides of tortilla; roll tightly to the back of tortilla like a burrito. Wrap with parchment, wax paper or foil. CCP: Serve immediately or hold for service at 140 F. or higher.

**CRUNCHY VEGETABLE BURRITO**

**Yield** 100

**Portion** 1 Burrito

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
280 cal	50 g	14 g	3 g	4 mg	753 mg	234 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

YOGURT,PLAIN,NONFAT	6-1/4 lbs	2 qts 3-1/2 cup	
SALAD DRESSING,RANCH,FAT FREE	4-1/4 lbs	2 qts	
GARLIC POWDER	1/2 oz	1 tbsp	
CHILI POWDER,DARK,GROUND	1/2 oz	1 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	9-1/8 lbs	1 gal 1-7/8 qts	
SWEET POTATOES,FRESH,PARED,SHREDDED	4-1/2 lbs	3 qts 3-3/8 cup	5-5/8 lbs
TOMATOES,FRESH,CHOPPED	4-1/2 lbs	2 qts 3-3/8 cup	4-5/8 lbs
BROCCOLI,FRESH,FLORETS	3-1/2 lbs	1 gal 1/2 qts	5-3/4 lbs
ONIONS,GREEN,FRESH,SLICED	1 lbs	1 qts 1/2 cup	1-1/8 lbs
PEPPERS,JALAPENOS,CANNED,DRAINED,CHOPPED	7-1/4 oz	1-1/2 cup	
TORTILLAS,WHEAT,10 INCH	12-3/8 lbs	100 each	
CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED	3-1/4 lbs	3 qts 1 cup	

**Method**

- 1 Combine yogurt, ranch dressing, garlic powder, chili powder, and cumin. Blend well. CCP: Refrigerate at 41 F. or lower for use in Step 3.
- 2 Combine kidney beans, sweet potatoes, tomatoes, broccoli, green onions, and jalapeno peppers.
- 3 Toss vegetables with dressing until well coated. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 4 Wrap tortillas in foil; place in warm oven, about 150 F., or in a warmer for 15 minutes or until warm and pliable.
- 5 Place 5-1/2 ounces (about 2/3 cup) vegetable mixture on warm tortilla. Top with 1/2 ounce (2 tablespoons) cheese. Spread evenly in center of tortilla. Fold up sides of tortilla; fold up front of tortilla to cover filling; roll tightly to back of tortilla like a burrito; wrap with parchment, wax paper or foil.
- 6 CCP: Hold for service at 41 F. or lower.

**VEGETARIAN HEARTY BURGER**

**Yield** 100

**Portion** 1 Burger

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
409 cal	52 g	21 g	13 g	11 mg	647 mg	244 mg

**Ingredient**

EGG WHITES  
 CHEESE,MOZZARELLA,PART SKIM,SHREDDED  
 ONIONS,FRESH,GRATED  
 SOY SAUCE  
 CEREAL,OATMEAL,ROLLED  
 WALNUTS,SHELLED,CHOPPED  
 GARLIC POWDER  
 SAGE,GROUND  
 COOKING SPRAY,NONSTICK  
 ROLL,SANDWICH BUNS,SPLIT

**Weight**

7-1/2 lbs  
 4-1/2 lbs  
 2-7/8 lbs  
 1 lbs  
 8-5/8 lbs  
 1-5/8 lbs  
 2-3/8 oz  
 1/4 oz  
 2 oz  
 9-1/2 lbs

**Measure**

3 qts 2 cup  
 1 gal 1/2 qts  
 2 qts 1/4 cup  
 1-1/2 cup  
 1 gal 2-1/4 qts  
 1 qts 2 cup  
 1/2 cup  
 1/4 cup 1/3 tbsp  
 1/4 cup 1/3 tbsp  
 100 each

**Issue**

3-1/4 lbs

**Method**

- 1 Place egg whites, cheese, onions, and soy sauce in mixer bowl. Using a dough hook, mix on low speed 1 minute or until well blended.
- 2 Add oats, walnuts, garlic powder, and sage; mix on low speed 1 minute. Scrape down sides; continue mixing 30 seconds, or until well blended. Refrigerate mixture at least one hour to allow mixture to absorb moisture. CCP: Refrigerate at 41 F. or lower.
- 3 Shape 3-1/2 ounce balls. Place 20 balls on each sheet pan. Cover with parchment paper; flatten into burgers by pressing down with another sheet pan to a thickness of 1/2-inch. Mixture will be very moist and fragile.
- 4 Grill burgers on lightly sprayed griddle at 400 F. for 6 minutes or bake on lightly sprayed sheet pans in a convection oven at 350 F. for 15 to 20 minutes on high fan, open vent or until golden brown. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Serve on buns. CCP: Hold for service at 140 F. or higher.

CAJUN CHICKEN SANDWICH

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
389 cal	41 g	39 g	7 g	88 mg	600 mg	96 mg

**Ingredient**

TROPICAL FRUIT SALSA  
 CHICKEN,BREAST,BNLS/SKNLS,5 OZ  
 PEPPER,BLACK,GROUND  
 SALT  
 PAPRIKA,GROUND  
 FENNEL,GROUND  
 MUSTARD,DRY  
 THYME,GROUND  
 PEPPER,RED,GROUND  
 SAGE,GROUND  
 GARLIC POWDER  
 JUICE,LEMON  
 COOKING SPRAY,NONSTICK  
 ROLL,KAISER

**Weight**

22-3/4 lbs  
 3-5/8 oz  
 1-7/8 oz  
 1-1/3 oz  
 1-1/8 oz  
 2-1/8 oz  
 3/4 oz  
 1/2 oz  
 3/8 oz  
 1-5/8 oz  
 1-1/8 lbs  
 2 oz  
 12-5/8 lbs

**Measure**

2 gal 3/4 qts  
 100 each  
 1 cup  
 3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 2 cup  
 1/4 cup 1/3 tbsp  
 100 each

**Issue**

**Method**

- 1 Prepare 1 recipe Tropical Fruit Salsa (O 030 00); cover. CCP: Refrigerate at 41 F. or lower for use in Step 8.
- 2 Wash chicken breasts thoroughly under cold running water. Drain well. Remove excess fat.
- 3 Combine black pepper, salt, garlic powder, paprika, fennel, mustard flour, thyme, red pepper and sage. Stir until well blended.
- 4 Add lemon juice to spices. Mix until smooth paste is formed.
- 5 Add cajun paste to chicken. Mix well to evenly distribute paste mixture.
- 6 Lightly spray each sheet pan and chicken breast with non-stick cooking spray. Place 25 chicken breasts on each sheet pan.
- 7 Using a convection oven, bake at 325 F. 10 to 12 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 Place chicken breast on bottom half of roll. Cover with top half. Serve with 1/4 cup of Tropical Fruit Salsa. CCP: Hold for service at 140 F. or higher.



**BAKED TURKEY MELT**

**Yield** 100

**Portion** 1 Sandwich

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
363 cal	32 g	30 g	13 g	80 mg	622 mg	194 mg

**Ingredient**

TURKEY,GROUND,90% LEAN,RAW  
 ONIONS,FRESH,CHOPPED  
 PARSLEY,FRESH,BUNCH,CHOPPED  
 BREADCRUMBS,DRY,GROUND,FINE  
 SALT  
 GARLIC POWDER  
 PEPPER,WHITE,GROUND  
 WORCESTERSHIRE SAUCE  
 MUSTARD,DRY  
 CHEESE,MOZZARELLA,PART SKIM  
 ROLL,SANDWICH BUNS,SPLIT  
 TOMATOES,FRESH,SLICED  
 PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN

**Weight**

25-1/2 lbs  
 2-7/8 lbs  
 3-1/2 oz  
 3-1/8 lbs  
 1-1/4 oz  
 1-1/4 oz  
 1/2 oz  
 8-1/2 oz  
 3/4 oz  
 3 lbs  
 9-1/2 lbs  
 2 lbs  
 2 lbs

**Measure**

2 qts  
 1-5/8 cup  
 3 qts 1 cup  
 2 tbsp  
 1/4 cup 1/3 tbsp  
 2 tbsp  
 1 cup  
 2 tbsp  
 100 each  
 1 qts 1 cup  
 1 qts 2-1/8 cup

**Issue**

3-1/8 lbs  
 3-3/4 oz  
 2 lbs  
 2-1/2 lbs

**Method**

- 1 Combine turkey, bread crumbs, onions, parsley, salt, garlic powder, pepper, Worcestershire sauce, and mustard. Mix thoroughly.
- 2 Shape into patties 1/2-inch thick, weighing 5 ounces.
- 3 Place turkey on sheet pans. Using a convection oven, bake at 325 F. for 20 to 25 minutes on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Place a 1/2 ounce slice of low fat mozzarella cheese on top of each patty and melt in oven. Serve patty on a hamburger bun. CCP: Hold for service at 140 F. or higher.
- 5 Garnish with slice of fresh green pepper or tomato (optional).

## **GUIDELINES FOR PREPARING SAUCES AND GRAVIES**

Sauces and gravies are thickened liquids or stocks. They are served with meat, fish, poultry, vegetables, and desserts to add flavor and garnish.

### **A. INGREDIENTS USED IN PREPARATION OF SAUCES AND GRAVIES:**

1. *Liquids* - Vegetable juice, fruit juice, milk, meat or poultry stock maybe used. Liquid and browned particles from meat drippings should be added to stock for flavor and color. In large quantity preparation, liquid should be just below boiling point when thickening agent is added because most starches thicken immediately in 180° F. to 190° F. liquids.

NOTE: It is important to keep the temperature of the reconstituted nonfat dry milk to just below the boiling point because the proteins in milk tend to coagulate at boiling temperature and give the sauce a rough texture.

#### *2. Thickening Agents*

a. Roux is a French word for a mixture of flour and fat, cooked to eliminate the raw, uncooked taste of flour.

(1) Blonde or Light Roux - A smooth mixture of melted fat and flour that must be cooked to eliminate the raw, uncooked taste of flour but should not be browned.

(2) Brown Roux - A browned mixture of fat and flour. Flour is added to hot fat and cooked over low heat until a golden brown color is formed, about 10 minutes with continuous stirring to prevent scorching. Roux may also be browned in 350° F. to 375° F. oven (about 30 minutes).

b. Slurry - A lump-free mixture made by dissolving cornstarch into cold water and/or other cold liquids.

3. *Fats* - Fat gives flavor, body, and a finish to sauces and gravies. Fat is also valuable because it separates the starch granules and decreases the chance of lumping. Whenever possible, use fat from meat or poultry drippings. Separate clear fat from meat or poultry drippings to use in roux. Butter, margarine, or shortening may also be used. DO NOT use meat juice; it causes lumps.

**B. METHODS USED IN PREPARATION OF SAUCES AND GRAVIES:**

Sauces and gravies should be cooked in a heavy saucepan, double boiler, steam-jacketed kettle or stock pot.

1. *Combining Sauces and Gravies - Roux and Paste* - When sauces or gravies are prepared in more than 1/2 gallon volumes, it is preferable to add the near-boiling liquid slowly to the roux or paste while stirring with wire whip. Follow recipe directions, cook ingredients at low heat, stirring constantly until mixture is smooth, thickened, and no longer has a starchy taste.

2. *Prevention of skin on surface of sauce or gravy* - Cover with lid immediately, or spread a thin film of melted butter, margarine, or shortening over surface. Whip thoroughly before serving.

3. *Reheating Sauces or Gravies* - Cold sauces and gravies will scorch easily over direct heat. If possible, reheat in double boiler, steam-jacketed kettle, or over hot water, stirring occasionally.

4. *Adjustments* - If sauce or gravy is too thin, sprinkle a small amount of potato granules into hot mixture, stirring constantly. A mixture of cornstarch and cold water may also be added, stirring constantly until mixture no longer has a starchy taste. If sauce or gravy is too thick, thin with a small amount of hot liquid.

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**SAUCES, GRAVIES, AND DRESSINGS No.O 001 00**  
**WHITE SAUCE**

**Yield** 100

**Portion** 1 Ounce

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
41 cal	3 g	1 g	3 g	8 mg	110 mg	27 mg

**Ingredient**

BUTTER,MELTED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 WATER,WARM  
 SALT

**Weight**

12 oz  
 8-7/8 oz  
 7-1/4 oz  
 7-7/8 lbs  
 5/8 oz

**Measure**

1-1/2 cup  
 2 cup  
 3 cup  
 3 qts 3 cup  
 1 tbsp

**Issue**

**Method**

- 1 Blend butter or margarine and flour together using wire whip to form a roux; stir until smooth.
- 2 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 3 Add milk gradually to roux stirring constantly.
- 4 Add salt. Simmer 10 to 15 minutes or until thickened. Stir as necessary. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 001 01**  
**CHEESE SAUCE**

**Yield** 100

**Portion** 1 Ounce

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
61 cal	3 g	2 g	4 g	13 mg	142 mg	64 mg

**Ingredient**

BUTTER,MELTED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 MILK,NONFAT,DRY  
 WATER,WARM  
 SALT  
 CHEESE,CHEDDAR,SHREDDED

**Weight**

12 oz  
 8-7/8 oz  
 7-1/4 oz  
 7-7/8 lbs  
 5/8 oz  
 1-1/8 lbs

**Measure**

1-1/2 cup  
 2 cup  
 3 cup  
 3 qts 3 cup  
 1 tbsp  
 1 qts 1/2 cup

**Issue**

**Method**

- 1 Blend butter or margarine and flour together using wire whip to form a roux; stir until smooth.
- 2 Reconstitute milk; heat to just below boiling. DO NOT BOIL.
- 3 Add milk gradually to roux stirring constantly.
- 4 Add salt. Simmer 10 to 15 minutes or until thickened. Stir as necessary.
- 5 Add shredded American or Cheddar Cheese. Stir until blended CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 002 00**  
**BARBECUE SAUCE**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
56 cal	14 g	1 g	0 g	0 mg	569 mg	19 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
VINEGAR,DISTILLED	1-1/3 lbs	2-1/2 cup	
TOMATO PASTE,CANNED	3-1/2 lbs	1 qts 2 cup	
CATSUP	3-2/3 lbs	1 qts 3 cup	
WATER	3-2/3 lbs	1 qts 3 cup	
SUGAR,BROWN,PACKED	1 lbs	3-1/4 cup	
SALT	1-7/8 oz	3 tbsp	
MUSTARD,PREPARED	8-7/8 oz	1 cup	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
GARLIC POWDER	1-5/8 oz	1/4 cup 1-2/3 tbsp	
CHILI POWDER,DARK,GROUND	1/4 oz	1 tbsp	
LIQUID SMOKE	1-7/8 oz	3 tbsp	

**Method**

- 1 Combine vinegar, tomato paste, catsup, water, sugar, salt, mustard, red pepper, onions, celery, garlic, chili powder, and liquid smoke (optional).
- 2 Bring to a boil; reduce heat; cover and simmer for 40 minutes or until sauce is blended. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**CHERRY SAUCE (FOR MEAT)**

Yield 100

Portion 3 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
69 cal	17 g	0 g	0 g	1 mg	6 mg	4 mg

**Ingredient**

CHERRIES,CANNED,RED,TART,WATER PACK,INCL LIQUIDS  
 CORNSTARCH  
 SUGAR,GRANULATED  
 WATER  
 RESERVED LIQUID  
 BUTTER  
 FOOD COLOR,RED  
 JUICE,LEMON

**Weight**

6-1/2 lbs  
 4-1/2 oz  
 2-2/3 lbs  
 1 lbs  
 3-1/8 lbs  
 2 oz  
 1/8 oz  
 4-1/3 oz

**Measure**

3 qts  
 1 cup  
 1 qts 2 cup  
 2 cup  
 1 qts 2 cup  
 1/4 cup 1/3 tbsp  
 1/8 tsp  
 1/2 cup

**Issue****Method**

- 1 Drain cherries; reserve juice for use in Step 3; reserve cherries for use in Step 4.
- 2 Combine cornstarch and sugar in mixer bowl; add water and stir until smooth.
- 3 Add water to reserved juice to make recipe amount. Bring to boil and add cornstarch-sugar mixture stirring constantly. Cook 10 minutes or until thick and clear. Remove from heat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Add cherries, butter or margarine, food coloring and lemon juice. Mix well.
- 5 Serve hot or cold. CCP: Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 004 00**  
**MARINARA SAUCE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
93 cal	21 g	4 g	1 g	0 mg	891 mg	66 mg

**Ingredient**

GARLIC POWDER  
 ONIONS,FRESH,CHOPPED  
 SHORTENING,VEGETABLE,MELTED  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 TOMATO PASTE,CANNED  
 WATER  
 BAY LEAF,WHOLE,DRIED  
 OREGANO,CRUSHED  
 BASIL,DRIED,CRUSHED  
 SALT  
 SUGAR,GRANULATED  
 THYME,GROUND

**Weight**

7/8 oz  
 3-1/8 lbs  
 1-3/4 oz  
 26-1/2 lbs  
 10 lbs  
 8-1/3 lbs  
 1/4 oz  
 1/3 oz  
 1/3 oz  
 3-3/8 oz  
 5-1/4 oz  
 1/3 oz

**Measure**

3 tbsp  
 2 qts 1 cup  
 1/4 cup 1/3 tbsp  
 3 gal  
 1 gal 1/3 qts  
 1 gal  
 6 lf  
 2 tbsp  
 2 tbsp  
 1/4 cup 1-2/3 tbsp  
 3/4 cup  
 2 tbsp

**Issue**

3-1/2 lbs

**Method**

- 1 Saute garlic and onions in shortening, salad oil, or olive oil until tender.
- 2 Combine sauteed onions and garlic with tomatoes, tomato paste, water, bay leaves, oregano, basil, salt, sugar and thyme. Mix well.
- 3 Bring to a boil; reduce heat and simmer 1 hour or until thickened, stirring occasionally. Remove bay leaves before serving. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## MARINARA SAUCE WITH CLAMS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	21 g	4 g	1 g	2 mg	1013 mg	74 mg

**Ingredient**

GARLIC POWDER  
 ONIONS,FRESH,CHOPPED  
 OIL,OLIVE  
 CLAMS,CANNED,CHOPPED  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 TOMATO PASTE,CANNED  
 WATER  
 BAY LEAF,WHOLE,DRIED  
 OREGANO,CRUSHED  
 BASIL,SWEET,WHOLE,CRUSHED  
 SALT  
 SUGAR,GRANULATED  
 THYME,GROUND

**Weight**

7/8 oz  
 3-1/8 lbs  
 1-7/8 oz  
 12-1/2 lbs  
 26-1/2 lbs  
 10 lbs  
 8-1/3 lbs  
 1/4 oz  
 1/3 oz  
 1/3 oz  
 3-3/8 oz  
 5-1/4 oz  
 1/3 oz

**Measure**

3 tbsp  
 2 qts 1 cup  
 1/4 cup 1/3 tbsp  
 1 gal 1-7/8 qts  
 3 gal  
 1 gal 1/3 qts  
 1 gal  
 6 lf  
 2 tbsp  
 2 tbsp  
 1/4 cup 1-2/3 tbsp  
 3/4 cup  
 2 tbsp

**Issue**

3-1/2 lbs

**Method**

- 1 Saute garlic and onions in salad oil or olive oil until tender.
- 2 Drain clams and reserve clam liquid. CCP: Refrigerate clams at 41 F. or lower for use in Step 3. Add water to clam liquid to equal 1 gallon per 100 portions. Combine clam liquid with sauteed onions, garlic, tomatoes, tomato paste, water, bay leaves, oregano, basil, salt, sugar and thyme. Mix well.
- 3 Bring to a boil; reduce heat and simmer for 1 hour or until thickened, stirring occasionally. Add clams. Stir and simmer about 5 minutes, stirring constantly. DO NOT OVERCOOK. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Remove bay leaves before serving.

