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L 004 00	Roast Rib of Beef	L 016 00	Swiss Steak with Tomato Sauce
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L 022 02	El Rancho Stew	L 031 01	Cheese Ravioli (Frozen)
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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)
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L 050 00	Chalupa	L 062 01	Hamburger Yakisoba (Ground Beef)
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L. MEAT, FISH AND POULTRY No. 0(2)

Card No..... Card No.

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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
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L 071 03	Grilled Ham Slice (Canned Ham)	L 083 00	Creole Pork Chops
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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
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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
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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
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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)
L 137 00	French Fried Shrimp	L 146 00	Barbecued Chicken (8 Pc)
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)
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L 140 00	Seafood Newburg	L 148 00	Chicken Cacciatore (8 Pc)
L 141 00	Crab Cakes	L 148 01	Chicken Cacciatore (Cooked Diced)
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		L 149 01	Baked Chicken with Mushroom Gravy (8 Pc)

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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
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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
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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
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		L 165 07	Pork or Italian Sausage Pizza

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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)

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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
L 814 00	Kielbasa with Sauerkraut and Apples	L 836 00	St Louis Style BBQ Pork Ribs, Precooked
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
L 820 00	Cantonese BBQ Pork Ribs, Precooked	L 840 00	Blackened Fish
L 821 00	Herb Turkey Roast w/Tomato Gravy Precooked Turkey	L 841 00	Manicotti, Frozen
L 822 00	Beef and Bean Burritos, Frozen	L 842 00	Salisbury Steak in Gravy, Frozen
L 825 00	Corned Beef And Cabbage (Precooked Corned Beef)	L 843 00	Cabbage Rolls, Stuffed, Frozen
L 826 00	Savory Baked Chicken (Breast Boneless)	L 844 00	Jerked Roast Turkey
		L 845 00	Lemon Pepper Catfish

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.

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

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 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
 4 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
 41-1/2 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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	26-1/2 lbs	3 gal	
TOMATO PASTE,CANNED	8-1/8 lbs	3 qts 2 cup	
WATER	4-1/8 lbs	2 qts	
BAY LEAF,WHOLE,DRIED	1/8 oz	4 each	
GARLIC POWDER	5/8 oz	2 tbsp	
OREGANO,CRUSHED	1/3 oz	2 tbsp	
BASIL,DRIED,CRUSHED	1/3 oz	2 tbsp	
THYME,GROUND	1/3 oz	2 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
SUGAR,GRANULATED	3-1/2 oz	1/2 cup	
SALT	1-7/8 oz	3 tbsp	
SPINACH,CHOPPED,FROZEN	15 lbs	2 gal 2-7/8 qts	
EGGS,WHOLE,FROZEN	3 lbs	1 qts 1-5/8 cup	
NUTMEG,GROUND	1/8 oz	1/3 tsp	
CHEESE,COTTAGE,LOWFAT	11 lbs	1 gal 1-1/2 qts	
CHEESE,MOZZARELLA,SHREDDED	6 lbs	1 gal 2 qts	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	
NOODLES,LASAGNA,UNCOOKED	6 lbs	1 gal 2-1/2 qts	
CHEESE,PARMESAN,GRATED	5-1/4 oz	1-1/2 cup	

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

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

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

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

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

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

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

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,SWISS STEAK,LEAN,RAW,THAWED	37-1/2 lbs		
OIL,SALAD	1-1/2 lbs	3 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
BEEF BROTH		2 gal	
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
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
WATER	2-1/8 lbs	1 qts	

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

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	14-5/8 lbs	1 gal 3 qts	
ONIONS,FRESH,SLICED	4 lbs	1 gal	4-1/2 lbs
CATSUP	2-1/8 lbs	1 qts	
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	
NOODLES,EGG	3-1/2 lbs	2 gal 2-1/2 qts	
WATER,BOILING	58-1/2 lbs	7 gal	
SALT	1-1/2 oz	2-1/3 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/2 lbs	1 qts 1-1/2 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	

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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

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

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

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

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

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

BEEF,GROUND,BULK,RAW,90% LEAN
TOMATOES,CANNED,DICED,DRAINED
TOMATO PASTE,CANNED
WATER
ONIONS,FRESH,CHOPPED
SUGAR,GRANULATED
SALT
BASIL,SWEET,WHOLE,CRUSHED
GARLIC POWDER
OREGANO,CRUSHED
THYME,GROUND
PEPPER,BLACK,GROUND
PEPPER,RED,GROUND
EGGS,WHOLE,FROZEN
CHEESE,COTTAGE,LOWFAT
CHEESE,MOZZARELLA,PART SKIM,SHREDDED
CHEESE,PARMESAN,GRATED
PARSLEY,DEHYDRATED,FLAKED
NOODLES,LASAGNA,UNCOOKED
CHEESE,PARMESAN,GRATED

Weight

12 lbs
5 lbs
7-3/4 lbs
5-1/4 lbs
4-1/4 lbs
5-1/4 oz
1-7/8 oz
7/8 oz
5/8 oz
7/8 oz
1/3 oz
1/4 oz
<1/16th oz
3-5/8 lbs
11 lbs
3-3/4 lbs
14-1/8 oz
1/4 oz
6 lbs
5-1/4 oz

Measure

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

Issue

4-2/3 lbs

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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

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

BEEF,GROUND,BULK,RAW,90% LEAN
 CHILI POWDER,DARK,GROUND
 CUMIN,GROUND
 PAPRIKA,GROUND
 SALT
 GARLIC POWDER
 PEPPER,RED,GROUND
 BEANS,KIDNEY,DARK RED,CANNED,INCL LIQUIDS
 RESERVED LIQUID
 WATER
 TOMATOES,CANNED,DICED,DRAINED
 TOMATO PASTE,CANNED
 ONIONS,FRESH,CHOPPED

