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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.

SAUCES, GRAVIES, AND DRESSINGS No.O 001 00
WHITE SAUCE

Yield 100

Portion 1 Ounce

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
56 cal	14 g	1 g	0 g	0 mg	569 mg	19 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	13 g	1 g	9 g	0 mg	569 mg	5 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
89 cal	9 g	4 g	4 g	0 mg	1934 mg	15 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SOY SAUCE	7-5/8 lbs	3 qts	
OIL,SALAD	1 lbs	2 cup	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	3-1/3 lbs	1 qts 2 cup	
WATER	4-1/8 lbs	2 qts	
GARLIC POWDER	1/4 oz	3/8 tsp	
GINGER,GROUND	1-1/8 oz	1/4 cup 2-1/3 tbsp	
SUGAR,BROWN,PACKED	1 lbs	3-1/4 cup	
JUICE,LEMON	6-1/2 oz	3/4 cup	
VINEGAR,DISTILLED	8-1/3 oz	1 cup	
ONIONS,FRESH,CHOPPED	12-2/3 oz	2-1/4 cup	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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
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	
APPLES,FRESH,PEELED,SLICED	4-3/4 lbs	1 gal 1/3 qts	6-1/8 lbs
CHICKEN BROTH		1 gal	
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 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

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
FRUIT SALAD,TROPICAL,CANNED,HEAVY SYRUP,DRAINED	11-7/8 lbs	1 gal 1-1/4 qts	
PEPPERS,RED FRESH,DICED	1-1/8 lbs	3-1/2 cup	1-3/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	1 lbs	3 cup	1-1/4 lbs
ONIONS,RED,FRESH,CHOPPED	10-5/8 oz	1-7/8 cup	11-3/4 oz
JUICE,LIME	2-7/8 oz	1/4 cup 2 tbsp	
RESERVED LIQUID	6-1/4 oz	3/4 cup	
CILANTRO,DRY	1/8 oz	1 tbsp	

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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.