**SAUCES, GRAVIES, AND DRESSINGS No.O 005 00**  
**CREOLE SAUCE**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
43 cal	8 g	1 g	1 g	0 mg	212 mg	28 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 SHORTENING,VEGETABLE,MELTED  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 SALT  
 PEPPER,BLACK,GROUND  
 SUGAR,GRANULATED  
 WORCESTERSHIRE SAUCE  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER

**Weight**

1-1/2 lbs  
 1-1/2 lbs  
 1-1/2 lbs  
 3-5/8 oz  
 14-7/8 lbs  
 1 oz  
 1/4 oz  
 1-3/4 oz  
 1 oz  
 4-3/8 oz  
 8-1/3 oz

**Measure**

1 qts 1/4 cup  
 1 qts 1/2 cup  
 1 qts 1-5/8 cup  
 1/2 cup  
 1 gal 2-3/4 qts  
 1 tbsp  
 1 tbsp  
 1/4 cup 1/3 tbsp  
 2 tbsp  
 1 cup  
 1 cup

**Issue**

1-2/3 lbs  
 1-7/8 lbs  
 2 lbs

**Method**

- 1 Saute onions, peppers and celery in shortening, salad or olive oil for 10 minutes or until tender.
- 2 Add tomatoes, salt, pepper, sugar, and Worcestershire sauce to vegetables. Bring to a boil; reduce heat; cover and simmer for 10 minutes.
- 3 Blend flour and water to make a smooth paste; add to sauce. Stir to combine. Simmer for 5 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 005 01**  
**SPANISH SAUCE**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
45 cal	8 g	2 g	1 g	0 mg	247 mg	29 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 SHORTENING,VEGETABLE,MELTED  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 SALT  
 PEPPER,BLACK,GROUND  
 SUGAR,GRANULATED  
 WORCESTERSHIRE SAUCE  
 HOT SAUCE  
 BAY LEAF,WHOLE,DRIED  
 CHILI POWDER,DARK,GROUND  
 GARLIC POWDER  
 MUSHROOMS,CANNED,SLICED,DRAINED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER

**Weight**

1-5/8 lbs  
 1-1/2 lbs  
 1-1/4 lbs  
 3-5/8 oz  
 14-7/8 lbs  
 1 oz  
 1/4 oz  
 1-3/4 oz  
 1 oz  
 <1/16th oz  
 <1/16th oz  
 1/4 oz  
 1/8 oz  
 1-3/4 lbs  
 4-3/8 oz  
 8-1/3 oz

**Measure**

1 qts 5/8 cup  
 1 qts 1/2 cup  
 1 qts 3/4 cup  
 1/2 cup  
 1 gal 2-3/4 qts  
 1 tbsp  
 1 tbsp  
 1/4 cup 1/3 tbsp  
 2 tbsp  
 <1/16th tsp  
 1 lf  
 1 tbsp  
 1/8 tsp  
 1 qts 1-1/4 cup  
 1 cup  
 1 cup

**Issue**

1-3/4 lbs  
 1-7/8 lbs  
 1-3/4 lbs

**Method**

- 1 Saute onions, peppers and celery in shortening, salad or olive oil for 10 minutes or until tender.
- 2 Add tomatoes, salt, pepper, sugar, Worcestershire sauce, hot sauce, bay leaf, chili powder, garlic, and canned sliced drained mushrooms to vegetables. Bring to a boil; reduce heat; cover and simmer for 10 minutes.
- 3 Blend flour and water to make a smooth paste; add to sauce. Stir to combine. Simmer for 5 minutes or until thickened, stirring constantly.
- 4 Remove bay leaves. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

## CAJUN CREOLE SAUCE

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
45 cal	8 g	2 g	1 g	0 mg	212 mg	35 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 SHORTENING,VEGETABLE,MELTED  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 SALT  
 PEPPER,BLACK,GROUND  
 PEPPER,RED,GROUND  
 OREGANO,CRUSHED  
 BASIL,SWEET,WHOLE,CRUSHED  
 THYME,GROUND  
 GARLIC POWDER  
 PAPRIKA,GROUND  
 SUGAR,GRANULATED  
 WORCESTERSHIRE SAUCE  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER

**Weight**

1-1/2 lbs  
 1-1/2 lbs  
 1-1/2 lbs  
 3-5/8 oz  
 14-7/8 lbs  
 1 oz  
 1/3 oz  
 1/8 oz  
 3/8 oz  
 3/8 oz  
 3/8 oz  
 1/3 oz  
 1/4 oz  
 1-3/4 oz  
 1 oz  
 4-3/8 oz  
 8-1/3 oz

**Measure**

1 qts 1/4 cup  
 1 qts 1/2 cup  
 1 qts 1-5/8 cup  
 1/2 cup  
 1 gal 2-3/4 qts  
 1 tbsp  
 1 tbsp  
 1/3 tsp  
 2-2/3 tbsp  
 2-2/3 tbsp  
 2-2/3 tbsp  
 1 tbsp  
 1 tbsp  
 1/4 cup 1/3 tbsp  
 2 tbsp  
 1 cup  
 1 cup

**Issue**

1-2/3 lbs  
 1-7/8 lbs  
 2 lbs

**Method**

- 1 Saute onions, peppers and celery in shortening, salad or olive oil for 10 minutes or until tender.
- 2 Add tomatoes, salt, black pepper, red pepper, oregano, basil, thyme, garlic powder, paprika, sugar, and Worcestershire sauce to vegetables. Bring to a boil; reduce heat; cover and simmer for 10 minutes.
- 3 Blend flour and water to make a smooth paste; add to sauce. Stir to combine. Simmer for 5 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

**SAUCES, GRAVIES, AND DRESSINGS No.O 006 00**  
**MUSTARD SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
19 cal	3 g	0 g	1 g	1 mg	221 mg	6 mg

**Ingredient**

CHICKEN BROTH  
 PEPPER,BLACK,GROUND  
 CORNSTARCH  
 SUGAR,GRANULATED  
 WATER,COLD  
 MUSTARD,PREPARED  
 HORSERADISH,PREPARED  
 VINEGAR,DISTILLED  
 BUTTER

**Weight**

<1/16th oz  
 7-7/8 oz  
 1-1/3 oz  
 8-1/3 oz  
 8-7/8 oz  
 6-1/3 oz  
 2-1/8 oz  
 2 oz

**Measure**

2 qts 3 cup  
 1/8 tsp  
 1-3/4 cup  
 3 tbsp  
 1 cup  
 1 cup  
 3/4 cup  
 1/4 cup 1/3 tbsp  
 1/4 cup 1/3 tbsp

**Issue**

**Method**

- 1 Prepare broth according to directions.
- 2 Combine pepper, cornstarch, sugar, and water to make a smooth paste. Stir gradually into hot stock. Cook until smooth and thickened, stirring constantly.
- 3 Add mustard, horseradish, vinegar and butter or margarine; stir until smooth. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 007 00**  
**TACO SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
12 cal	3 g	0 g	0 g	0 mg	225 mg	11 mg

**Ingredient**

TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,JALAPENOS,CANNED,CHOPPED  
 SALT  
 SUGAR,GRANULATED

**Weight**

6-5/8 lbs  
 8-1/2 oz  
 4-3/4 oz  
 1-1/2 oz  
 7/8 oz

**Measure**

3 qts  
 1-1/2 cup  
 1 cup  
 2-1/3 tbsp  
 2 tbsp

**Issue**

9-3/8 oz

**Method**

- 1 Combine tomatoes, onions, peppers, salt, and sugar; blend well.
- 2 Cover and refrigerate at 41 F. or lower at least 1 hour before serving.



**SAUCES, GRAVIES, AND DRESSINGS No.O 007 01****SALSA**

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
13 cal	3 g	1 g	0 g	0 mg	228 mg	12 mg

**Ingredient**

TOMATOES,CANNED,DICED,DRAINED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,JALAPENOS,CANNED,CHOPPED  
 SALT  
 SUGAR,GRANULATED

**Weight**

7-1/8 lbs  
 8-1/2 oz  
 4-3/4 oz  
 1-1/2 oz  
 7/8 oz

**Measure**

3 qts 1 cup  
 1-1/2 cup  
 1 cup  
 2-1/3 tbsp  
 2 tbsp

**Issue**

9-3/8 oz

**Method**

- 1 Combine coarsely chopped canned tomatoes or finely chopped fresh tomatoes with onions, peppers, salt, and sugar. Blend well.
- 2 Cover and refrigerate at 41 F. or lower at least 1 hour before serving.

**SAUCES, GRAVIES, AND DRESSINGS No.O 008 00**  
**SWEET AND SOUR SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
94 cal	25 g	0 g	0 g	0 mg	46 mg	8 mg

**Ingredient**

JAM,PEACH  
VINEGAR,DISTILLED  
WATER  
SOY SAUCE

**Weight**

8-1/2 lbs  
12-1/2 oz  
4-1/8 oz  
1-7/8 oz

**Measure**

3 qts  
1-1/2 cup  
1/2 cup  
3 tbsp

**Issue**

**Method**

- 1 Combine jam, vinegar, water, and soy sauce; optional. Blend well.

**SAUCES, GRAVIES, AND DRESSINGS No.O 009 00**  
**PINEAPPLE SAUCE**

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	18 g	0 g	0 g	0 mg	2 mg	5 mg

**Ingredient**

WATER,BOILING  
 SUGAR,GRANULATED  
 CORNSTARCH  
 WATER,COLD  
 PINEAPPLE,CANNED,CRUSHED,JUICE PACK,INCL LIQUIDS  
 NUTMEG,GROUND  
 JUICE,LEMON  
 LEMON RIND,GRATED

**Weight**

4-1/8 lbs  
 2-2/3 lbs  
 5-5/8 oz  
 2-1/8 lbs  
 6-5/8 lbs  
 1/8 oz  
 4-1/3 oz  
 3/8 oz

**Measure**

2 qts  
 1 qts 2 cup  
 1-1/4 cup  
 1 qts  
 3 qts  
 1/4 tsp  
 1/2 cup  
 2 tbsp

**Issue**

**Method**

- 1 Combine sugar and boiling water; stir until dissolved.
- 2 Blend cornstarch and cold water to make a smooth paste. Add paste to hot water, stirring constantly. Cook for 10 minutes or until thick and clear, stirring constantly.
- 3 Add pineapple, nutmeg, lemon juice, and rind; mix and return to a boil. Reduce heat; cover and simmer for about 5 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Serve hot. CCP: Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 009 01**  
**RAISIN SAUCE**

**Yield** 100

**Portion** 3 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
49 cal	13 g	0 g	0 g	0 mg	4 mg	10 mg

**Ingredient**

SUGAR,BROWN,PACKED  
 WATER,BOILING  
 RAISINS  
 CORNSTARCH  
 WATER  
 CINNAMON,GROUND  
 CLOVES,GROUND  
 JUICE,LEMON

**Weight**

1 lbs  
 6-1/4 lbs  
 1-7/8 lbs  
 4-1/2 oz  
 2-1/8 lbs  
 1/8 oz  
 <1/16th oz  
 3-1/4 oz

**Measure**

3-1/4 cup  
 3 qts  
 1 qts 2 cup  
 1 cup  
 1 qts  
 1/8 tsp  
 1/8 tsp  
 1/4 cup 2-1/3 tbsp

**Issue**

**Method**

- 1 Combine packed brown sugar and boiling water. Stir until sugar is dissolved.
- 2 Add raisins and bring to a boil.
- 3 Blend cornstarch and cold water to make a smooth paste.
- 4 Add ground cinnamon and ground cloves. Blend well.
- 5 Slowly add cornstarch mixture to boiling raisin mixture, stirring constantly.
- 6 Bring to a boil; cook for 5 minutes or until thick and clear, stirring constantly. Remove from heat. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Add lemon juice and stir well. Serve hot. CCP: Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 010 00**  
**SZECHWAN SAUCE**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
130 cal	13 g	1 g	9 g	0 mg	569 mg	5 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	4-2/3 lbs	2 qts 1 cup	
OIL,SALAD	1-7/8 lbs	1 qts	
VINEGAR,DISTILLED	2-1/8 lbs	1 qts	
SUGAR,GRANULATED	1-3/4 lbs	1 qts	
SOY SAUCE	1-7/8 lbs	3 cup	
CATSUP	1-5/8 lbs	3 cup	
PEPPER,RED,CRUSHED	2/3 oz	1/2 cup	
CORNSTARCH	6-3/4 oz	1-1/2 cup	
WATER,COOL	2-1/8 lbs	1 qts	

**Method**

- 1 Combine water, salad oil, vinegar, sugar, soy sauce, catsup, and pepper in steam jacketed kettle or stock-pot; bring to a boil. Reduce heat and simmer for 5 minutes.
- 2 Combine water and cornstarch. Blend until smooth. Add to mixture slowly while stirring. Bring to a boil; reduce heat and simmer for 3 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

**Notes**

- 1 This sauce is peppery hot.

**SAUCES, GRAVIES, AND DRESSINGS No.O 011 00**  
**SEAFOOD COCKTAIL SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
32 cal	8 g	0 g	0 g	0 mg	357 mg	7 mg

**Ingredient**

CATSUP  
HORSERADISH,PREPARED  
HOT SAUCE

**Weight**

6-1/3 lbs  
12-2/3 oz  
1/2 oz

**Measure**

3 qts  
1-1/2 cup  
1 tbsp

**Issue**

**Method**

- 1 Combine catsup, thawed horseradish, and hot sauce; blend well.
- 2 Cover and refrigerate at 41 F. or lower.

**SAUCES, GRAVIES, AND DRESSINGS No.O 012 00**  
**PIZZA SAUCE**

**Yield** 100

**Portion** 2-1/2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
23 cal	5 g	1 g	0 g	0 mg	221 mg	20 mg

**Ingredient**

OIL,SALAD  
 ONIONS,FRESH,CHOPPED  
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS  
 TOMATO PASTE,CANNED  
 SUGAR,GRANULATED  
 SALT  
 PEPPER,BLACK,GROUND  
 BASIL,DRIED,CRUSHED  
 BAY LEAF,WHOLE,DRIED  
 GARLIC POWDER  
 OREGANO,CRUSHED

**Weight**

1/2 oz  
 12-2/3 oz  
 8-1/4 lbs  
 1-1/2 lbs  
 1-3/4 oz  
 1 oz  
 1/8 oz  
 1/3 oz  
 1/8 oz  
 1/8 oz  
 1/3 oz

**Measure**

1 tbsp  
 2-1/4 cup  
 3 qts 3 cup  
 2-5/8 cup  
 1/4 cup 1/3 tbsp  
 1 tbsp  
 1/8 tsp  
 2 tbsp  
 3 each  
 1/8 tsp  
 2 tbsp

**Issue**

14-1/8 oz

**Method**

- 1 Saute onions in shortening, salad or olive oil until tender.
- 2 Add tomatoes, tomato paste, sugar, salt, pepper, basil, bay leaves, garlic, and oregano. Bring to a boil; reduce heat and simmer for 1 hour. Remove bay leaves. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 012 01**  
**PIZZA SAUCE (CANNED)**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
20 cal	3 g	1 g	0 g	1 mg	67 mg	23 mg

**Ingredient**

SAUCE,PIZZA,CANNED  
 BASIL,DRIED,CRUSHED  
 OREGANO,CRUSHED  
 GARLIC POWDER  
 PEPPER,BLACK,GROUND

**Weight**

8 lbs  
 1/3 oz  
 1/3 oz  
 1/4 oz  
 1/8 oz

**Measure**

3 qts 1-1/4 cup  
 2 tbsp  
 2 tbsp  
 1/3 tsp  
 1/3 tsp

**Issue**

**Method**

- 1 Heat canned pizza sauce to simmer. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 2 If desired, crushed basil, crushed oregano, garlic powder, and black pepper may be added to the pizza sauce.