Weight

14 lbs
 8-1/2 oz
 1-2/3 oz
 2 oz
 1-7/8 oz
 7/8 oz
 3/8 oz
 33-7/8 lbs
 8-1/3 lbs
 8-1/3 lbs
 6-5/8 lbs
 2 lbs
 3-1/8 lbs

Measure

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

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 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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
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	
WATER	75-1/4 lbs	9 gal	
MACARONI NOODLES,ELBOW,DRY	9 lbs	2 gal 1-3/4 qts	
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 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

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

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

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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

Weight

Measure

Issue

TACO SAUCE		3 qts 2 cup	
BEEF,GROUND,BULK,RAW,90% LEAN	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	
CHILI POWDER,LIGHT,GROUND	2-1/8 oz	1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	10-1/4 oz	2-3/8 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 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

TURKEY,GROUND,90% LEAN,RAW
 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
 3 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 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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

MILK,NONFAT,DRY
 WATER,WARM
 BREADCRUMBS
 BEEF,GROUND,BULK,RAW,90% LEAN
 ONIONS,FRESH,CHOPPED
 EGGS,WHOLE,FROZEN
 SALT
 PEPPER,BLACK,GROUND
 WORCESTERSHIRE SAUCE

Weight

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

Measure

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

Issue

3-1/3 lbs

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

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

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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
TOMATOES,CANNED,DICED,INCL LIQUIDS	26-1/2 lbs	2 gal 3-1/2 qts	
TOMATO PASTE,CANNED	9-1/4 lbs	1 gal	
WATER	8-1/3 lbs	1 gal	
ONIONS,FRESH,CHOPPED	3-1/8 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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

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

Weight

Measure

Issue

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

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

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

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

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

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

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

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

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

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

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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS,PINTO,DRY	8-1/2 lbs	1 gal 1 qts	
WATER,COLD	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

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

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

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

BEEF, SWISS STEAK, LEAN, RAW, THAWED
 COOKING SPRAY, NONSTICK
 PEPPERS, GREEN, FRESH, CHOPPED
 ONIONS, FRESH, CHOPPED
 SALT
 CHILI POWDER, DARK, GROUND
 PAPRIKA, GROUND
 GARLIC POWDER
 CUMIN, GROUND
 SOUP, CONDENSED, TOMATO
 WATER
 FLOUR, WHEAT, GENERAL PURPOSE
 WATER, COLD

Weight

37-1/2 lbs
 3/4 oz
 4 lbs
 3-1/8 lbs
 1-7/8 oz
 2-1/8 oz
 1 oz
 5/8 oz
 1/8 oz
 6-1/4 lbs
 10-1/2 lbs
 8 oz
 1 lbs

Measure

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

Issue

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

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 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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
222 cal	29 g	16 g	5 g	13 mg	866 mg	66 mg

Ingredient

ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CHILI CON CARNE,CANNED,NO BEANS
 BEANS,KIDNEY,DARK RED,CANNED,DRAINED
 CHILI POWDER,DARK,GROUND

Weight

4-1/4 lbs
 4 lbs
 27 lbs
 18-3/4 lbs
 1/2 oz

Measure

3 qts
 3 qts
 3 gal
 3 gal
 2 tbsp

Issue

4-2/3 lbs
 4-3/4 lbs

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

TURKEY,GROUND,90% LEAN,RAW
 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 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

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

<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	
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

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

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

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

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

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

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

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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

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

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

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

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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

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

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

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

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BUTTER,MELTED	4 oz	1/2 cup	
PEPPERS,GREEN,FRESH,CHOPPED	1-1/4 lbs	3-3/4 cup	1-1/2 lbs
MUSHROOMS,CANNED,DRAINED	3-1/2 lbs	2 qts 2-1/8 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	7 oz	1 cup	
GARLIC POWDER	1/8 oz	1/4 tsp	
PEPPER,BLACK,GROUND	1/4 oz	3/8 tsp	
PARSLEY,DEHYDRATED,FLAKED	1/2 oz	1/2 cup 2-2/3 tbsp	
BROWN GRAVY		1 gal 2-1/4 qts	
TOMATO PASTE,CANNED	11-1/2 oz	1-1/4 cup	
VEAL,STEAKS,BREADED,FROZEN	37-1/2 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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,CORNERD,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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

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

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

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

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Weight

Measure

Issue

FISH,TUNA,CANNED,WATER PACK,DRAINED	15-1/2 lbs	2 gal 3-3/8 qts	
NOODLES,EGG	4-1/2 lbs	3 gal 1-1/2 qts	
WATER,BOILING	18-3/4 lbs	2 gal 1 qts	
SALT	7/8 oz	1 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-3/8 lbs	1 qts 1 cup	
SALT	1-2/3 oz	2-2/3 tbsp	
SHORTENING,VEGETABLE,MELTED	1-3/4 lbs	1 qts	
MILK,NONFAT,DRY	1-1/4 lbs	2 qts	
WATER,WARM	20-7/8 lbs	2 gal 2 qts	
CELERY,FRESH,SLICED	4-3/8 lbs	1 gal 1/8 qts	6 lbs
ONIONS,FRESH,CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
PIMIENTO,CANNED,DRAINED,CHOPPED	11-1/4 oz	1-5/8 cup	
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
BREADCRUMBS	11-3/8 oz	3 cup	
BUTTER,MELTED	6 oz	3/4 cup	
PAPRIKA,GROUND	3/4 oz	3 tbsp	

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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
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

Weight

Measure

Issue

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 tbsp
 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

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

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

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