

Lab 1 10:30 to Noon

Black Bean Salsa

Humus

Split Pea salsa

Acini De Pea Confetti Salad

Aztec Grain Salad

Lab 2 2:30 to 4:30 pm

Thick Vegetable soup

Broccoli / Cauliflower Polonaise

Orange Glazed Carrots

Chine Style Vegetables

Orange Rice Pilaf

Lab 3 9:00 am to 11:30 am

Chicken Stir Fry

Spaghetti el Lentils

Zesty Pizza subs

South of the Border Taco's

Rock and Roll Beef Wrap

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-05

Ingredients	50 Servings		120 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable stock, non-MSG		2 gal		4 gal	1. Heat vegetable stock to a boil.
Dry lentils	14 oz	2 cups 2 Tbsp	1 lb 12 oz	1 qt ¼ cup	2. Add lentils and barley. Reduce heat and simmer for 20 minutes.
Dry barley	1 lb 7 oz	3 1/4 cups	2 lb 14 oz	1 qt 2 ½ cups	
*Fresh onions, diced finely OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ½ cups OR 3 cups	3. Add onions, carrots, celery, potatoes, tomato paste, pepper, and water. Simmer covered, for 25 minutes over low heat.
*Fresh carrots, diced 1/2"	2 lb	1 qt 3 ¾ cups	4 lb	3 qt 3 ½ cups	
*Fresh celery, diced 1/2"	8 oz	2 cups	1 lb	1 qt	
*Fresh white potatoes, peeled, cubed	8 oz	1 ½ cups	1 lb	3 cups	
Canned tomato paste	1 lb 2 ½ oz	2 cups	2 lb 5 oz	1 qt (½ No. 10 can)	
Ground black or white pepper		1 tsp		2 tsp	
Water		1 qt		2 qt	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tips)	5 lb 9 ½ oz OR 5 lb 9 ½ oz	3 qt ½ cup (1 ½ No. 10 cans) OR 2 qt 2 ½ cups	11 lb 3 oz OR 11 lb 3 oz	1 gal 2 ½ qt (2 ½ No. 10 cans) OR 1 gal 1 ½ qt	4. Add pinto beans, corn, green beans, cabbage (optional). Simmer covered, for 15 minutes over medium heat. CCP: Heat to 165° F or higher for at least 15 seconds.
Frozen whole-kernel corn	1 lb	2 ¾ cups	2 lb	1 qt 1 ½ cups	
Frozen cut green beans	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	
*Fresh cabbage, shredded (optional)	1 lb	1 qt ¾ cup	2 lb	2 qt 1 ½ cups	
Water		1 qt		2 qt	

5. Pour 10 lb (1 gal 1 qt) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-05

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items Food as Purchased for 60 Servings 120 Servings

Mature onions	1 lb 3 oz	2 lb 6 oz
Carrots	2 lb 7 oz	4 lb 14 oz
Celery	10 oz	1 lb 4 oz
Potatoes	10 oz	1 lb 4 oz
Dry pinto beans	2 lb 7 oz	4 lb 14 oz
Cabbage	1 lb 3 oz	2 lb 6 oz

SERVING:

1 cup (8 oz ladle) provides 1 oz equivalent meal/meat alternate, 3/8 cup of vegetable, and 1/2 serving of grains/breads.

YIELD:

60 Servings: about 30 lb

VOLUME:

60 Servings: about 3 gallons 3 quarts

120 Servings: about 60 lb

120 Servings: about 7 gallons 2 quarts

Tested 2004, Tested 2007

Special Tips:

1) Garnish with Parmesan cheese.

2) SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-05

CCP: Hold for hot service at 135° F.
OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked pinto beans.