**SAUCES, GRAVIES, AND DRESSINGS No.O 013 00**  
**TARTAR SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
103 cal	6 g	0 g	9 g	6 mg	189 mg	1 mg

**Ingredient**

SALAD DRESSING,MAYONNAISE TYPE  
 PICKLE RELISH,SWEET  
 PARSLEY,FRESH,BUNCH,CHOPPED  
 PIMIENTO,CANNED,DRAINED,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 PAPRIKA,GROUND  
 PEPPER,BLACK,GROUND

**Weight**

4 lbs  
 2-1/8 lbs  
 1/2 oz  
 5-1/8 oz  
 2-7/8 oz  
 <1/16th oz  
 <1/16th oz

**Measure**

2 qts  
 1 qts  
 1/4 cup 1/3 tbsp  
 3/4 cup  
 1/2 cup  
 1/8 tsp  
 <1/16th tsp

**Issue**

1/2 oz  
 3-1/8 oz

**Method**

- 1 Combine salad dressing, relish, parsley, pimientos, onions, paprika, and pepper.
- 2 Cover and refrigerate to chill. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.

**SAUCES, GRAVIES, AND DRESSINGS No.O 014 00**  
**TERIYAKI SAUCE**

**Yield** 100

**Portion** 2-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
89 cal	9 g	4 g	4 g	0 mg	1934 mg	15 mg

**Ingredient**

SOY SAUCE  
 OIL,SALAD  
 JUICE,PINEAPPLE,CANNED,UNSWEETENED  
 WATER  
 GARLIC POWDER  
 GINGER,GROUND  
 SUGAR,BROWN,PACKED  
 JUICE,LEMON  
 VINEGAR,DISTILLED  
 ONIONS,FRESH,CHOPPED

**Weight**

7-5/8 lbs  
 1 lbs  
 3-1/3 lbs  
 4-1/8 lbs  
 1/4 oz  
 1-1/8 oz  
 1 lbs  
 6-1/2 oz  
 8-1/3 oz  
 12-2/3 oz

**Measure**

3 qts  
 2 cup  
 1 qts 2 cup  
 2 qts  
 3/8 tsp  
 1/4 cup 2-1/3 tbsp  
 3-1/4 cup  
 3/4 cup  
 1 cup  
 2-1/4 cup

**Issue**

14-1/8 oz

**Method**

- 1 Combine soy sauce, salad oil, pineapple juice, and water.
- 2 Add garlic, ginger, brown sugar, lemon juice, vinegar, and onions. Stir to mix well.
- 3 Pour sauce over meat; cover and refrigerate. Marinate meat 2 hours before cooking. Drain well.

**SAUCES, GRAVIES, AND DRESSINGS No.O 015 00**  
**TOMATO SAUCE**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
47 cal	7 g	1 g	2 g	0 mg	263 mg	9 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 SHORTENING,VEGETABLE,MELTED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 WATER  
 TOMATO PASTE,CANNED  
 SUGAR,GRANULATED  
 SALT  
 PEPPER,BLACK,GROUND  
 PEPPER,RED,GROUND  
 GARLIC POWDER

**Weight**

1-1/4 lbs  
 7-1/4 oz  
 7-3/4 oz  
 10-1/2 lbs  
 4 lbs  
 3-1/2 oz  
 1 oz  
 1/8 oz  
 <1/16th oz  
 <1/16th oz

**Measure**

3-1/2 cup  
 1 cup  
 1-3/4 cup  
 1 gal 1 qts  
 1 qts 3 cup  
 1/2 cup  
 1 tbsp  
 1/8 tsp  
 1/8 tsp  
 <1/16th tsp

**Issue**

1-3/8 lbs

**Method**

- 1 Saute onions in shortening, salad or olive oil in steam jacketed kettle or stock pot for 5 minutes or until onions are tender.
- 2 Add flour to sauteed mixture; stir until well blended. Cook for 5 minutes.
- 3 Combine water, tomato paste, sugar, salt, pepper, red pepper, and garlic powder. Add to flour and onion mixture.
- 4 Bring to a boil; reduce heat and simmer for 15 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 016 00**  
**BROWN GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
73 cal	5 g	1 g	5 g	0 mg	363 mg	3 mg

**Ingredient**

SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BEEF BROTH  
 PEPPER,BLACK,GROUND

**Weight**

1-1/8 lbs  
 1-3/8 lbs  
 <1/16th oz

**Measure**

2-1/2 cup  
 1 qts 1 cup  
 1 gal 2 qts  
 1/8 tsp

**Issue**

**Method**

- 1 Sprinkle flour evenly over drippings and shortening in bottom of pan. Scrape and use brown particles remaining in pan.
- 2 Cook at low heat on top of range in a steam-jacketed kettle or in 375 F. oven for 30 minutes until flour is a rich brown color. Stir frequently to avoid over-browning.
- 3 Add stock to roux, stirring constantly. Bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Add pepper. Stir to blend. CCP: Hold at 140 F. or higher for service.

**SAUCES, GRAVIES, AND DRESSINGS No.O 016 02**  
**CHICKEN OR TURKEY GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
47 cal	3 g	1 g	3 g	0 mg	414 mg	6 mg

**Ingredient**

SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 CHICKEN BROTH  
 PEPPER,BLACK,GROUND

**Weight**

10-7/8 oz  
 13-1/4 oz  
 <1/16th oz

**Measure**

1-1/2 cup  
 3 cup  
 1 gal 2-1/4 qts  
 1/8 tsp

**Issue**

**Method**

- 1 Combine melted shortening or salad oil and sifted general purpose flour. Blend together until smooth and cook at low heat for 2 minutes.
- 2 Prepare broth according to directions. Add broth to roux, stirring constantly. Bring to a boil; reduce heat and simmer 10 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Add pepper. Stir to blend. CCP: Hold at 140 F. or higher for service.

**SAUCES, GRAVIES, AND DRESSINGS No.O 016 03**  
**CHILI GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
54 cal	5 g	1 g	4 g	0 mg	421 mg	9 mg

**Ingredient**

SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 TOMATO PASTE,CANNED  
 CHILI POWDER,DARK,GROUND  
 CUMIN,GROUND  
 BEEF BROTH  
 PEPPER,BLACK,GROUND

**Weight**

10-7/8 oz  
 13-1/4 oz  
 1-1/2 lbs  
 2-3/8 oz  
 5/8 oz  
 <1/16th oz

**Measure**

1-1/2 cup  
 3 cup  
 2-1/2 cup  
 1/2 cup 1 tbsp  
 3 tbsp  
 1 gal 2 qts  
 1/8 tsp

**Issue**

**Method**

- 1 Use melted shortening or salad oil and sifted general purpose flour. Blend together until smooth and cook at low heat for 20 minutes.
- 2 Add canned tomato paste, chili powder, and ground cumin; blend well.
- 3 Prepare broth according to directions. Add broth to roux, stirring constantly. Bring to a boil; reduce heat and simmer for 10 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Add pepper. Stir to blend. Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 016 04**  
**GIBLET GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
87 cal	5 g	3 g	6 g	32 mg	402 mg	7 mg

**Ingredient**

CHICKEN,GIBLETS,FROZEN  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SHORTENING,VEGETABLE,MELTED  
 CHICKEN BROTH  
 PEPPER,BLACK,GROUND

**Weight**

3 lbs  
 1-3/8 lbs  
 1-1/8 lbs  
 <1/16th oz

**Measure**

1 qts 1-5/8 cup  
 1 qts 1 cup  
 2-1/2 cup  
 1 gal 2 qts  
 1/8 tsp

**Issue**

**Method**

- 1 Wash and clean giblets.
- 2 Cover with water; bring to a boil; reduce heat and simmer for 1 hour or until tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Drain; reserve liquid for use as part of stock for chicken gravy or turkey gravy.
- 4 Sprinkle flour evenly over shortening in bottom of pan. Cook at low heat on top of range, in a steam-jacketed kettle or in 375 F. oven 30 minutes until flour is a rich brown color. Stir frequently to avoid overbrowning.
- 5 Use reserved liquid from giblets when preparing chicken broth from mix. Add stock to roux, stirring constantly. Bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly.
- 6 Chop giblets coarsely; add to thickened chicken or turkey gravy.
- 7 Add pepper. Stir to blend. CCP: Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 016 05**  
**MUSHROOM GRAVY**

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
77 cal	6 g	1 g	6 g	0 mg	404 mg	4 mg

**Ingredient**

SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BEEF BROTH  
 MUSHROOMS,CANNED,DRAINED  
 MARGARINE  
 PEPPER,BLACK,GROUND

**Weight**

1-1/8 lbs  
 1-3/8 lbs  
 2 lbs  
 1 oz  
 <1/16th oz

**Measure**

2-1/2 cup  
 1 qts 1 cup  
 1 gal 2 qts  
 1 qts 1-3/4 cup  
 2 tbsp  
 1/8 tsp

**Issue**

**Method**

- 1 Combine melted shortening and flour. Blend together until smooth and cook on low heat for 2 minutes.
- 2 Prepare broth according to directions. Add broth to roux, stirring constantly. Bring to a boil; reduce heat and simmer for 10 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Saute drained canned mushrooms in butter or margarine; drain well. Add to gravy.
- 4 Add pepper. Stir to blend. CCP: Hold at 140 F. or higher for service.



**SAUCES, GRAVIES, AND DRESSINGS No.O 016 06**  
**ONION GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
84 cal	6 g	1 g	6 g	0 mg	363 mg	5 mg

**Ingredient**

SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BEEF BROTH  
 ONIONS,FRESH,SLICED  
 SHORTENING  
 PEPPER,BLACK,GROUND

**Weight**

1-1/8 lbs  
 1-3/8 lbs  
 2-1/4 lbs  
 2-3/4 oz  
 <1/16th oz

**Measure**

2-1/2 cup  
 1 qts 1 cup  
 1 gal 2 qts  
 2 qts 1 cup  
 1/4 cup 2-1/3 tbsp  
 1/8 tsp

**Issue**

2-1/2 lbs

**Method**

- 1 Combine melted shortening and flour. Blend together until smooth and cook on low heat for 2 minutes.
- 2 Prepare stock according to package directions. Add stock to roux, stirring constantly. Bring to a boil; reduce heat; simmer 10 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Saute thinly sliced, fresh onions in melted shortening or salad oil until onions are tender. Drain and add to gravy.
- 4 Add pepper. Stir to blend. CCP: Hold at 140 F. or higher for service.

**SAUCES, GRAVIES, AND DRESSINGS No.O 016 07**  
**QUICK ONION GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
78 cal	7 g	1 g	5 g	0 mg	307 mg	7 mg

**Ingredient**

SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SOUP,DEHYDRATED,ONION  
 WATER,BOILING

**Weight**

1-1/8 lbs  
 1-3/8 lbs  
 12 oz  
 13 lbs

**Measure**

2-1/2 cup  
 1 qts 1 cup  
 2-5/8 cup  
 1 gal 2-1/4 qts

**Issue**

**Method**

- 1 Combine melted shortening and flour. Blend together until smooth and cook on low heat for 2 minutes.
- 2 Use boiling water combined with canned, dehydrated onion soup; simmer for 10 minutes.
- 3 Add soup mixture to roux, stirring constantly. Bring to a boil; reduce heat and simmer for 10 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

**SAUCES, GRAVIES, AND DRESSINGS No.O 016 08**  
**VEGETABLE GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
85 cal	7 g	1 g	6 g	0 mg	365 mg	6 mg

**Ingredient**

SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BEEF BROTH  
 CARROTS,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 SHORTENING  
 PEAS,GREEN,FROZEN  
 PEPPER,BLACK,GROUND

**Weight**

1-1/8 lbs  
 1-3/8 lbs  
  
 15 oz  
 12 oz  
 1-3/4 oz  
 1 lbs  
 <1/16th oz

**Measure**

2-1/2 cup  
 1 qts 1 cup  
 1 gal 2 qts  
 3-3/8 cup  
 2-1/8 cup  
 1/4 cup 1/3 tbsp  
 3-1/8 cup  
 1/8 tsp

**Issue**

1-1/8 lbs  
 13-1/3 oz

**Method**

- 1 Combine melted shortening and flour. Blend together until smooth and cook on low heat for 2 minutes.
- 2 Prepare broth according to directions. Add broth to roux, stirring constantly. Bring to a boil. Reduce heat; simmer 10 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Saute diced fresh carrots and chopped onions in melted shortening or salad oil until tender.
- 4 Add onions, carrots, and frozen peas to boiling stock. Reduce heat and simmer for 10 minutes or until thickened, stirring constantly.
- 5 Add pepper. Stir to blend. CCP: Hold at 140 F. or higher for service.

## ONION AND MUSHROOM GRAVY

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
81 cal	6 g	1 g	6 g	0 mg	380 mg	5 mg

**Ingredient**

SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BEEF BROTH  
 MUSHROOMS,CANNED,DRAINED  
 ONIONS,FRESH,SLICED  
 SHORTENING  
 PEPPER,BLACK,GROUND

**Weight**

1-1/8 lbs  
 1-3/8 lbs  
  
 14 oz  
 1-1/8 lbs  
 1-3/4 oz  
 <1/16th oz

**Measure**

2-1/2 cup  
 1 qts 1 cup  
 1 gal 2 qts  
 2-1/2 cup  
 1 qts 1/2 cup  
 1/4 cup 1/3 tbsp  
 1/8 tsp

**Issue**

1-1/4 lbs

**Method**

- 1 Combine melted shortening and flour. Blend together until smooth and cook on low heat for 2 minutes.
- 2 Prepare broth according to directions. Add broth to roux, stirring constantly. Bring to a boil; reduce heat and simmer for 10 minutes or until thickened, stirring constantly. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Saute drained canned mushrooms, and thinly sliced dry onions in melted shortening or salad oil until onions are tender.
- 4 Add mushrooms and onions to thickened gravy.
- 5 Add pepper. Stir to blend. CCP: Hold at 140 F. or higher for service.

**SAUCES, GRAVIES, AND DRESSINGS No.O 017 00**  
**CREAM GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
53 cal	5 g	2 g	3 g	1 mg	230 mg	44 mg

**Ingredient**

MILK,NONFAT,DRY  
 WATER,WARM  
 SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 SALT  
 PEPPER,BLACK,GROUND

**Weight**

12 oz  
 12-1/2 lbs  
 10-7/8 oz  
 13-1/4 oz  
 1-7/8 oz  
 1/8 oz

**Measure**

1 qts 1 cup  
 1 gal 2 qts  
 1-1/2 cup  
 3 cup  
 3 tbsp  
 3/8 tsp

**Issue**

**Method**

- 1 Reconstitute milk; heat to just below boiling. DO NOT BOIL. Set aside for use in Step 3.
- 2 Add flour to shortening (and drippings) in roasting pan. Use brown particles remaining in pan. Cook about 5 minutes until light brown, stirring until smooth.
- 3 Add hot milk from Step 1, stirring constantly.
- 4 Bring to a simmer and simmer 5 minutes until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Add salt and pepper. CCP: Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 017 01**  
**CREAM ONION GRAVY**

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
59 cal	6 g	2 g	3 g	1 mg	230 mg	47 mg

**Ingredient**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
MILK,NONFAT,DRY	12 oz	1 qts 1 cup	
WATER,WARM	12-1/2 lbs	1 gal 2 qts	
SHORTENING	10-7/8 oz	1-1/2 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	3/8 tsp	

**Method**

- 1 Reconstitute milk; heat to just below boiling. DO NOT BOIL. Set aside for use in Step 3.
- 2 Saute chopped fresh onions in shortening and (fat drippings) until tender. Add flour and blend together.
- 3 Add hot milk from Step 1, stirring constantly.
- 4 Bring to a simmer and simmer 5 minutes until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Add salt and pepper. CCP: Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 018 00**  
**NATURAL PAN GRAVY (AU JUS)**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
3 cal	0 g	0 g	0 g	0 mg	251 mg	2 mg

**Ingredient**

BEEF BROTH

SALT

PEPPER,BLACK,GROUND

**Weight**

5/8 oz

1/4 oz

**Measure**

3 qts

1 tbsp

1 tbsp

**Issue**

**Method**

- 1 Prepare broth according to directions.
- 2 Add salt and pepper. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for service.

**SAUCES, GRAVIES, AND DRESSINGS No.O 019 00**  
**TOMATO GRAVY**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
50 cal	4 g	1 g	3 g	0 mg	315 mg	5 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 SHORTENING  
 FLOUR,WHEAT,GENERAL PURPOSE  
 BEEF BROTH  
 JUICE,TOMATO,CANNED  
 PEPPER,BLACK,GROUND

**Weight**

12-2/3 oz  
 10-7/8 oz  
 13-1/4 oz  
  
 5-1/3 lbs  
 1/8 oz

**Measure**

2-1/4 cup  
 1-1/2 cup  
 3 cup  
 3 qts 3 cup  
 2 qts 2 cup  
 3/8 tsp

**Issue**

14-1/8 oz

**Method**

- 1 Saute onions in drippings and shortening until tender.
- 2 Add flour to sauteed onions and stir until well blended.
- 3 Prepare broth according to package directions. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Combine tomato juice and broth.
- 5 Add tomato juice to warm roux, stirring constantly. Bring to a boil; reduce heat and simmer for 5 minutes or until thickened.
- 6 Add pepper. CCP: Hold at 140 F. or higher for service.



**CORN BREAD DRESSING**

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
175 cal	25 g	5 g	6 g	35 mg	611 mg	97 mg

**Ingredient**

CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 BREAD,WHITE,SLICED  
 CORN BREAD  
 PEPPER,BLACK,GROUND  
 SEASONING,POULTRY  
 CHICKEN BROTH  
 EGGS,WHOLE,FROZEN  
 COOKING SPRAY,NONSTICK

**Weight**

3 lbs  
 3 lbs  
 2 oz  
 3-3/8 lbs  
  
 1/4 oz  
 1/2 oz  
  
 1 lbs  
 2 oz

**Measure**

2 qts 3-3/8 cup  
 2 qts 1/2 cup  
 1/4 cup 1/3 tbsp  
 2 gal 3 qts  
 50 pc  
 1 tbsp  
 1/4 cup 1/3 tbsp  
 1 gal 1 qts  
 1-7/8 cup  
 1/4 cup 1/3 tbsp

**Issue**

4-1/8 lbs  
 3-1/3 lbs

**Method**

- 1 Stir cook celery and onions in a lightly sprayed steam jacketed kettle, about 10 minutes, stirring constantly.
- 2 Combine breads, pepper, and poultry seasoning. Toss lightly.
- 3 Pour cooked vegetables over bread mixture and toss lightly.
- 4 Prepare stock according to directions. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Mix stock and eggs together and pour over bread and vegetable mixture. Mix lightly but thoroughly.
- 6 Place 1-3/4 gallon mixture into each sprayed pan.
- 7 Using a convection oven, bake 300 F. 1 hour or until top is lightly browned, on high fan, open vent.
- 8 Cut each pan 5 by 10. CCP: Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 021 00**  
**BREAD DRESSING**

**Yield** 100

**Portion** 3-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
142 cal	24 g	4 g	3 g	1 mg	682 mg	63 mg

**Ingredient**

CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 BREAD,WHITE,SLICED  
 CHICKEN BROTH  
 THYME,GROUND  
 SEASONING,POULTRY  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

2 lbs  
 2 lbs  
 2 oz  
 10 lbs  
  
 1/3 oz  
 1/4 oz  
 1/4 oz  
 2 oz

**Measure**

1 qts 3-1/2 cup  
 1 qts 1-5/8 cup  
 1/4 cup 1/3 tbsp  
 8 gal 3/8 qts  
 1 gal 2-1/2 qts  
 2 tbsp  
 2 tbsp  
 1 tbsp  
 1/4 cup 1/3 tbsp

**Issue**

2-3/4 lbs  
 2-1/4 lbs

**Method**

- 1 Stir cook celery and onions in a lightly sprayed steam jacketed kettle, about 10 minutes, stirring constantly.
- 2 Pour cooked vegetables over bread; toss lightly.
- 3 Prepare chicken broth according to package directions.
- 4 Combine stock, thyme, poultry seasoning, and pepper; add to bread mixture. Mix lightly. DO NOT OVERMIX.
- 5 Place 13 lb 1 oz (6-1/2 quart) mixture into each lightly sprayed pan.
- 6 Using a convection oven, bake at 325 F. 50 to 55 minutes or until top is lightly browned on low fan, open vent. CCP: Internal temperature must reach 165 F. for 15 seconds.
- 7 Cut each pan 5 by 10. CCP: Hold for service at 140 F. or higher.

## APPLE BREAD DRESSING

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
151 cal	27 g	4 g	3 g	1 mg	517 mg	60 mg

**Ingredient**

CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 BREAD,WHITE,SLICED  
 APPLES,FRESH,PEELED,SLICED  
 CHICKEN BROTH  
 SEASONING,POULTRY  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

2 lbs  
 2 lbs  
 2 oz  
 10 lbs  
 4-3/4 lbs  
  
 1/4 oz  
 1/4 oz  
 2 oz

**Measure**

1 qts 3-1/2 cup  
 1 qts 1-5/8 cup  
 1/4 cup 1/3 tbsp  
 8 gal 3/8 qts  
 1 gal 1/3 qts  
 1 gal  
 2 tbsp  
 1 tbsp  
 1/4 cup 1/3 tbsp

**Issue**

2-3/4 lbs  
 2-1/4 lbs  
  
  
 6-1/8 lbs

**Method**

- 1 Stir cook celery and onions in a lightly sprayed steam jacketed kettle, about 10 minutes, stirring constantly.
- 2 Combined bread and apples. Pour cooked vegetables over bread and apples; toss lightly.
- 3 Combine stock, poultry seasoning, and pepper; add to bread mixture. Mix lightly. DO NOT OVERMIX.
- 4 Place 13 lb (6-3/4 quart) mixture into each lightly sprayed pan.
- 5 Using a convection oven, bake at 325 F. 1 hour on low fan, open vent. CCP: Internal temperature must reach 165 F. for 15 seconds.
- 6 Cut each pan 5 by 10.
- 7 CCP: Hold for service at 140 F. or higher.

## SAUSAGE BREAD DRESSING

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
191 cal	24 g	7 g	7 g	12 mg	759 mg	66 mg

**Ingredient**

CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 COOKING SPRAY,NONSTICK  
 BREAD,WHITE,SLICED  
 SAUSAGE,PORK,COOKED,DICED  
 CHICKEN BROTH  
 THYME,GROUND  
 SEASONING,POULTRY  
 PEPPER,BLACK,GROUND  
 COOKING SPRAY,NONSTICK

**Weight**

2 lbs  
 2-1/8 lbs  
 2 oz  
 10 lbs  
 3 lbs  
  
 1/3 oz  
 1/4 oz  
 1/4 oz  
 2 oz

**Measure**

1 qts 3-1/2 cup  
 1 qts 2 cup  
 1/4 cup 1/3 tbsp  
 8 gal 3/8 qts  
  
 1 gal 1 qts  
 2 tbsp  
 2 tbsp  
 1 tbsp  
 1/4 cup 1/3 tbsp

**Issue**

2-3/4 lbs  
 2-1/3 lbs

**Method**

- 1 Lightly spray non-stick cooking spray in steam-jacketed kettle. Stir-cook celery and onions about 10 minutes, stirring constantly.
- 2 Combine bread and sausage. Pour cooked vegetables over bread and sausage; toss lightly.
- 3 Combine stock, thyme, poultry seasoning, and pepper; add to bread mixture. Mix lightly. DO NOT OVER MIX.
- 4 Place 13 lb 2 oz (6-3/4 quart) mixture into each lightly sprayed pan.
- 5 Using a convection oven, bake at 325 F. 1 hour on low fan, open vent. CCP: Internal temperature must reach 165 F. for 15 seconds.
- 6 Cut each pan 5 by 10.
- 7 Hold for service at 140 F. or higher.

OYSTER BREAD DRESSING

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
173 cal	26 g	8 g	4 g	22 mg	496 mg	63 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
OYSTERS,FROZEN	6 lbs		
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
BREAD,WHITE,SLICED	10 lbs	8 gal 3/8 qts	
CHICKEN BROTH RESERVED LIQUID	2-1/8 lbs	3 qts 1 qts	
THYME,GROUND	1/3 oz	2 tbsp	
SEASONING,POULTRY	1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Thaw frozen oysters. Drain oysters; reserve and refrigerate liquid for use in Step 4. Chop oysters; reserve and refrigerate for use in Step 4. CCP: Refrigerate at 41 F. or lower.
- 2 Stir cook celery and onions in a lightly sprayed steam jacketed kettle, about 10 minutes, stirring constantly.
- 3 Pour cooked vegetables over bread; toss lightly.
- 4 Combine stock, oysters, reserved oyster liquid, thyme, poultry seasoning, and pepper; add to bread mixture. Mix lightly. DO NOT OVERMIX.
- 5 Lightly spray each pan with non-stick cooking spray. Place 12 lbs 9 oz (6-1/2 quart) mixture into each lightly sprayed pan.
- 6 Using a convection oven, bake at 325 F. 1 hour on low fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 7 Cut each pan 5 by 10.
- 8 CCP: Hold for service at 140 F. or higher.

**SAUCES, GRAVIES, AND DRESSINGS No.O 022 00**  
**CHINESE MUSTARD SAUCE**

**Yield** 100

**Portion** 1 Teaspoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
17 cal	1 g	1 g	1 g	0 mg	0 mg	19 mg

**Ingredient**

WATER  
MUSTARD,DRY

**Weight**

12-1/2 oz  
12-5/8 oz

**Measure**

1-1/2 cup  
2 cup

**Issue**

**Method**

- 1 Add water gradually to mustard and blend until smooth.

**SAUCES, GRAVIES, AND DRESSINGS No.O 023 00**  
**HORSERADISH SAUCE**

**Yield** 100

**Portion** 1 Tablespoon

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
40 cal	2 g	0 g	3 g	3 mg	62 mg	12 mg

**Ingredient**

HORSERADISH,PREPARED  
 SALAD DRESSING,MAYONNAISE TYPE  
 MILK,NONFAT,DRY  
 GARLIC POWDER  
 ONION POWDER  
 SUGAR,GRANULATED  
 PEPPER,WHITE,GROUND  
 PEPPER,RED,GROUND

**Weight**

1-1/4 lbs  
 1-1/2 lbs  
 2-3/8 oz  
 1/8 oz  
 1/4 oz  
 7/8 oz  
 <1/16th oz  
 <1/16th oz

**Measure**

2-1/4 cup  
 3 cup  
 1 cup  
 1/8 tsp  
 1 tbsp  
 2 tbsp  
 1/8 tsp  
 1/8 tsp

**Issue**

**Method**

- 1 Combine horseradish, salad dressing, milk, garlic, onion powder, sugar, white pepper, and red pepper in mixer bowl. Blend on high speed for 1 minute.
- 2 Cover and refrigerate to chill. CCP: Hold for service at 41 F. or lower.

## YOGURT-CUCUMBER SAUCE

Yield 100

Portion 3 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
22 cal	3 g	2 g	0 g	2 mg	21 mg	59 mg

**Ingredient**

YOGURT,PLAIN,LOWFAT  
 CUCUMBER,FRESH,CHOPPED  
 DILL WEED,DRIED  
 GARLIC POWDER

**Weight**

6-1/2 lbs  
 4-1/4 lbs  
 1/2 oz  
 1/2 oz

**Measure**

3 qts  
 1 gal <1/16th qts  
 1/4 cup 1 tbsp  
 1 tbsp

**Issue**

5 lbs

**Method**

- 1 Combine yogurt, cucumbers, dill weed, and garlic powder. Mix well.
- 2 CCP: Refrigerate for service at 41 F. or lower.



**SAUCES, GRAVIES, AND DRESSINGS No.O 025 00**  
**HERBED MAYONNAISE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
141 cal	4 g	0 g	14 g	10 mg	170 mg	4 mg

**Ingredient**

SALAD DRESSING,MAYONNAISE TYPE  
BASIL,DRIED,CRUSHED  
PEPPER,WHITE,GROUND  
OREGANO,CRUSHED  
MARJORAM,SWEET,GROUND

**Weight**

6-1/8 lbs  
1/3 oz  
1/8 oz  
1/3 oz  
<1/16th oz

**Measure**

3 qts 1/2 cup  
2 tbsp  
1/3 tsp  
2 tbsp  
1/3 tsp

**Issue**

**Method**

- 1 Combine salad dressing, basil, pepper, and marjoram in mixer bowl. Blend well at medium speed; about 1 minute.
- 2 CCP: Refrigerate for service at 41 F. or lower.

**SAUCES, GRAVIES, AND DRESSINGS No.O 026 00**  
**ORIENTAL SWEET AND SOUR SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
35 cal	9 g	0 g	0 g	0 mg	41 mg	3 mg

**Ingredient**

JUICE,PINEAPPLE,CANNED,UNSWEETENED  
 WATER  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 SOY SAUCE  
 GINGER,GROUND  
 WATER  
 CORNSTARCH

**Weight**

3-1/8 lbs  
 1-1/3 lbs  
 1-1/8 lbs  
 14-5/8 oz  
 2-1/2 oz  
 1/8 oz  
 1 lbs  
 5-5/8 oz

**Measure**

1 qts 1-3/4 cup  
 2-1/2 cup  
 2-1/2 cup  
 1-3/4 cup  
 1/4 cup 1/3 tbsp  
 1/3 tsp  
 2 cup  
 1-1/4 cup

**Issue**

**Method**

- 1 Combine pineapple juice, water, sugar, vinegar, soy sauce, and ginger. Bring to a boil and reduce heat.
- 2 Dissolve cornstarch in water; stir until smooth. Add to sauce, stirring constantly. Simmer until thick and clear, about 5 minutes.  
 Serve hot or cold. CCP: To serve hot, hold for service at 140 F. or higher. CCP: To serve cold, hold for service at 41 F. or lower.

**SAUCES, GRAVIES, AND DRESSINGS No.O 027 00**  
**DILL SAUCE**

**Yield** 100

**Portion** 2 Tablespoons

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
31 cal	3 g	1 g	1 g	6 mg	22 mg	52 mg

**Ingredient**

SOUR CREAM,LOW FAT  
 YOGURT,PLAIN,LOWFAT  
 SUGAR,GRANULATED  
 DILL WEED,DRIED  
 GARLIC POWDER

**Weight**

3-1/2 lbs  
 3-1/4 lbs  
 1-3/4 oz  
 5/8 oz  
 1/4 oz

**Measure**

1 qts 3 cup  
 1 qts 2 cup  
 1/4 cup 1/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/3 tsp

**Issue**

**Method**

- 1 Combine sour cream, yogurt, sugar, dill weed, and garlic powder.
- 2 Using a wire whip, mix at medium speed for 1 minute or until well blended.
- 3 CCP: Refrigerate for service at 41 F. or lower.

**HORSERADISH DIJON SAUCE**

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
34 cal	2 g	1 g	2 g	9 mg	39 mg	38 mg

**Ingredient**

SOUR CREAM,LOW FAT  
 HORSERADISH,PREPARED  
 MUSTARD,DIJON  
 GARLIC POWDER

**Weight**

5-1/2 lbs  
 1 lbs  
 2-1/8 oz  
 1/3 oz

**Measure**

2 qts 3 cup  
 2 cup  
 1/4 cup 1/3 tbsp  
 1 tbsp

**Issue****Method**

- 1 Place sour cream, horseradish, mustard, and garlic powder in mixer bowl.
- 2 Using a wire whip, mix on medium speed for 1 minute or until well blended.
- 3 CCP: Refrigerate for service at 41 F. or lower.

**HONEY MUSTARD SAUCE**

Yield 100

Portion 2 Tablespoons

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
74 cal	19 g	1 g	0 g	0 mg	169 mg	13 mg

**Ingredient**

HONEY  
MUSTARD,DIJON

**Weight**

4-2/3 lbs  
3-1/3 lbs

**Measure**

1 qts 2-1/4 cup  
1 qts 2-1/4 cup

**Issue****Method**

- 1 Combine honey and mustard in mixer bowl.
- 2 Using a wire whip, mix on medium speed for 3 minutes or until well blended.
- 3 Whip or stir well before serving. CCP: Refrigerate at 41 F. or lower.

**TROPICAL FRUIT SALSA**

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
26 cal	6 g	0 g	0 g	0 mg	1 mg	5 mg

**Ingredient**

PINEAPPLE,FRESH,DICED  
MANGO,FRESH,DICED-1/2 IN  
PEPPERS,RED FRESH,DICED  
PEPPERS,GREEN,FRESH,CHOPPED  
ONIONS,RED,FRESH,CHOPPED  
JUICE,LIME  
CILANTRO,DRY

**Weight**

5-1/2 lbs  
3-1/8 lbs  
1-1/8 lbs  
1 lbs  
10-5/8 oz  
7 oz  
1/8 oz

**Measure**

1 gal  
2 qts 1/2 cup  
3-1/2 cup  
3 cup  
1-7/8 cup  
3/4 cup 2 tbsp  
1 tbsp

**Issue**

10-1/2 lbs  
4-1/2 lbs  
1-3/8 lbs  
1-1/4 lbs  
11-3/4 oz

**Method**

- 1 Combine pineapple, mangoes, red and green peppers, red onion, lime juice, and cilantro. Mix lightly.
- 2 CCP: Refrigerate for service at 41 F. or lower.

**SAUCES, GRAVIES, AND DRESSINGS No.O 030 01**  
**PINEAPPLE SALSA**

**Yield** 100

**Portion** 1/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
27 cal	7 g	0 g	0 g	0 mg	2 mg	7 mg

**Ingredient**

PINEAPPLE,CANNED,CHUNKS,JUICE PACK,DRAINED  
 PEACHES,CANNED,SLICED,JUICE PACK,DRAINED,CHOPPED  
 PEPPERS,RED FRESH,DICED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 ONIONS,RED,FRESH,CHOPPED  
 JUICE,LIME  
 CILANTRO,DRY  
 RESERVED LIQUID

**Weight**

5 lbs  
 4-3/8 lbs  
 1-1/8 lbs  
 1 lbs  
 11-1/4 oz  
 3 oz  
 1/8 oz  
 6-1/4 oz

**Measure**

2 qts 3-1/2 cup  
 2 qts  
 3-1/2 cup  
 3 cup  
 2 cup  
 1/4 cup 2-1/3 tbsp  
 1 tbsp  
 3/4 cup

**Issue**

1-3/8 lbs  
 1-1/4 lbs  
 12-1/2 oz

**Method**

- 1 Drain fruit. Reserve pineapple juice. Combine pineapple, peaches, red and green peppers, red onion, pineapple juice, lime juice, and cilantro. Mix lightly.
- 2 CCP: Refrigerate for service at 41 F. or lower.