Nutrients Per Serving			
Calories	146	Saturated Fat	0.12 g
Protein	6.72 g	Cholesterol	0 mg
Carbohydrate	29.96 g	Vitamin A	3396 IU
Total Fat	0.62 g	Vitamin C	12.6 mg
		Iron	2.23 mg
		Calcium	58 mg
		Sodium	283 mg
		Dietary Fiber	6.6 g

Herbed Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	8 oz	1 cup	1 lb	2 cups	<ol style="list-style-type: none"> Heat margarine or butter in a stock pot until browned. Turn off heat and add lemon juice. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside. Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2 1/2"). Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. <p>CCP: Heat to 140° F or higher.</p> <p>Drain water from pans.</p> <ol style="list-style-type: none"> Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving. CCP: Hold for hot service at 135° F or higher. <p>Portion with No. 8 scoop (1/2 cup).</p>
Lemon juice		1/2 cup		1/2 cup	
*Fresh onions, diced 1/4 "	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups	
OR		OR		OR	
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup	
Dried basil		1 Tbsp		2 Tbsp	
Dried parsley		2 Tbsp		4 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Grated Parmesan cheese	4 oz	1 1/2 cups	8 oz	3 cups	
Enriched dry bread crumbs	10 oz	2 cups	1 lb 4 oz	1 qt	
Frozen broccoli spears	6 lb 4 oz		12 lb 8 oz		
Frozen cauliflower	6 lb 4 oz		12 lb 8 oz		

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items	
Food as Purchased for	50 Servings
Mature onions	6 oz
	100 Servings
	12 oz

Herbed Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-18

SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: about 12 lb 11 oz

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts

100 Servings: about 25 lb 6 oz

100 Servings: about 3 gallons 2 cups

Edited 2004

Special Tip:
For best results, use perforated pans to steam vegetables.

Nutrients Per Serving			
Calories	92	Saturated Fat	1.27 g
Protein	4.26 g	Cholesterol	2 mg
Carbohydrate	9.56 g	Vitamin A	1176 IU
Total Fat	4.83 g	Vitamin C	38.8 mg
		Iron	1.00 mg
		Calcium	84 mg
		Sodium	216 mg
		Dietary Fiber	3.3 g

Orange Glazed Carrots

Vegetable

Vegetables

I-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned sliced carrots, drained OR Frozen sliced carrots	5 lb 2 oz OR 4 lb 8 oz	3 qt (1 1/4 No. 10 cans) OR 1 gal	10 lb 4 oz OR 9 lb	1 gal 2 qt (2 1/2 No. 10 cans) OR 2 gal	<p>1. If using frozen carrots, steam for 4 minutes.</p> <p>2. Place 5 lb 2 oz (3 qt) carrots into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>3. For glaze: Combine margarine or butter, sugar, orange juice concentrate, nutmeg (optional), and cinnamon. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend.</p>
Margarine or butter	4 oz	1/2 cup	8 oz	1 cup	
Sugar	5 1/2 oz	3/4 cup 1 Tbsp	11 oz	1 1/2 cups 2 Tbsp	
Frozen orange juice concentrate	7 oz	3/4 cup	14 oz	1 1/2 cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Water, cold		1 cup		2 cups	
Cornstarch		2 Tbsp 2 tsp		1/2 cup	
Dehydrated plums (prunes), chopped (optional) OR Raisins (optional)	5 oz OR 5 oz	3/4 cup 2 Tbsp OR 1 cup	10 oz OR 10 oz	1 1/4 cups OR 1 cup	

4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).
5. Pour 2 3/4 cups glaze over each pan of carrots.
Bake:
Conventional oven: 375° F for 20-30 minutes
Convection oven: 325° F for 15-20 minutes
- CCP: Heat to 140° F or higher.
6. CCP: Hold for hot service at 135° F or higher.
Portion with No. 12 scoop (1/2 cup).

Orange Glazed Carrots

Vegetable

Vegetables

I-13A

SERVING:

½ cup (No. 12 scoop) provides ¼ cup of vegetable.

YIELD:

50 Servings: about 5 lb 13 oz
1 steamtable pan

VOLUME:

50 Servings: 1 gallon ¾ cup

100 Servings: about 11 lb 10 oz
2 steamtable pans

100 Servings: 2 gallons 1 ½ cup

Tested 2004

Nutrients Per Serving			
Calories	48	Saturated Fat	0.39 g
Protein	0.42 g	Cholesterol	0 mg
Carbohydrate	7.65 g	Vitamin A	6496 IU
Total Fat	1.92 g	Vitamin C	6.8 mg
		Iron	0.33 mg
		Calcium	14 mg
		Sodium	134 mg
		Dietary Fiber	0.8 g