**TROPICAL FRUIT SALSA (CANNED)**

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
50 cal	13 g	0 g	0 g	0 mg	2 mg	9 mg

**Ingredient**

FRUIT SALAD,TROPICAL,CANNED,HEAVY SYRUP,DRAINED  
 PEPPERS,RED FRESH,DICED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 ONIONS,RED,FRESH,CHOPPED  
 JUICE,LIME  
 RESERVED LIQUID  
 CILANTRO,DRY

**Weight**

11-7/8 lbs  
 1-1/8 lbs  
 1 lbs  
 10-5/8 oz  
 2-7/8 oz  
 6-1/4 oz  
 1/8 oz

**Measure**

1 gal 1-1/4 qts  
 3-1/2 cup  
 3 cup  
 1-7/8 cup  
 1/4 cup 2 tbsp  
 3/4 cup  
 1 tbsp

**Issue**

1-3/8 lbs  
 1-1/4 lbs  
 11-3/4 oz

**Method**

- 1 Drain canned fruit salad and reserve juice. Coarsely chop fruit pieces. Add red and green peppers, red onion, reserved juice, lime juice, and cilantro. Mix lightly.
- 2 CCP: Refrigerate for service at 41 F. or lower.



**SAUCES, GRAVIES, AND DRESSINGS No.O 031 00**  
**SHRIMP SAUCE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
178 cal	10 g	19 g	6 g	130 mg	387 mg	188 mg

**Ingredient**

SHRIMP,FROZEN,RAW,PEELED,DEVEINED  
 WATER  
 MARGARINE,MELTED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 RESERVED LIQUID  
 MILK,NONFAT,DRY  
 GARLIC POWDER  
 ONION POWDER  
 SALT  
 DILL WEED,DRIED  
 BASIL,DRIED,CRUSHED  
 PEPPER,WHITE,GROUND  
 CHEESE,PARMESAN,GRATED  
 PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

18 lbs  
 10-1/2 lbs  
 1-1/8 lbs  
 1-2/3 lbs  
 27-1/8 lbs  
 1-2/3 lbs  
 3/4 oz  
 5/8 oz  
 5/8 oz  
 5/8 oz  
 7/8 oz  
 1/3 oz  
 14-1/8 oz  
 2-1/8 oz

**Measure**

1 gal 1 qts  
 2-3/8 cup  
 1 qts 2 cup  
 3 gal 1 qts  
 2 qts 3 cup  
 2-2/3 tbsp  
 2-2/3 tbsp  
 1 tbsp  
 1/4 cup 1-2/3 tbsp  
 1/4 cup 1-2/3 tbsp  
 1 tbsp  
 1 qts  
 1 cup

**Issue**

2-1/4 oz

**Method**

- 1 CCP: Thaw shrimp under constant refrigeration at 41 F. or lower. Thoroughly rinse under cold running water; drain.
- 2 Bring water to a boil in steam-jacketed kettle or stock pot. Add shrimp; simmer 2 to 3 minutes. DO NOT OVERCOOK. Drain immediately. Reserve liquid to reconstitute milk. Spread shrimp on sheet pans in single layer; cover loosely. Coarsely chop cooled shrimp. Refrigerate product at 41 F. or lower for use in Step 6.
- 3 Blend together margarine and flour to form roux; stir until smooth. Cook roux 5 to 7 minutes.
- 4 Reconstitute milk; add garlic powder, onion powder, salt, dill weed, basil, and pepper. Stir to thoroughly rehydrate herbs.
- 5 Bring reconstituted milk mixture to a simmer; gradually add roux, stirring constantly. Simmer for 8 to 10 minutes or until thickened.
- 6 Add shrimp; simmer for 1 minute while stirring. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Add cheese and parsley; stir. Remove immediately to serving pans. CCP: Hold for service at 140 F. or higher.

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**BEEF RICE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	11 g	4 g	2 g	4 mg	1702 mg	21 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	1-1/2 lbs		
BEEF BROTH		7 gal	
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	3 each	
RICE,LONG GRAIN	2 lbs	1 qts 7/8 cup	

**Method**

- 1 Cook beef in a steam jacketed kettle for 5 minutes. Dice beef into 1/2 inch pieces.
- 2 Prepare broth according to package directions.
- 3 Add beef, carrots, celery, onions, pepper and bay leaves to broth in a steam jacketed kettle or stock pot. Cover; bring to a boil.
- 4 Add rice. Cover; Simmer 20 to 25 minutes stirring occasionally until rice is tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEEF BARLEY SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
80 cal	13 g	4 g	2 g	4 mg	1703 mg	19 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	1-1/2 lbs		
BEEF BROTH		7 gal	
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	3 each	
BARLEY,UNCOOKED	2-2/3 lbs	1 qts 2 cup	

**Method**

- 1 Cook beef in a steam jacketed kettle for 5 minutes. Dice beef into 1/2 inch pieces.
- 2 Prepare beef broth according to package directions.
- 3 Add beef broth, beef, carrots, celery, onions, pepper and bay leaves to steam jacketed kettle or stock pot. Cover; bring to a boil.
- 4 Add barley. Cover; Simmer 25 to 30 stirring occasionally until barley is tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEEF NOODLE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
55 cal	6 g	4 g	2 g	9 mg	1702 mg	17 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,DICED,LEAN,RAW	1-1/2 lbs		
BEEF BROTH		7 gal	
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	3 each	
NOODLES,EGG	1 lbs	2 qts 3-7/8 cup	

**Method**

- 1 Cook beef in a steam jacketed kettle for 5 minutes. Dice beef into 1/2 inch pieces.
- 2 Prepare beef broth according to package directions.
- 3 Add beef broth, beef, carrots, celery, onions, pepper and bay leaves to steam jacketed kettle or stock pot. Cover; bring to a boil.
- 4 Add noodles. Stir; bring to a boil. Reduce heat; cover; simmer 15 to 20 minutes stirring occasionally until noodles and vegetables are tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHICKEN RICE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
73 cal	9 g	4 g	2 g	7 mg	1997 mg	35 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN BROTH		7 gal 2 qts	
CHICKEN,COOKED,DICED	1-1/2 lbs		
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS, FROZEN	1 lbs	3-1/2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	2 each	
RICE,LONG GRAIN	1-5/8 lbs	1 qts	

**Method**

- 1 Prepare broth according to package directions. Combine broth, diced chicken, carrots, celery, onions, pepper, and bay leaves in a steam jacketed kettle or stock pot. Cover; bring to a boil.
- 2 Add rice and stir. Cover; bring to a boil; reduce heat; simmer for 20 to 25 minutes until chicken is cooked and rice and vegetables are tender. Remove bay leaves.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHICKEN NOODLE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
62 cal	6 g	4 g	2 g	7 mg	1997 mg	31 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN BROTH		7 gal 2 qts	
CHICKEN,COOKED,DICED	1-1/2 lbs		
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-2/3 oz	3 cup	1-1/8 lbs
ONIONS, FROZEN	1 lbs	3-1/2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	2 each	
SPAGHETTI NOODLES,DRY	1 lbs	1 qts 3/8 cup	

**Method**

- 1 Prepare chicken broth according to directions. Combine chicken broth, diced chicken, carrots, celery, onions, pepper, and bay leaves in a steam jacketed kettle or stock pot. Cover; bring to a boil.
- 2 Add noodles and stir. Cover; bring to a boil; reduce heat; simmer for 15 to 20 minutes, stirring occasionally until chicken is cooked and noodles and vegetables are tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**CREOLE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
69 cal	10 g	3 g	2 g	1 mg	1535 mg	17 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 SHORTENING,VEGETABLE,MELTED  
 BEEF BROTH  
 PEPPER,BLACK,GROUND  
 SPAGHETTI NOODLES,DRY  
 TOMATO PASTE,CANNED

**Weight**

2-1/8 lbs  
 2 lbs  
 3-5/8 oz  
  
 1/8 oz  
 1-1/2 lbs  
 2-1/3 lbs

**Measure**

1 qts 2 cup  
 1 qts 2 cup  
 1/2 cup  
 6 gal  
 1/3 tsp  
 1 qts 2-1/2 cup  
 1 qts

**Issue**

2-1/3 lbs  
 2-3/8 lbs

**Method**

- 1 Saute onions and peppers in salad oil, melted shortening or olive oil for 5 minutes in steam-jacketed kettle or stock pot. Stir occasionally.
- 2 Prepare stock according to directions.
- 3 Break spaghetti into 2-inch pieces. Add stock to sauteed peppers and onions. Add pepper, spaghetti, and tomato paste. Stir and bring to a boil; reduce heat and simmer 30 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## ONION SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
107 cal	8 g	2 g	8 g	1 mg	1271 mg	19 mg

**Ingredient**

ONIONS,FRESH,SLICED  
 SHORTENING,VEGETABLE,MELTED  
 FLOUR,WHEAT,GENERAL PURPOSE  
 PEPPER,BLACK,GROUND  
 BEEF BROTH

**Weight**

11-3/8 lbs  
 1-1/2 lbs  
 8-7/8 oz  
 1/8 oz

**Measure**

2 gal 3-1/4 qts  
 3-3/8 cup  
 2 cup  
 1/3 tsp  
 5 gal 1 qts

**Issue**

12-2/3 lbs

**Method**

- 1 Saute onions in shortening or salad oil until lightly browned.
- 2 Blend flour and pepper with sauteed onions. Blend well. Prepare broth according to package directions. Add to onion mixture. Stir well. Simmer 15 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## FRENCH ONION SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	13 g	3 g	11 g	9 mg	1377 mg	51 mg

### Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
ONIONS,FRESH,SLICED	11-3/8 lbs	2 gal 3-1/4 qts	12-2/3 lbs
SHORTENING,VEGETABLE,MELTED	1-1/2 lbs	3-3/8 cup	
FLOUR,WHEAT,GENERAL PURPOSE	8-7/8 oz	2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	
BEEF BROTH		5 gal 1 qts	
BREAD,WHITE,STALE,SLICED	2 lbs	1 gal 2-1/2 qts	
BUTTER,MELTED	12 oz	1-1/2 cup	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	

### Method

- 1 Saute onions in shortening or salad oil until lightly browned.
- 2 Blend flour, pepper and Worcestershire sauce with sauteed onions. Blend well. Prepare broth according to package directions. Add onion mixture; stir well. Simmer 15 minutes.
- 3 Prepare Parmesan Croutons. Trim crusts from bread; cut bread into 1/2-inch cubes. Place bread cubes on sheet pans. Brown lightly in 325 F. oven, 20 to 25 minutes or in 375 F. convection oven, 6 minutes on high fan, open vent. Melt butter or margarine; blend in grated Parmesan cheese. Pour mixture over lightly browned croutons in steam table pans; toss lightly.
- 4 Place 8 croutons in each soup bowl; pour soup over croutons. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

### Notes

- 1 In Step 1, 2 lbs bread will yield about 1 gallon lightly browned croutons.

**TOMATO BOUILLON**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
35 cal	7 g	2 g	0 g	0 mg	974 mg	25 mg

**Ingredient**

CELERY,FRESH,CHOPPED  
 ONIONS,FRESH,CHOPPED  
 WATER,BOILING  
 BEEF BROTH  
 JUICE,TOMATO,CANNED  
 PEPPER,BLACK,GROUND

**Weight**

4 lbs  
 4 lbs  
 16-3/4 lbs  
 21-3/8 lbs  
 1/8 oz

**Measure**

3 qts 3-1/8 cup  
 2 qts 3-3/8 cup  
 2 gal  
 2 gal 2 qts  
 2 gal 2 qts  
 1/8 tsp

**Issue**

5-1/2 lbs  
 4-1/2 lbs

**Method**

- 1 Combine celery, onions and boiling water. Simmer 30 minutes; strain; discard vegetables; reserve broth for Step 3.
- 2 Prepare broth according to package directions.
- 3 Combine reserved vegetable broth, beef broth, tomato juice and pepper. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 May be served with croutons. Prepare 1/2 recipe Croutons, Recipe No. D 016 00.

**TOMATO SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
61 cal	12 g	2 g	1 g	0 mg	1028 mg	46 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 SHORTENING,VEGETABLE,MELTED  
 BEEF BROTH  
 BAY LEAF,WHOLE,DRIED  
 PEPPER,BLACK,GROUND  
 SUGAR,GRANULATED  
 TOMATOES,CANNED,DICED,INCL LIQUIDS

**Weight**

2 lbs  
 2 lbs  
 1-3/4 oz  
  
 1/8 oz  
 1/8 oz  
 5-1/4 oz  
 29-7/8 lbs

**Measure**

1 qts 1-5/8 cup  
 1 qts 3-1/2 cup  
 1/4 cup 1/3 tbsp  
 3 gal  
 3 each  
 1/3 tsp  
 3/4 cup  
 3 gal 1 qts

**Issue**

2-1/4 lbs  
 2-3/4 lbs

**Method**

- 1 Saute onions and celery in shortening or salad oil 5 minutes in steam-jacketed kettle or stock pot. Stir frequently.
- 2 Prepare broth according to package directions. Add to sauteed onions and celery.
- 3 Add bay leaves, pepper and sugar. Stir.
- 4 Cover; bring to a boil; reduce heat; simmer 10 minutes or until vegetables are tender.
- 5 Add tomatoes; mix well. Cover; bring to a boil; reduce heat; simmer for 5 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**TOMATO RICE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
86 cal	17 g	2 g	1 g	0 mg	1089 mg	48 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
 CELERY,FRESH,CHOPPED  
 SHORTENING,VEGETABLE,MELTED  
 WATER,BOILING  
 BEEF BROTH  
 BAY LEAF,WHOLE,DRIED  
 PEPPER,BLACK,GROUND  
 SUGAR,GRANULATED  
 RICE,BROWN,LONG GRAIN,DRY  
 TOMATOES,CANNED,DICED,INCL LIQUIDS

**Weight**

2 lbs  
 2 lbs  
 1-3/4 oz  
 2-1/8 lbs  
  
 1/8 oz  
 1/8 oz  
 5-1/4 oz  
 1-3/8 lbs  
 29-7/8 lbs

**Measure**

1 qts 1-5/8 cup  
 1 qts 3-1/2 cup  
 1/4 cup 1/3 tbsp  
 1 qts  
 3 gal 1 qts  
 3 each  
 1/3 tsp  
 3/4 cup  
 3-1/2 cup  
 3 gal 1 qts

**Issue**

2-1/4 lbs  
 2-3/4 lbs

**Method**

- 1 Saute onions and celery in salad oil or shortening for 5 minutes in steam-jacketed kettle or stock pot. Stir frequently.
- 2 Prepare broth according to recipe directions. Add broth to sauteed onions and celery.
- 3 Add bay leaves, pepper and sugar. Stir.
- 4 Add rice. Cover, bring to a boil; reduce heat; simmer 25 minutes or until rice is tender.
- 5 Add tomatoes; mix well. Cover; bring to a boil; reduce heat; simmer 5 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## VEGETABLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
57 cal	10 g	3 g	1 g	1 mg	1278 mg	45 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN BROTH		4 gal 2 qts	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
POTATOES,FRESH,PEELED,CUBED	3-1/8 lbs	2 qts 1-1/8 cup	3-7/8 lbs
CELERY,FRESH,CHOPPED	1-1/8 lbs	1 qts 1/4 cup	1-1/2 lbs
CARROTS,FRESH,CHOPPED	1-1/8 lbs	4 cup	1-3/8 lbs
CABBAGE,GREEN,FRESH,CHOPPED	1-1/8 lbs	1 qts 3-1/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
PEPPERS,GREEN,FRESH,CHOPPED	7-1/8 oz	1-3/8 cup	8-2/3 oz
GARLIC POWDER	1/3 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

**Method**

- 1 Prepare broth according to directions. Combine broth, tomatoes, potatoes, celery, carrots, cabbage, onions, peppers, garlic powder, and black pepper in a steam jacketed kettle or stock pot. Bring to a boil. Cover; simmer 30 minutes or until vegetables are tender.
- 2 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**MINESTRONE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
75 cal	14 g	3 g	1 g	1 mg	1157 mg	38 mg

**Ingredient****Weight****Measure****Issue**

CHICKEN BROTH		4 gal	
CELERY,FRESH,CHOPPED	1-1/8 lbs	1 qts 1/4 cup	1-1/2 lbs
CARROTS,FRESH,CHOPPED	1-1/8 lbs	4 cup	1-3/8 lbs
POTATOES,FRESH,PEELED,CUBED	2-1/8 lbs	1 qts 2-1/8 cup	2-5/8 lbs
CABBAGE,GREEN,FRESH,CHOPPED	1-1/8 lbs	1 qts 3-1/4 cup	1-3/8 lbs
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
PEPPERS,GREEN,FRESH,CHOPPED	7-1/8 oz	1-3/8 cup	8-2/3 oz
GARLIC POWDER	1/3 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
TOMATOES,CANNED,CRUSHED,DRAINED	6-5/8 lbs	3 qts	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	2-1/3 lbs	1 qts 2 cup	
BEANS,GREEN,CANNED,DRAINED	1-1/4 lbs	1 qts	
MACARONI NOODLES,SHELLS,DRY	1-3/8 lbs	1 qts 2 cup	

**Method**

- 1 Prepare broth according to directions. Combine broth, celery, carrots, potatoes, cabbage, onions, peppers, garlic powder, and black pepper in a steam jacketed kettle or stock pot. Bring to a boil. Reduce heat; cover; simmer for 20 minutes.
- 2 Add tomatoes, kidney beans, and green beans. Bring to a boil.
- 3 Add macaroni. Bring to a boil; reduce heat; simmer 8 to 10 minutes or until macaroni is tender.
- 4 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



## NAVY BEAN SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
122 cal	23 g	8 g	0 g	1 mg	582 mg	78 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,WHITE,DRY	6-1/4 lbs	3 qts 2 cup	
WATER,COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		5 gal	
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
WATER,COLD	2-1/8 lbs	1 qts	

**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare broth according to package directions.
- 4 Add beans to stock; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 5 Add carrots, onions and pepper to bean mixture. Simmer 30 minutes.
- 6 Blend flour and water to form a smooth paste. Stir into soup; cook 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEAN SOUP WITH SMOKED, CURED HAM HOCKS**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
140 cal	23 g	9 g	2 g	4 mg	650 mg	79 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,WHITE,DRY	6-1/4 lbs	3 qts 2 cup	
WATER,COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		5 gal	
PORK,HOCKS,(CURED & SMOKED),FROZEN	2-1/2 lbs		
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
WATER,COLD	2-1/8 lbs	1 qts	

**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare stock according to recipe. Add to beans; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 4 Place thawed, smoked, cured pork hocks in water to cover. Simmer 1 hour; remove from heat; cool. Remove lean meat; chop into small pieces.
- 5 Add carrots, onions, pepper and chopped ham hocks to bean mixture. Simmer 30 minutes.
- 6 Blend flour and water to form a smooth paste. Stir into soup; cook 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**KNICKERBOCKER SOUP (BEAN, TOMATO AND BACON)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
143 cal	26 g	8 g	1 g	2 mg	446 mg	89 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,WHITE,DRY	6-1/4 lbs	3 qts 2 cup	
WATER,COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		3 gal 1 qts	
BACON,RAW	1 lbs		
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
POTATOES,FRESH,PEELED,CUBED	5 lbs	3 qts 2-1/2 cup	6-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	7-1/4 lbs	1 #10cn	

**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare stock according to recipe. Add to beans; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 4 Chop raw bacon and brown lightly. Add carrots, onions, pepper and potatoes. Cook 10 minutes, stirring occasionally; add to bean mixture. Crush tomatoes and add. Simmer 25 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## OLD FASHIONED BEAN SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	25 g	8 g	0 g	1 mg	535 mg	88 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,WHITE,DRY	6-1/4 lbs	3 qts 2 cup	
WATER,COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		4 gal 1 qts	
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	6-1/2 lbs	2 qts 3-3/4 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
WATER,COLD	2-1/8 lbs	1 qts	

**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare broth according to recipe. Add to beans; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 4 Add carrots, onions and pepper to bean mixture. Add crushed tomatoes to mixture and simmer for 30 minutes.
- 5 Blend flour and water to form a smooth paste. Stir into soup; cook 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEEF WITH VEGETABLES AND BARLEY SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
86 cal	12 g	6 g	2 g	9 mg	1005 mg	2 mg

**Ingredient**

SOUP,CONDENSED,BEEF W/VEGETABLE AND BARLEY  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 2-3/4 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat to serving temperature. Do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEAN WITH BACON SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
166 cal	26 g	9 g	3 g	4 mg	1046 mg	2 mg

**Ingredient**

SOUP,CONDENSED,BEAN WITH BACON  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 1-3/8 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEEF NOODLE SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
95 cal	10 g	6 g	4 g	6 mg	1079 mg	19 mg

**Ingredient**

SOUP,CONDENSED,BEEF NOODLE  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 2-1/8 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHICKEN NOODLE SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
86 cal	11 g	5 g	3 g	7 mg	1076 mg	18 mg

**Ingredient**

SOUP,CONDENSED,CHICKEN NOODLE  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 2-3/8 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**CHICKEN WITH RICE SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
69 cal	8 g	4 g	2 g	7 mg	946 mg	22 mg

**Ingredient**

SOUP,CONDENSED,CHICKEN WITH RICE  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 2-3/8 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**MANHATTAN CLAM CHOWDER (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
79 cal	11 g	4 g	2 g	9 mg	594 mg	42 mg

**Ingredient**

SOUP,CONDENSED,MANHATTAN CLAM CHOWDER  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 2-3/4 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**MINISTRONE SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	13 g	5 g	3 g	1 mg	1058 mg	42 mg

**Ingredient**

SOUP,CONDENSED,MINISTRONE  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 2-3/8 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SPLIT PEA SOUP WITH HAM (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
200 cal	30 g	11 g	5 g	9 mg	1066 mg	25 mg

**Ingredient**

SOUP,CONDENSED,SPLIT PEA & HAM  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 1-1/8 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**TOMATO SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	19 g	2 g	2 g	0 mg	788 mg	18 mg

**Ingredient**SOUP,CONDENSED,TOMATO  
WATER**Weight**31-1/4 lbs  
23 lbs**Measure**3 gal 2-1/8 qts  
2 gal 3 qts**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**VEGETABLE SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
84 cal	14 g	2 g	2 g	0 mg	956 mg	26 mg

**Ingredient**

SOUP,CONDENSED,VEGETABLE  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 2-3/8 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**VEGETABLE WITH BEEF SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
89 cal	12 g	6 g	2 g	6 mg	898 mg	21 mg

**Ingredient**

SOUP,CONDENSED,VEGETABLE WITH BEEF  
WATER

**Weight**

31-1/4 lbs  
23 lbs

**Measure**

3 gal 2-1/8 qts  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Add water to soup. Mix well.
- 3 Heat, do not boil. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHICKEN GUMBO SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
117 cal	14 g	5 g	5 g	7 mg	1376 mg	49 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
MARGARINE	1 lbs	2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	14-1/3 oz	3-1/4 cup	
GARLIC POWDER	1/8 oz	1/8 tsp	
CHICKEN BROTH		4 gal 2 qts	
CHICKEN,COOKED,DICED	1-1/2 lbs		
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
CELERY,FRESH,CHOPPED	1-2/3 oz	1/4 cup 2-2/3 tbsp	2-1/4 oz
OKRA,FROZEN,CUT	2-1/2 lbs	1 qts 2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
RICE,LONG GRAIN	1 lbs	2-3/8 cup	
BAY LEAF,WHOLE,DRIED	1/8 oz	5 each	
PAPRIKA,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME,GROUND	<1/16th oz	1/8 tsp	

**Method**

- 1 Saute onions in margarine or butter until tender.
- 2 Blend flour with onion-fat mixture to form a roux using wire whip; add garlic powder.
- 3 Prepare broth according to package directions. Add broth to roux, stirring constantly. Bring to a boil; reduce heat.
- 4 Add chicken, tomatoes, celery, okra, peppers, rice, bay leaves, paprika, pepper, and thyme; mix well.
- 5 Bring to a boil; reduce heat; simmer 30 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**SHRIMP GUMBO**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
115 cal	14 g	5 g	5 g	22 mg	1397 mg	53 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
MARGARINE	1 lbs	2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	14-1/3 oz	3-1/4 cup	
GARLIC POWDER	1/8 oz	1/8 tsp	
CHICKEN BROTH		4 gal 2 qts	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
CELERY,FRESH,CHOPPED	12-2/3 oz	3 cup	1-1/8 lbs
OKRA,FROZEN,CUT	2-1/2 lbs	1 qts 2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
RICE,LONG GRAIN	1 lbs	2-3/8 cup	
BAY LEAF,WHOLE,DRIED	1/8 oz	5 each	
PAPRIKA,GROUND	1/8 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME,GROUND	<1/16th oz	1/8 tsp	
SHRIMP,RAW,PEELED,DEVEINED,CHOPPED	3 lbs		

**Method**

- 1 Saute onions in margarine or butter until tender.
- 2 Blend flour with onion-fat mixture to form a roux using wire whip; add garlic powder.
- 3 Prepare broth according to package directions. Add stock to roux, stirring constantly. Bring to a boil; reduce heat.
- 4 Add tomatoes, celery, okra, peppers, rice, bay leaves, paprika, pepper, and thyme; mix well.
- 5 Bring to a boil; reduce heat; simmer 27 minutes. Add raw, peeled, deveined shrimp cut into quarters. Boil an additional 2 to 3 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CORN CHOWDER**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
136 cal	25 g	5 g	3 g	2 mg	761 mg	102 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BACON,RAW	8 oz		
CELERY,FRESH,CHOPPED	8 oz	1-7/8 cup	11 oz
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
OIL,SALAD	1-7/8 oz	1/4 cup 1/3 tbsp	
WATER	16-3/4 lbs	2 gal	
POTATOES,FRESH,PEELED,CUBED	4 lbs	2 qts 3-5/8 cup	5 lbs
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
CORN,CANNED,CREAM STYLE	20-1/3 lbs	2 gal 1 qts	
MILK,NONFAT,DRY	1-2/3 lbs	2 qts 3 cup	
WATER,WARM	12-1/2 lbs	1 gal 2 qts	
MARGARINE	8 oz	1 cup	

**Method**

- 1 Prepare bacon according to Recipe Nos. L 002 00 or L 002 02. Chop bacon. Set aside for use in Step 3.
- 2 Saute celery, onions and peppers in salad oil 3 minutes or until tender.
- 3 Add water, potatoes, salt and pepper to steam-jacketed kettle or stock pot. Add sauteed vegetables. Mix thoroughly. Bring to a boil; reduce heat; simmer 10 minutes or until potatoes are tender.
- 4 Add corn. Bring to a boil; simmer 5 minutes, stirring occasionally.
- 5 Reconstitute milk. Add milk and butter or margarine to mixture. Heat slowly to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHICKEN CORN CHOWDER**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
179 cal	25 g	6 g	8 g	9 mg	1088 mg	37 mg

**Ingredient**

SOUP,CONDENSED,CREAM OF CHICKEN  
 WATER  
 CORN,CANNED,WHOLE KERNEL,DRAINED  
 PEPPER,BLACK,GROUND

**Weight**

25 lbs  
 18-1/4 lbs  
 20 lbs  
 1/8 oz

**Measure**

2 gal 3-1/4 qts  
 2 gal 3/4 qts  
 3 gal 1-7/8 qts  
 1/4 tsp

**Issue****Method**

- 1 Combine soup and water; mix well.
- 2 Add canned, whole kernel corn and black pepper. Heat slowly; DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**MANHATTAN CLAM CHOWDER**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
80 cal	17 g	3 g	1 g	2 mg	442 mg	51 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BACON,RAW	12 oz		
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CELERY,FRESH,CHOPPED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
CLAMS,CANNED,CHOPPED	12 lbs	1 gal 1-2/3 qts	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	19-7/8 lbs	2 gal 1 qts	
CARROTS,FRESH,CHOPPED	1-1/2 lbs	1 qts 1-3/8 cup	1-7/8 lbs
POTATOES,FRESH,PEELED,CUBED	5 lbs	3 qts 2-1/2 cup	6-1/8 lbs
SALT	1 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1/3 tsp	
WORCESTERSHIRE SAUCE	8-1/2 oz	1 cup	
BAY LEAF,WHOLE,DRIED	1/8 oz	2 each	
CATSUP	1 lbs	2 cup	
RESERVED LIQUID	18-3/4 lbs	2 gal 1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	11 oz	2-1/2 cup	
WATER,COLD	2-1/8 lbs	1 qts	

**Method**

- 1 Cook bacon until crisp using Recipe No. L 002 00 or L 002 02. Remove bacon; drain; reserve 1/2 cup fat per each 100 servings for use in Step 2. Finely chop bacon. Set aside for use in Step 4.
- 2 Saute onions and celery in bacon fat about 7 minutes or until tender crisp.
- 3 Drain clams and reserve clam juice for use in Step 4, clams for use in Step 8.
- 4 Combine bacon, sauteed vegetables, tomatoes, carrots, potatoes, salt, pepper, thyme, Worcestershire sauce, bay leaves, and catsup with reserved clam juice and water.
- 5 Bring to a boil; reduce heat; simmer 20 minutes or until vegetables are tender.
- 6 Blend flour and water to form a smooth paste. Stir into chowder.
- 7 Bring to a boil; reduce heat; simmer 10 minutes or until thickened.
- 8 Add clams to chowder; bring to a boil; reduce heat; simmer 10 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## NEW ENGLAND FISH CHOWDER

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	15 g	12 g	6 g	39 mg	348 mg	95 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BACON,RAW	8 oz		
BACON FAT,RENDERED	2-3/8 oz	1/4 cup 1-2/3 tbsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
POTATOES,FRESH,PEELED,CUBED	7 lbs	1 gal 1-1/8 qts	8-5/8 lbs
WATER	16-3/4 lbs	2 gal	
BUTTER	1-1/4 lbs	2-1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
MILK,NONFAT,DRY	1-1/3 lbs	2 qts 1 cup	
WATER,WARM	23 lbs	2 gal 3 qts	
FISH,FLOUNDER/SOLE FILLET,RAW,2 INCH PIECES	10 lbs		
PEPPER,WHITE,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	<1/16th oz	1 tbsp	
SALT	1-7/8 oz	3 tbsp	

**Method**

- 1 Cook bacon until crisp using Recipe Nos. L 002 00 or L 002 02. Drain; finely chop; set aside for use in Step 6. Reserve appropriate amount of bacon fat for use in Step 2.
- 2 Saute onions and celery in bacon fat about 7 minutes or until crisp.
- 3 Add potatoes and water to onion-celery mixture; cook until potatoes are almost tender but still firm, about 10 minutes.
- 4 Blend butter or margarine and flour to form a roux; set aside for use in Step 6.
- 5 Reconstitute milk; add to potato mixture. Heat to just below boiling. DO NOT BOIL.
- 6 Add roux and cooked bacon to milk and potato mixture. Cook until thickened or about 10 minutes.
- 7 Add fish, pepper, thyme, parsley and salt to mixture. Simmer 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## NEW ENGLAND CLAM CHOWDER

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
128 cal	15 g	4 g	6 g	16 mg	333 mg	94 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BACON,RAW	8 oz		
BACON FAT,RENDERED	2-3/8 oz	1/4 cup 1-2/3 tbsp	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
CLAMS,CANNED,CHOPPED	12 lbs	1 gal 1-2/3 qts	
POTATOES,FRESH,PEELED,CUBED	7 lbs	1 gal 1-1/8 qts	8-5/8 lbs
BUTTER	1-1/4 lbs	2-1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
MILK,NONFAT,DRY	1-1/3 lbs	2 qts 1 cup	
WATER,WARM	23 lbs	2 gal 3 qts	
PEPPER,WHITE,GROUND	1/4 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	<1/16th oz	1 tbsp	
SALT	1 oz	1 tbsp	

**Method**

- 1 Cook bacon until crisp using Recipe Nos. L 002 00 or L 002 02. Drain; finely chop; set aside for use in Step 6. Reserve bacon fat for use in Step 2.
- 2 Saute onions and celery in bacon fat about 7 minutes or until crisp.
- 3 Add potatoes to onion-celery mixture; cook until potatoes are almost tender but still firm, about 10 minutes. Drain minced clams. Reserve the liquid and combine with water to equal 2 gal per 100 portions. Combine with potato mixture. Reserve drained clams for Step 7.
- 4 Blend butter or margarine and flour to form a roux; set aside for use in Step 6.
- 5 Reconstitute milk; add to potato mixture. Heat to just below boiling. DO NOT BOIL.
- 6 Add roux and cooked bacon to milk and potato mixture. Cook until thickened about 10 minutes.
- 7 Add clams, pepper, thyme, parsley and salt to mixture. Simmer 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREAM OF MUSHROOM SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
153 cal	14 g	5 g	8 g	22 mg	1316 mg	115 mg

**Ingredient**

MUSHROOMS,CANNED,SLICED,INCL LIQUIDS  
 ONIONS,FRESH,CHOPPED  
 BUTTER  
 FLOUR,WHEAT,GENERAL PURPOSE  
 PEPPER,BLACK,GROUND  
 CHICKEN BROTH  
 MILK,NONFAT,DRY  
 WATER,WARM

**Weight**

7-1/4 lbs  
 12-2/3 oz  
 2 lbs  
 2-1/4 lbs  
 1/8 oz  
  
 1-2/3 lbs  
 14-5/8 lbs

**Measure**

1 gal 1-1/4 qts  
 2-1/4 cup  
 1 qts  
 2 qts  
 1/3 tsp  
 4 gal  
 2 qts 3 cup  
 1 gal 3 qts

**Issue**

14-1/8 oz

**Method**

- 1 Drain and chop mushrooms. Reserve liquid for use in Step 4.
- 2 Saute onions and mushrooms in butter or margarine until onions are tender. Remove from fat. Set aside for use in Step 5.
- 3 Blend fat, flour and pepper to form a roux.
- 4 Prepare stock according to recipe using both water and reserved mushroom liquid. Gradually blend hot stock mixture into roux stirring constantly until smooth.
- 5 Add mushroom-onion mixture. Bring to a boil; reduce heat; simmer 15 minutes.
- 6 Reconstitute milk. Add to soup.
- 7 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREAM OF BROCCOLI SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
128 cal	14 g	6 g	6 g	16 mg	1156 mg	117 mg

**Ingredient**

BROCCOLI,FROZEN,CHOPPED

ONIONS,FRESH,CHOPPED

BUTTER

FLOUR,WHEAT,GENERAL PURPOSE

PEPPER,BLACK,GROUND

CHICKEN BROTH

MILK,NONFAT,DRY

WATER,WARM

**Weight**

10 lbs

12-2/3 oz

1-3/8 lbs

1-7/8 lbs

1/4 oz

1-1/3 lbs

12-1/2 lbs

**Measure**

1 gal 2-2/3 qts

2-1/4 cup

2-3/4 cup

1 qts 3 cup

1 tbsp

4 gal

2 qts 1 cup

1 gal 2 qts

**Issue**

14-1/8 oz

**Method**

- 1 Thaw and chop broccoli. Set aside for use in Step 5.
- 2 Saute onions in butter or margarine until onions are tender. Do not remove onions from fat.
- 3 Blend fat with onions, flour and pepper to form a roux.
- 4 Prepare stock according to package directions. Gradually blend hot stock mixture into roux stirring constantly until smooth.
- 5 Add broccoli. Bring to a boil; reduce heat; simmer 15 minutes.
- 6 Reconstitute milk. Add to soup.
- 7 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**CREAM OF POTATO SOUP (DEHYDRATED SLICED POTATOES)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
63 cal	10 g	4 g	1 g	2 mg	1162 mg	96 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN BROTH		4 gal 1 qts	
POTATO,WHITE,DEHYDRATED,SLICED	5 lbs		
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
WATER,WARM	16-3/4 lbs	2 gal	
MILK,NONFAT,DRY	1-1/3 lbs	2 qts 3/4 cup	
PARSLEY,DEHYDRATED,FLAKED	3/8 oz	1/2 cup	