Chinese Style Vegetables

Vegetable

Vegetables

I-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	6 lb 4 oz		12 lb 8 oz		<ol style="list-style-type: none"> Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh.) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 5.
GROUP A Broccoli Carrots Cauliflower Celery Onions GROUP B Cabbage Green beans Green peas Yellow summer squash Zucchini Optional vegetables Snow peas Red or green peppers Pimientos Water chestnuts Water					
Low-sodium soy sauce		1/4 cup		1/2 cup	<ol style="list-style-type: none"> Combine water, soy sauce, and granulated garlic. Set aside for step 6. Heat oil in steam-jacketed kettle. Add pepper to oil and stir. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Vegetable oil		1/2 cup		1 cup	
Ground black or white pepper		1/2 tsp		1 tsp	

Chinese Style Vegetables

Vegetable

Vegetables

I-09

<p>7. Cover, lower heat, and steam for 2-3 minutes. VEGETABLES SHOULD NOT BE OVERCOOKED as they will continue to cook on the steamtable.</p> <p>CCP: Heat to 140° F or higher.</p>
<p>8. Pour approximately 3 qt. 3 cups into each steamtable table pan (12" x 20" x 2 1/4"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p>
<p>9. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with No. 16 scoop (1/4 cup).</p>

Comments:
Equal amount of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable.	50 Servings: 1 steamtable pan	50 Servings: about 3 quarts 3 cups

100 Servings: 2 steamtable pans

100 Servings: about 1 gallon 3 1/2 quarts

Edited 2004

Chinese Style Vegetables

Vegetable

Vegetables

I-09

Nutrients Per Serving			
Calories	37	Saturated Fat	0.33 g
Protein	0.82 g	Cholesterol	0 mg
Carbohydrate	3.76 g	Vitamin A	2440 IU
Total Fat	2.34 g	Vitamin C	10.1 mg
		Iron	0.32 mg
		Calcium	19 mg
		Sodium	66 mg
		Dietary Fiber	1.3 g

Orange Rice Pilaf

Grains/Breads

Grains/Breads

B-21

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 1/2 oz	1 1/2 cups OR 3/4 cup	1 lb OR 3 oz	2 3/4 cups OR 1 1/2 cups	1. Place onions, water, orange juice, seasonings, and bay leaves in a stock pot. Boil for 5 minutes or until onions are tender. Remove bay leaves.	
Water		3 1/2 cups		1 qt 3 cups		
Orange juice		2 qt 1 cup		1 gal 2 cups		
Salt		2 tsp		1 Tbsp 1 tsp		
Ground black or white pepper		1 tsp		2 tsp		
Dried bay leaves		4 each		8 each		
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	3 lb 6 oz OR 3 lb 10 oz	2 qt OR 2 qt 1 1/4 cups	6 lb 12 oz OR 7 lb 4 oz	1 gal OR 1 gal 2 1/2 cups		2. Weigh out 3 lb 6 oz of regular rice OR 3 lb 10 oz of parboiled rice into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Pour 3 qt 1/2 cup liquid from step 1 into each pan.
						3. Bake: Conventional oven: 350° F for 45 minutes Convection oven: 350° F for 30 minutes Steamer: 30 minutes
						4. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (1/2 cup).
Sliced almonds, toasted (optional, see Special Tip)	2 oz	1/2 cup	4 oz	1 cup		

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items	
Food as Purchased for	50 Servings
Mature onions	10 oz
	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 1 serving of grains/breads.	50 Servings: about 9 lb 12 oz	50 Servings: about 1 gallon 2 1/4 quarts 1 steamtable pan

Orange Rice Pilaf

Grains/Breads

Grains/Breads

B-21

100 Servings: about 19 lb 8 oz

100 Servings: about 3 gallons 2 cups
2 steamtable pans

Tested 2004

Special Tip:

One-half cup (2 oz) of toasted almonds may be added to each pan of pilaf after cooking, for color and taste. To toast, spread almonds on a half-sheet pan (18" x 13" x 1"). Bake in a conventional oven at 350° F for 15 minutes, until lightly browned.

Nutrients Per Serving			
Calories	126	Saturated Fat	0.07 g
Protein	2.52 g	Cholesterol	0 mg
Carbohydrate	27.85 g	Vitamin A	40 IU
Total Fat	0.27 g	Vitamin C	17.7 mg
		Iron	1.06 mg
		Calcium	14 mg
		Sodium	94 mg
		Dietary Fiber	0.5 g