**Method**

- 1 Prepare broth according to package directions. Combine broth, potatoes, onions, and pepper in a steam jacketed kettle or stock pot. Bring to a boil. Reduce heat, cover; simmer 1 hour, stirring occasionally. Break up or mash potatoes as necessary.
- 2 Reconstitute milk; stir milk and parsley into soup. Simmer for 5 minutes.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREAM OF POTATO SOUP (FRESH WHITE POTATOES)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
138 cal	28 g	5 g	1 g	2 mg	1034 mg	101 mg

**Ingredient**

CHICKEN BROTH  
 POTATOES,FRESH,PEELED,CUBED  
 ONIONS,FRESH,CHOPPED  
 PEPPER,BLACK,GROUND  
 WATER,WARM  
 MILK,NONFAT,DRY  
 PARSLEY,DEHYDRATED,FLAKED

**Weight**

24-3/4 lbs  
 3-1/8 lbs  
 1/8 oz  
 16-3/4 lbs  
 1-1/3 lbs  
 3/8 oz

**Measure**

3 gal 3 qts  
 4 gal 2 qts  
 2 qts 1 cup  
 1/3 tsp  
 2 gal  
 2 qts 3/4 cup  
 1/2 cup

**Issue**

30-5/8 lbs  
 3-1/2 lbs

**Method**

- 1 Prepare broth according to package directions. Combine chicken broth, potatoes, onions, and pepper in a steam jacketed kettle or stock pot. Bring to a boil. Reduce heat; cover; simmer 1 hour or until potatoes are mushy, stirring occasionally.
- 2 Reconstitute milk; stir milk and parsley into soup. Simmer for 5 minutes.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREAM OF POTATO SOUP (INSTANT POTATOES)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
51 cal	8 g	3 g	1 g	2 mg	768 mg	89 mg

**Ingredient**

CHICKEN BROTH  
 ONIONS,FRESH,CHOPPED  
 PEPPER,BLACK,GROUND  
 WATER  
 MILK,NONFAT,DRY  
 PARSLEY,DEHYDRATED,FLAKED  
 POTATO,WHITE,INSTANT,GRANULES

**Weight**

2-1/8 lbs  
 1/8 oz  
 16-3/4 lbs  
 1-1/3 lbs  
 3/8 oz  
 1 lbs

**Measure**

2 gal 3 qts  
 1 qts 2 cup  
 1/3 tsp  
 2 gal  
 2 qts 3/4 cup  
 1/2 cup  
 2 qts 1 cup

**Issue**

2-1/3 lbs

**Method**

- 1 Prepare broth according to package directions. Combine chicken broth, onions, and pepper in a steam jacketed kettle or stock pot. Bring to a boil. Reduce heat; cover; simmer for 10 minutes or until onions are tender.
- 2 Reconstitute milk; stir milk and parsley into soup. Bring to a simmer.
- 3 Stir potatoes rapidly into soup. Mix until smooth. Simmer for 5 minutes, stirring occasionally.
- 4 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SPANISH SOUP (DEHYDRATED ONION SOUP)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
88 cal	10 g	4 g	4 g	11 mg	1087 mg	37 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
SOUP,DEHYDRATED,ONION	2 lbs	1 qts 3 cup	
WATER,BOILING	37-5/8 lbs	4 gal 2 qts	
SAUSAGE,ITALIAN,HOT	4 lbs		
PEPPERS,GREEN,FRESH,CHOPPED	7-7/8 oz	1-1/2 cup	9-5/8 oz
TOMATOES,CANNED,DICED,INCL LIQUIDS	15 lbs	1 gal 2-1/2 qts	
BAY LEAF,WHOLE,DRIED	1/8 oz	2 each	

**Method**

- 1 Stir soup mix into boiling water.
- 2 Chop sausage. Cook sausage until thoroughly browned. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Drain well.
- 3 Mix peppers, tomatoes and bay leaves with browned sausage. Add to soup mixture.
- 4 Return soup mixture to a boil. Reduce heat. Cover; simmer 20 minutes. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**ONION SOUP (DEHYDRATED MIX)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
27 cal	5 g	1 g	0 g	0 mg	820 mg	18 mg

**Ingredient**

SOUP,DEHYDRATED,ONION  
WATER,BOILING

**Weight**

2 lbs  
52-1/4 lbs

**Measure**

1 qts 3 cup  
6 gal 1 qts

**Issue****Method**

- 1 Stir soup mix into boiling water.
- 2 Simmer 20 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**MEXICAN ONION CORN SOUP (DEHYDRATED MIX)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
76 cal	16 g	3 g	1 g	0 mg	951 mg	20 mg

**Ingredient**

SOUP,DEHYDRATED,ONION

WATER,BOILING

CORN,CANNED,WHOLE KERNEL,DRAINED

PIMIENTO,CANNED,DRAINED,CHOPPED

HOT SAUCE

**Weight**

2 lbs

43-7/8 lbs

13-1/4 lbs

14 oz

3/8 oz

**Measure**

1 qts 3 cup

5 gal 1 qts

2 gal 1-1/8 qts

2-1/8 cup

3/8 tsp

**Issue****Method**

- 1 Stir soup mix into boiling water.
- 2 Drain corn; add to soup mixture.
- 3 Add canned chopped pimientos and hot sauce. Stir to mix.
- 4 Stir and simmer 20 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**TOMATO VEGETABLE SOUP (DEHYDRATED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
65 cal	12 g	2 g	2 g	1 mg	609 mg	39 mg

**Ingredient**

SOUP,DEHYDRATED,TOMATO VEGETABLE W/NOODLES  
WATER,BOILING

**Weight**

4 lbs  
52-1/4 lbs

**Measure**

3 qts 2 cup  
6 gal 1 qts

**Issue****Method**

- 1 Stir soup mix into boiling water.
- 2 Return soup mixture to a boil. Cover; simmer 10 minutes or until vegetables are tender, stirring occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**BEEF NOODLE SOUP WITH VEGETABLES (DEHYDRATED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
52 cal	8 g	3 g	1 g	2 mg	1342 mg	12 mg

**Ingredient**

SOUP,DEHYDRATED,BEEF NOODLE W/VEGETABLES  
 WATER,BOILING

**Weight**

3-1/2 lbs  
 52-1/4 lbs

**Measure**

2 qts 2-3/8 cup  
 6 gal 1 qts

**Issue****Method**

- 1 Stir soup mix into boiling water.
- 2 Return soup mixture to a boil. Cover; simmer 10 minutes or until vegetables are tender, stirring occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.



**CHICKEN NOODLE SOUP (DEHYDRATED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
74 cal	10 g	4 g	2 g	3 mg	1815 mg	50 mg

**Ingredient**

SOUP,DEHYDRATED,CHICKEN NOODLE  
WATER,BOILING

**Weight**

4-3/4 lbs  
54-1/3 lbs

**Measure**

3 qts 2 cup  
6 gal 2 qts

**Issue****Method**

- 1 Stir soup mix into boiling water.
- 2 Return soup mixture to a boil. Cover; simmer 7 minutes. Stir occasionally. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CHICKEN NOODLE SOUP WITH VEGETABLES (DEHYDRATED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
89 cal	14 g	5 g	2 g	3 mg	1826 mg	55 mg

**Ingredient**

SOUP,DEHYDRATED,CHICKEN NOODLE  
 WATER,BOILING  
 VEGETABLES,MIXED,FROZEN

**Weight**

4-3/4 lbs  
 54-1/3 lbs  
 5 lbs

**Measure**

3 qts 2 cup  
 6 gal 2 qts  
 3 qts 1/2 cup

**Issue****Method**

- 1 Stir soup mix into boiling water. Add frozen mixed vegetables.
- 2 Return soup mixture to a boil. Cover; simmer 7 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

## PEPPER POT SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	11 g	3 g	5 g	1 mg	1228 mg	38 mg

**Ingredient**

SHORTENING,VEGETABLE,MELTED  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED  
 CELERY,FRESH,SLICED  
 BEEF BROTH  
 FLOUR,WHEAT,GENERAL PURPOSE  
 POTATOES,FRESH,PEELED,CUBED  
 PEPPER,BLACK,GROUND  
 MILK,NONFAT,DRY  
 WATER,WARM  
 PIMIENTO,CANNED,DRAINED,CHOPPED

**Weight**

14-1/2 oz  
 8 oz  
 1-1/2 lbs  
 1-1/2 lbs  
 8-7/8 oz  
 6 lbs  
 1/8 oz  
 6-5/8 oz  
 3-1/8 lbs  
 6-3/4 oz

**Measure**

2 cup  
 1-3/8 cup  
 1 qts 1/2 cup  
 1 qts 1-5/8 cup  
 5 gal  
 2 cup  
 1 gal 3/8 qts  
 1/3 tsp  
 2-3/4 cup  
 1 qts 2 cup  
 1 cup

**Issue**

8-7/8 oz  
 1-7/8 lbs  
 2 lbs  
 7-3/8 lbs

**Method**

- 1 Saute vegetables in salad oil, shortening or olive oil 10 minutes. Do not brown. Remove vegetables from fat; set aside for use in Step 3 and vegetables aside for use in Step 4.
- 2 Prepare broth according to package directions.
- 3 Blend fat and flour together; stir until smooth. Add roux to broth, stirring constantly. Cook until blended.
- 4 Add sauteed vegetables, potatoes and pepper. Cook about 20 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Reconstitute milk.
- 6 Just before serving, remove soup from heat; slowly add milk, stirring constantly.
- 7 Add pimientos. CCP: Hold for service at 140 F. or higher.

**CHICKEN VEGETABLE (MULLIGATAWNY) SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
80 cal	9 g	4 g	3 g	11 mg	1521 mg	37 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1-1/3 lbs	1 qts	1-5/8 lbs
BUTTER	6 oz	3/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
CHICKEN BROTH		5 gal 2 qts	
CHICKEN,COOKED,DICED	1-1/2 lbs		
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	6-5/8 lbs	3 qts	
CARROTS,FRESH,CHOPPED	1 lbs	3-1/2 cup	1-1/4 lbs
CELERY,FRESH,CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
APPLES,FRESH,PEELED,SLICED	1-1/2 lbs	1 qts 1-1/2 cup	1-7/8 lbs
CURRY POWDER	2/3 oz	3 tbsp	
CLOVES,GROUND	<1/16th oz	1/8 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	

**Method**

- 1 Saute onions and peppers in butter or margarine until tender. Remove from fat; set aside for use in Step 4. Reserve fat for use in Step 2.
- 2 Blend fat and flour to form a roux.
- 3 Prepare broth according to package directions. Add broth to roux, stirring constantly. Cook until blended.
- 4 Add chicken, sauteed onions and peppers, tomatoes, carrots, celery, apples, curry powder, cloves and pepper.
- 5 Simmer 45 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**ZESTY BEAN SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
110 cal	20 g	6 g	1 g	0 mg	1211 mg	61 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,KIDNEY,DARK RED,CANNED,INCL LIQUIDS	6-3/4 lbs	3 qts	
BEANS,LIMA,CANNED,INCL LIQUIDS	6-1/2 lbs	3 qts	
BEANS,PINTO,CANNED,INCL LIQUIDS	7-3/8 lbs	3 qts 2 cup	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
CELERY,FRESH,SLICED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
BEEF BROTH		3 gal 1 qts	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
PAPRIKA,GROUND	3/8 oz	1 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	6 each	

**Method**

- 1 Drain beans.
- 2 Combine beans, tomatoes, onions, celery, beef broth, pepper, paprika, thyme and bay leaves in stock pot or steam-jacketed kettle; stir well. Bring to a boil; reduce heat. Cover; simmer 45 minutes or until vegetables are tender. Remove bay leaves.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**ZESTY BEAN SOUP (DRY BEANS)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
127 cal	23 g	8 g	1 g	1 mg	1058 mg	78 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,KIDNEY,DRY	2 lbs	1 qts 7/8 cup	
BEANS,WHITE,DRY	2 lbs	1 qts 1/2 cup	
BEANS,PINTO,DRY	1-7/8 lbs	1 qts 1/2 cup	
WATER	16-3/4 lbs	2 gal	
BEEF BROTH		3 gal 3 qts	
BAY LEAF,WHOLE,DRIED	1/4 oz	6 each	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
CELERY,FRESH,SLICED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
PAPRIKA,GROUND	3/8 oz	1 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	

**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water. Cover with cold water in stock pot or steam-jacketed kettle; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 2 Prepare broth according to package directions. Add bay leaves. Bring to a boil; cover; simmer 3 hours or until beans are tender.
- 3 Stir occasionally. Add tomatoes, onions, celery, pepper, paprika and thyme; stir well.
- 4 Bring to a boil; reduce heat. Cover; simmer 45 minutes or until vegetables are tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**CHICKEN MUSHROOM SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
154 cal	13 g	4 g	10 g	7 mg	1080 mg	88 mg

**Ingredient**

SOUP,CONDENSED,CREAM OF CHICKEN  
 SOUP,CONDENSED,CREAM OF MUSHROOM  
 MILK,NONFAT,DRY  
 WATER  
 NUTMEG,GROUND

**Weight**

15-3/4 lbs  
 15-3/4 lbs  
 13-3/4 oz  
 23 lbs  
 <1/16th oz

**Measure**

1 gal 3-1/8 qts  
 1 gal 3-1/8 qts  
 1 qts 1-3/4 cup  
 2 gal 3 qts  
 1/8 tsp

**Issue****Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Reconstitute milk; stir into combined soups.
- 3 Add nutmeg; mix well.
- 4 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. DO NOT BOIL. CCP: Hold for service at 140 F. or higher.

**DOUBLY GOOD CHICKEN SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	10 g	4 g	5 g	10 mg	1047 mg	48 mg

**Ingredient**

SOUP,CONDENSED,CREAM OF CHICKEN  
 SOUP,CONDENSED,CHICKEN WITH RICE  
 MILK,NONFAT,DRY  
 WATER  
 NUTMEG,GROUND

**Weight**

15-3/4 lbs  
 15-3/4 lbs  
 4-3/4 oz  
 23 lbs  
 <1/16th oz

**Measure**

1 gal 3-1/8 qts  
 1 gal 3-1/4 qts  
 2 cup  
 2 gal 3 qts  
 1/8 tsp

**Issue****Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Reconstitute milk; stir into combined soups.
- 3 Add nutmeg; mix well.
- 4 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. DO NOT BOIL. CCP: Hold for service at 140 F. or higher.



**LOGGING SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
129 cal	19 g	8 g	3 g	5 mg	980 mg	11 mg

**Ingredient**

SOUP,CONDENSED,VEGETABLE WITH BEEF  
 SOUP,CONDENSED,BEAN WITH BACON  
 WATER

**Weight**

15-3/4 lbs  
 15-3/4 lbs  
 23 lbs

**Measure**

1 gal 3-1/8 qts  
 1 gal 2-3/4 qts  
 2 gal 3 qts

**Issue****Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Add water and mix well.
- 3 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**TOMATO NOODLE SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
96 cal	15 g	4 g	3 g	3 mg	941 mg	19 mg

**Ingredient**

SOUP,CONDENSED,TOMATO  
 SOUP,CONDENSED,BEEF NOODLE  
 WATER

**Weight**

15-3/4 lbs  
 15-3/4 lbs  
 23 lbs

**Measure**

1 gal 3-1/8 qts  
 1 gal 3-1/8 qts  
 2 gal 3 qts

**Issue****Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Add water; mix well.
- 3 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**VEGETABLE BEEF SUPREME SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
94 cal	15 g	4 g	2 g	3 mg	850 mg	19 mg

**Ingredient**

SOUP,CONDENSED,VEGETABLE WITH BEEF  
 SOUP,CONDENSED,TOMATO  
 WATER  
 GINGER,GROUND

**Weight**

15-3/4 lbs  
 15-3/4 lbs  
 23 lbs  
 1/8 oz

**Measure**

1 gal 3-1/8 qts  
 1 gal 3-1/8 qts  
 2 gal 3 qts  
 3/8 tsp

**Issue****Method**

- 1 Add soups to steam-jacketed kettle or stock pot; mix well.
- 2 Add water; mix well.
- 3 Add ginger if desired, mix well.
- 4 Heat to serving temperature. DO NOT BOIL. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**SPLIT PEA SOUP WITH HAM**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
150 cal	24 g	11 g	1 g	5 mg	585 mg	30 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
PEAS,SPLIT,DRY	7-7/8 lbs	1 gal 1/2 qts	
PORK,HAM,CURED,CHOPPED	2 lbs		
WATER,COLD	25-1/8 lbs	3 gal	
HAM BROTH (FROM MIX)		4 gal	
ONIONS,FRESH,GRATED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
CARROTS,FRESH,GRATED	1-1/8 lbs	1 qts 5/8 cup	1-3/8 lbs
BAY LEAF,WHOLE,DRIED	1/8 oz	4 each	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	

**Method**

- 1 Pick over peas, removing any foreign matter. Wash thoroughly in cold water.
- 2 Cover peas with water. Bring to a boil.
- 3 Prepare broth according to package directions. Add broth, ham, onions, carrots, bay leaves, sugar and pepper to peas.
- 4 Bring soup mixture to a boil, reduce heat; simmer gently about 2-1/2 hours or until peas are mushy. Remove bay leaves.
- 5 Whip until mixture is smooth. Add boiling water, if needed, for a thinner consistency. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**PUREE MONGOLE**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	20 g	6 g	2 g	3 mg	609 mg	23 mg

**Ingredient**

SPLIT PEA SOUP WITH HAM  
SOUP,CONDENSED,TOMATO  
WATER

**Weight**

12-1/2 lbs  
14-5/8 lbs

**Measure**

3 gal 1/2 qts  
1 gal 1-5/8 qts  
1 gal 3 qts

**Issue****Method**

- 1 Prepare 1/2 recipe Split Pea Soup, Recipe No. P 023 00.
- 2 Blend in condensed tomato soup and water. Heat to a simmer. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**CREAM OF BROCCOLI SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
235 cal	14 g	7 g	16 g	34 mg	825 mg	170 mg

**Ingredient**

SOUP,CONDENSED,CREAM OF BROCCOLI,CANNED  
MILK,NONFAT,DRY  
WATER

**Weight**

31-1/4 lbs  
1 lbs  
23 lbs

**Measure**

3 gal 1-5/8 qts  
1 qts 3 cup  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Reconstitute milk. Stir into soup.
- 3 CCP: Heat to 165 F. or higher for 15 seconds. DO NOT BOIL. Hold for service at 140 F. or higher.

**CREAM OF CHICKEN SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	13 g	6 g	8 g	12 mg	1143 mg	99 mg

**Ingredient**

SOUP,CONDENSED,CREAM OF CHICKEN  
MILK,NONFAT,DRY  
WATER

**Weight**

31-1/4 lbs  
1 lbs  
23 lbs

**Measure**

3 gal 2-1/8 qts  
1 qts 3 cup  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Reconstitute milk. Stir into soup.
- 3 CCP: Heat to 165 F. or higher for 15 seconds. DO NOT BOIL. Hold for service at 140 F. or higher.

**CREAM OF MUSHROOM SOUP (CANNED)**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	13 g	4 g	11 g	2 mg	1010 mg	98 mg

**Ingredient**

SOUP,CONDENSED,CREAM OF MUSHROOM  
MILK,NONFAT,DRY  
WATER

**Weight**

31-1/4 lbs  
1 lbs  
23 lbs

**Measure**

3 gal 2-1/8 qts  
1 qts 3 cup  
2 gal 3 qts

**Issue****Method**

- 1 Place soup in steam-jacketed kettle or stock pot.
- 2 Reconstitute milk. Stir into soup.
- 3 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. DO NOT BOIL. Hold for service at 140 F. or higher.



## TEXAS TORTILLA SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
135 cal	22 g	6 g	4 g	8 mg	1256 mg	129 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
TORTILLAS,CORN,6 INCH	2-3/4 lbs		
CHICKEN BROTH		3 gal	
TOMATOES,CANNED,DICED,INCL LIQUIDS	27-1/3 lbs	2 gal 3-7/8 qts	
PEPPERS,JALAPENOS,CANNED,CHOPPED	3-5/8 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	5-5/8 oz	1 cup	6-1/4 oz
CUMIN,GROUND	1-2/3 oz	1/2 cup	
CILANTRO,DRY	1-1/8 oz	1 cup	
GARLIC POWDER	5/8 oz	2 tbsp	
CORN,CANNED,WHOLE KERNEL,DRAINED	4-1/3 lbs	3 qts	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	4-1/2 lbs	2 qts 3-1/2 cup	
CHEESE,CHEDDAR,SHREDDED	1-1/2 lbs	1 qts 2 cup	

**Method**

- 1 Cut tortillas into strips 1/2-inch by 3-inches. Spread 13 ounces or 1 quart strips on each sheet pan. Using a convection oven, bake at 350 F. for 6-8 minutes or until crisp and lightly browned on low fan, open vent. Reserve for use in Step 4.
- 2 Prepare broth according to package directions.
- 3 Add tomatoes, peppers, onions, cumin, cilantro, and garlic powder to broth in steam-jacketed kettle. Simmer 20 minutes.
- 4 Drain, rinse and drain corn and beans. Add corn and beans to soup mixture; stir and bring back to a simmer for 10 minutes or until tender; stir occasionally. Drain. CCP: Hold for service at 140 F. or higher.
- 5 Garnish each portion with 1/4 cup tortilla strips and 1 tablespoon cheese.

**TORTELLINI SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
140 cal	20 g	7 g	4 g	14 mg	1309 mg	133 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	1 lbs	2-5/8 cup	1 lbs
GARLIC POWDER	5/8 oz	2 tbsp	
BASIL, DRIED, CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
TOMATOES, CANNED, DICED, INCL LIQUIDS	13-3/4 lbs	1 gal 2 qts	
CHICKEN BROTH		4 gal	
TORTELLINI, FROZEN, CHEESE	6 lbs		
SQUASH, FRESH, SUMMER, SLICED	6-7/8 lbs	1 gal 2-7/8 qts	7-1/4 lbs
CHEESE, PARMESAN, GRATED	7 oz	2 cup	

**Method**

- 1 Spray steam-jacketed kettle or stock pot with non-stick cooking spray.
- 2 Add onions, garlic, basil, and pepper; cover; cook 8 to 10 minutes or until onions are tender.
- 3 Add tomatoes, bring to a boil. Reduce heat; cover; simmer 15 minutes.
- 4 Prepare broth according to package directions. Add to tomatoes.
- 5 Add tortellini; simmer covered 12 to 15 minutes.
- 6 CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Add squash; simmer covered 3 to 5 minutes or until tender.  
CCP: Hold for service at 140 F. or higher.
- 7 Garnish each serving with 1 teaspoon parmesan cheese.

**LENTIL VEGETABLE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	22 g	7 g	0 g	0 mg	432 mg	54 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEANS,LENTIL	4-3/4 lbs	2 qts 3-3/8 cup	
WATER	33-1/2 lbs	4 gal	
TOMATOES,CANNED,DICED,INCL LIQUIDS	13-1/2 lbs	1 gal 1-7/8 qts	
ONIONS,FRESH,CHOPPED	7 lbs	1 gal 1 qts	7-3/4 lbs
CARROTS,FRESH,SLICED	4 lbs	3 qts 2-1/8 cup	4-7/8 lbs
CELERY,FRESH,SLICED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
BASIL,DRIED,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	8 each	
PARSLEY,FRESH,BUNCH,CHOPPED	4-1/4 oz	2 cup	4-1/2 oz

**Method**

- 1 Pick over lentils, removing shriveled lentils and foreign matter. Wash thoroughly in cold water.
- 2 Place lentils, water, tomatoes, onions, carrots, celery, salt, garlic powder, pepper, basil, oregano, and bay leaves in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; simmer 2 to 2-1/4 hours stirring occasionally or until lentils are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.
- 3 Add parsley just before serving.

**CURRIED VEGETABLE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
66 cal	14 g	2 g	1 g	0 mg	197 mg	26 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
VEGETABLE BROTH		4 gal	
WATER	10-1/2 lbs	1 gal 1 qts	
ONIONS,FRESH,CHOPPED	6 lbs	1 gal 1/4 qts	6-2/3 lbs
POTATOES,FRESH,PEELED,CUBED	3 lbs	2 qts 3/4 cup	3-2/3 lbs
CELERY,FRESH,SLICED	1-1/2 lbs	1 qts 1-5/8 cup	2 lbs
CURRY POWDER	1-1/3 oz	1/4 cup 2-1/3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	3/8 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME,GROUND	<1/16th oz	1/8 tsp	
RICE,BROWN,LONG GRAIN,RAW PARBOILED	1-1/4 lbs	3 cup	
PEAS & CARROTS,FROZEN	3-7/8 lbs	3 qts 1/2 cup	
CAULIFLOWER,FROZEN	2 lbs		

**Method**

- 1 Prepare vegetable stock according to package directions.
- 2 Add water, onions, potatoes, celery, curry, garlic powder, parsley, black pepper and thyme to stock. Stir. Bring to a boil; add rice. Stir; reduce heat; cook 30 to 35 minutes or until rice is tender.
- 3 Add peas, carrots and cauliflower, bring to a boil; simmer 5 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**TURKEY VEGETABLE SOUP**

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
91 cal	10 g	7 g	3 g	13 mg	1475 mg	45 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
CHICKEN BROTH		5 gal	
POTATOES,FRESH,RED BLISS	4-5/8 lbs	3 qts 2 cup	6-1/8 lbs
CARROTS,FROZEN,SLICED	3 lbs	2 qts 2-5/8 cup	
ONIONS,FRESH,CHOPPED	3 lbs	2 qts 1/2 cup	3-1/3 lbs
CELERY,FRESH,SLICED	2 lbs	1 qts 3-1/2 cup	2-3/4 lbs
PARSLEY,DEHYDRATED,FLAKED	1 oz	1-3/8 cup	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	
SAGE,GROUND	1/8 oz	1 tbsp	
TURKEY,BNLS,WHITE AND DARK MEAT,DICED	5 lbs		
PEAS,GREEN,FROZEN	1-7/8 lbs	1 qts 2 cup	

**Method**

- 1 Prepare chicken broth according to package directions in steam-jacketed kettle or stock pot.
- 2 Add potatoes, carrots, onions, celery, parsley, black pepper, thyme, and sage to stock. Stir; bring to a boil; reduce heat; simmer 20 minutes or until the vegetables are tender.
- 3 Add turkey and peas. Bring to a boil; CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Reduce heat; simmer 5 minutes. CCP: Hold for service at 140 F. or higher.

## ASIAN STIR FRY SOUP

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
112 cal	10 g	7 g	5 g	16 mg	842 mg	86 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
OIL, CANOLA	5-1/8 oz	1/2 cup 2-2/3 tbsp	
PORK, SHOULDER, LEAN, RAW, DICED	5 lbs		
SOY SAUCE	13-1/2 oz	1-3/8 cup	
WATERCHESTNUTS, CANNED, SLICED, DRAINED	1-1/2 lbs	1 qts 1 cup	
MUSHROOMS, FRESH, WHOLE, SLICED	1-1/2 lbs	2 qts 2 cup	1-2/3 lbs
PEPPERS, GREEN, FRESH, MEDIUM, SLICED, THIN	1-5/8 lbs	1 qts 1 cup	2 lbs
ONIONS, GREEN, FRESH, CHOPPED	11-3/4 oz	3-3/8 cup	13 oz
HAM BROTH (FROM MIX)		5 gal	
RICE, LONG GRAIN	1 lbs	2-1/2 cup	
SPINACH, FROZEN	10-3/4 lbs	1 gal 2-3/8 qts	

**Method**

- 1 Heat oil in steam jacketed kettle. Brown pork in oil, drain off excess oil. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 2 Add soy sauce, water chestnuts, mushrooms, julienne sliced peppers and green onions, stir fry until vegetables are tender-crisp for 3 to 4 minutes.
- 3 Prepare broth according to package directions. Add broth and stir well and heat to a boil.
- 4 Reduce heat and add rice. Cover and simmer about 25 minutes or until rice is tender.
- 5 Stir in thawed drained spinach. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**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**

<b>INGREDIENTS</b>	<b>WEIGHTS</b>	<b>MEASURES</b>	<b>APPROX. AMOUNT OF WATER</b>	<b>METHOD</b>
Beans, green, dehydrated, compressed	2 lb 15 oz	3 – No. 2-1/2 cans	4-1/2 gal	<ol style="list-style-type: none"> <li>1. Bring water to a boil in steam-jacketed kettle or stock pot.</li> <li>2. Add 1 tbsp salt.</li> <li>3. Prepare according to following rehydration guidelines for type of vegetable selected (see over).</li> <li>4. Drain; reserve 3 cups cooking liquid.</li> <li>5. Place vegetables in serving pans.</li> <li>6. Combine butter or margarine and reserved cooking liquid. Pour an equal amount over vegetables in each pan. Garnish as desired.</li> </ol>
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**

<b>TYPE VEGETABLE</b>	<b>APPROXIMATE STANDING TIME</b>	<b>PROCEDURE</b>
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

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**BROCCOLI COMBO**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

BEANS,KIDNEY,DRY  
 WATER,COLD  
 BACON,RAW  
 SALT  
 MUSTARD,DRY  
 CATSUP  
 ONIONS,FRESH,CHOPPED  
 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  
 3-1/8 lbs  
 11-1/4 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  
 1 qts 2 cup  
 2 cup  
 2-1/8 cup  
 1/4 cup 1/3 tbsp  
 2 cup  
 1/4 cup 1/3 tbsp

**Issue**

12-1/2 oz

**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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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**

**Weight**

**Measure**

**Issue**

BEANS,KIDNEY,DARK RED,CANNED,DRAINED	20-3/4 lbs	3 gal 1-1/4 qts	
ONIONS,FRESH,CHOPPED	1-1/4 lbs	3-1/2 cup	1-3/8 lbs
CELERY,FRESH,CHOPPED	1-1/2 lbs	1 qts 1-5/8 cup	2 lbs
OIL,SALAD	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 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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CARROTS,FROZEN,SLICED	18 lbs	3 gal 4 qts	
WATER,BOILING	18-3/4 lbs	2 gal 1 qts	
SALT	5/8 oz	1 tbsp	
BUTTER	8 oz	1 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
ONIONS,FRESH,SLICED	4 lbs	3 qts 3-3/4 cup	4-1/2 lbs
SUGAR,GRANULATED	2-1/3 oz	1/4 cup 1-2/3 tbsp	
SALT	3/8 oz	1/3 tsp	
PARSLEY,FRESH,BUNCH,CHOPPED	1 oz	1/4 cup	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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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 BROWNE 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 BROWNE 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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

**Weight**

**Measure**

**Issue**

ONIONS,DEHYDRATED,CHOPPED	3 oz	1-1/2 cup	
WATER,WARM	2-1/8 lbs	1 qts	
POTATO,WHITE,INSTANT,GRANULES	1 lbs	2 qts 2 cup	
MILK,NONFAT,DRY	5-3/8 oz	2-1/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	13-1/4 oz	3 cup	
SALT	1-7/8 oz	3 tbsp	
NUTMEG,GROUND	<1/16th oz	1/8 tsp	
THYME,GROUND	<1/16th oz	<1/16th tsp	
WATER,BOILING	13 lbs	1 gal 2-1/4 qts	
POTATO,WHITE,INSTANT,GRANULES	3-3/8 oz	2 cup	

**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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
POTATO,WHITE,DEHYDRATED,SHREDDED	19 lbs		
CHEESE,MONTEREY JACK,REDUCED FAT,SHREDDED	2 lbs	2 qts	
ONIONS,GREEN,FRESH,CHOPPED	8-7/8 oz	2-1/2 cup	9-3/4 oz
ONIONS,FRESH,CHOPPED	5-5/8 oz	1 cup	6-1/4 oz
EGGS,WHOLE,FROZEN	1-3/8 lbs	2-5/8 cup	
GARLIC POWDER	1-5/8 oz	1/4 cup 1-2/3 tbsp	
SALT	1-1/4 oz	2 tbsp	
PEPPER,WHITE,GROUND	1/8 oz	1/4 tsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER	25-1/8 lbs	3 gal	
SALT	5/8 oz	1 tbsp	
CARROTS,FRESH,SLICED	30 lbs	6 gal 2-5/8 qts	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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
34 cal	7 g	3 g	0 g	0 mg	116 mg	33 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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,SHREDDDED,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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
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

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
37 cal	8 g	1 g	0 g	0 mg	162 mg	42 mg

**Ingredient**

WATER  
SALT  
TURNIPS,FRESH

**Weight**

9-3/8 lbs  
5/8 oz  
30 lbs

**Measure**

1 gal 1/2 qts  
1 tbsp  
6 gal 2-1/8 qts

**Issue**

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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
POTATOES,FRESH,PEELED,CUBED	30 lbs	5 gal 1-7/8 qts	37 lbs
OIL, CANOLA	1-7/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
BASIL,DRIED,CRUSHED	1/3 oz	2 tbsp	
ROSEMARY,GROUND	1/8 oz	1 tbsp	
THYME,GROUND	1/8 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
SALT	1-7/8 oz	3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
PARSLEY,FRESH,BUNCH	7-1/3 oz	3 cup	7-2/3 oz
TOMATOES,CANNED,DICED,DRAINED	3-1/3 lbs	1 qts 2 cup	

**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**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
GARLIC POWDER	2-3/8 oz	1/2 cup	
CELERY, FRESH, CHOPPED	1 lbs	3-3/4 cup	1-3/8 lbs
PEPPERS, GREEN, FRESH, CHOPPED	2 lbs	1 qts 2-1/8 cup	2-1/2 lbs
OKRA, FROZEN, CUT	14-2/3 lbs	2 gal 1 qts	
TOMATOES, CANNED, DICED, DRAINED	7-1/8 lbs	3 qts 1 cup	
SALT	1-1/4 oz	2 tbsp	
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
JUICE, LEMON	8-5/8 oz	1 cup	
PARSLEY, DEHYDRATED, FLAKED	1/8 oz	1/4 cup 1/3 tbsp	
BREADCRUMBS, DRY, GROUND, FINE	3-3/4 oz	1 cup	

**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**

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
POTATOES,FRESH,PEELED,CUBED	20 lbs	3 gal 2-1/2 qts	24-2/3 lbs
MILK,NONFAT,DRY	1-3/4 oz	3/4 cup	
WATER	2 lbs	3-3/4 cup	
PIMIENTO,CANNED,INCL LIQUIDS	1-1/4 lbs	3 cup	
MARGARINE	8 oz	1 cup	
SALT	1-1/4 oz	2 tbsp	
PARSLEY,FRESH,BUNCH	7-1/3 oz	3 cup	7-2/3 oz
PEPPER,BLACK,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

**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 tbsp

**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.